



# Wellness Newsletter

JANUARY  
2026

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

## Theme of the Month: Build the Foundation

January is a chance to reset, not reinvent yourself. Instead of chasing big resolutions, focus on building steady energy through simple, sustainable habits. Small choices like moving your body, fueling it well, and staying consistent creates momentum that lasts far beyond the first month of the year.

### Mindful Moment

Take a deep breath and set one intention for today. Progress begins by showing up, not by being perfect.

### Monthly Challenge

This month, choose one small habit that supports your health and commit to it daily. It could be a short walk, stretching, or drinking more water. Consistency matters more than intensity. Small actions, repeated often, create lasting change.

### Episode of the month

Episode 23: Build Lasting Habits  
Wake Up Ready Podcast on Spotify & Apple

### Group Fitness

Saturdays:  
Walking Group  
8:30 a.m.: 30-min walk  
Heritage Elementary School Track  
**\*\*WEATHER PERMITTING\*\***  
Stay tuned for new classes & services that will start at our new location in Spring 2026!

### Nutrition Snapshot

Prioritize balanced meals that keep you full and energized. Think protein, fiber, and hydration to support steady energy all day long. Soups, oats, eggs, veggies support digestion during winter months, while hydration boosts focus and energy.

For questions or submissions:

Email: [info.wakeupready@gmail.com](mailto:info.wakeupready@gmail.com)

