Wellness Newsletter

AUGUST 2026

FUEL YOUR BODY. MOVE YOUR BODY. WAKE UP READY.

Theme of the Month: AGE STRONG, LIVE STRONG

Growing older doesn't mean slowing down; it means finding new ways to stay active, capable, and independent. Every workout, healthy meal, and daily walk is an investment in your future. It's never too late to build strength, improve balance, and feel your best.

Mindful Moment

Take a moment to celebrate how far you've come instead of comparing yourself to where you think you should be. Every healthy choice is a step forward, and progress is worth celebrating.

Monthly Challenge

Spend time each day practicing your balance. Better balance improves confidence and helps prevent falls. Steppin' to the Oldies class on Tuesdays at the Village Hall is a great way to improve balance! Sign up at wakeupready.fit

Episode of the month

"Aging Strong with Dan Ritchie"
Wake Up Ready Podcast on Spotify & Apple

Physical Fitness

Book your first group fitness class for free with discount code FIRSTFREE at wakeupready.fit

Welcome Courtney Montgomery as the new Substitute Instructor for TRX Full Body Strength class.

Free community walking group is back! Join us Saturday mornings from 8:45-9:15 a.m. in the Wake Up Ready parking lot. No registration required

Nutrition Snapshot

August gardens and farmers markets are bursting with colorful fruits and vegetables. Aim to include a variety of colors on your plate each day to provide your body with vitamins, minerals, fiber, and antioxidants that support healthy aging. Stop by the Homer Farmer's Marketing Wednesdays from 4:30-6:30 p.m.

For questions or submissions:
Email: info.wakeupready@gmail.com