



Wellness Newsletter

FEBRUARY
2026

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

Theme of the Month: Heart Health

February is a reminder to take care of your heart physically and emotionally. Heart health isn't about extremes; it's built through regular movement, balanced nutrition, stress management, and connection. Small daily choices add up to a stronger, healthier you.

Mindful Moment

Place one hand on your heart and take three slow breaths. Ask yourself: What does my body need today? Listening is an act of self-care.

Monthly Challenge

Each day this month, do one heart-healthy action: take a walk, stretch, choose a nourishing meal, manage stress, or connect with someone you care about. Consistency is the real gift to your heart.

Episode of the month

Episode 38: Small Shifts, Big Results
Wake Up Ready Podcast on Spotify & Apple

Group Fitness

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

Look up "Walking Workouts" on YouTube and get some steps in in the comfort of your own home when it's too cold to walk outside.

Nutrition Snapshot

Support heart health with foods rich in fiber, healthy fats, and antioxidants. Think oats, beans, leafy greens, berries, nuts, and olive oil. Simple swaps like choosing whole grains or adding vegetables to meals can make a meaningful difference.

For questions or submissions:
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