Wellness Newsletter

MARCH 2026

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

Theme of the Month: Spring Into Motion

March is the perfect time to refresh your routine and get moving. As the days grow longer, let this be your reminder that progress starts with action. You don't need a dramatic overhaul, just steady, intentional movement that builds strength, balance, and confidence.

Mindful Moment

Take time to pause and breathe deeply. With each exhale, imagine clearing out winter's heaviness and making room for fresh energy.

Monthly Challenge

Commit to daily movement, even just 10–15 minutes. Walk, stretch, strength train, or join a class. Consistency will build momentum and help you truly "spring into motion." Miss a day? Simply begin again. Spring is about fresh starts and every step forward counts.

Episode of the month

"Empowering Women Through Movement"
Wake Up Ready Podcast on Spotify & Apple

Physical Fitness

Stay tuned for new classes & services that will start at our new location in Spring 2026!

The weather is starting to warm up a little, so take advantage of nice days to walk outside for 10-15 minutes after a meal.

Nutrition Snapshot

As we transition into spring, begin adding lighter, colorful foods to your plate. Leafy greens, citrus fruits, and seasonal vegetables support digestion and boost energy. Think simple: grilled protein, fresh veggies, and plenty of water to stay refreshed.

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