Wellness Newsletter

JUNE 2026

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

Theme of the Month: SOAK UP SUMMER!

June is the perfect time to embrace the longer days and take advantage of opportunities to move, connect, and enjoy the outdoors. Whether it's a walk around the neighborhood, gardening, or joining a fitness class, every bit of movement counts. Let summer inspire you to stay active and energized.

Mindful Moment

Before your feet hit the floor each morning, think of one thing you're grateful for. Beginning the day with gratitude can help shift your mindset, reduce stress, and set a positive tone for the hours ahead.

Monthly Challenge

Make hydration a daily priority this month. Aim to drink water consistently throughout the day by carrying a water bottle, setting reminders, or enjoying water-rich foods like watermelon, cucumbers, and berries.

Episode of the month

Episode 56: “Group Fitness 101”
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 offered several times per week: Chair Yoga, TRX Full Body Strength, Steppin to the Oldies, or Open Gym. Book your next class in advance at wakeupready.fit

Nutrition Snapshot

Summer is the perfect time to fire up the grill and add more protein to your plate. Chicken, fish,burgers, shrimp, and even tofu are great options that help support strength, energy, and healthy aging. Pair your protein with grilled vegetables for a simple, balanced meal.

For questions or submissions:
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