Wellness Newsletter

JULY 2026

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

Theme of the Month: HEALTH FREEDOM

One of the greatest benefits of healthy habits is the freedom they provide. Strength, balance, mobility, and endurance help us stay independent and continue doing the things we enjoy. This month, celebrate your independence by investing in your health one healthy choice at a time.

Mindful Moment

Take a moment to appreciate your body. Instead of focusing on limitations, focus on one thing you're grateful your body allows you to do, whether it's walking, gardening, dancing, or spending time with loved ones.

Monthly Challenge

This month, add strength-building activities to your routine at least twice each week. Building strength helps maintain independence and makes everyday tasks easier as we age.

Episode of the month

Episode 71: “Food Freedom”
Wake Up Ready Podcast on Spotify & Apple

Physical Fitness

The Wake Up Ready Health & Wellness studio is in full swing & thriving! Sign up for your first class for free by using code FIRSTFREE at the checkout. Choose from the following options: Stretch & Restore, TRX Full Body Strength, Steppin to the Oldies, or Open Gym. Book your next class in advance at wakeupready.fit

Nutrition Snapshot

Summer gatherings don't have to derail healthy habits. Fill half your plate with fruits and vegetables, enjoy your favorite foods mindfully, and stay hydrated. Remember, healthy eating is about balance, not perfection.

For questions or submissions:
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