

## How to Start a Wellness Routine



### **Start With Sleep**

Ah, my favorite, sleep! The foundation of your wellness routine is rooted in sleep. You'll reset your metabolism, feel more energized, recover from workouts, and boost your mood and immunity.



### **Do 2 to 5 Minutes of Meditation Daily**

It doesn't take a lot to get this part of your practice in place. Once you've got the sleep thing figured out, add in a few minutes each day of peace and quiet. Turn on some tranquil sounds or a guided meditation audio, get yourself a meditation app, set up a cozy space in your house, and try clearing your head little by little.

### **Drink More Water Throughout the Day**

Start with lemon water in the morning, and keep reusable water bottles in your office, gym bag, and bedroom to remind yourself to fill up — and sip up! — often. Drinking plenty of water will prevent illness, boost metabolism, and energize you . . . it can even help with weight loss!



### **Create a Workout Schedule You Love**

It might take some trial and error, but finding a style of workout you're obsessed with is paramount to your wellness routine's success. You don't even have to go to the gym or pull two-a-days on the regular to have a solid routine — a little effort goes a long way. Just make sure it's something you love, and don't stop testing out new classes until you find the perfect fit.

### **Add Low Impact Movement Into Your Everyday**

Whether you walk to work or take lunch breaks outside, it's so important to keep your body moving and mobile throughout the day. Believe it or not, a bit of walking can be just as effective as running.



### **Learn 5-7 Healthy Recipes You Love**

Eating healthy will become second nature — and will no longer feel like a chore! — when you find healthy recipes that you actually enjoy eating. Learn a handful well so you can always have them in your back pocket throughout the week.



### **Do Some Aromatherapy**

Diffusing oils at home is an awesome way to relieve stress, boost your mood, alleviate pain, and even enhance your workout. Get yourself an at-home diffuser and a few pure oils to start your divinely scented home practice. I like to buy my oils from [www.revive-eo.com](http://www.revive-eo.com)

### **Add Body Care to Your Daily Routine**

Whether you're getting a monthly massage or weekly acupuncture, it's time to bring body care front and center. Add Self Myofascial Release (SMR) to your routine using a tennis, lacrosse, or yoga ball and doing at-home, targeted muscle therapy. Use your foam roller to break up thick strands of fascia that get stuck together in adhesions. Give your body the TLC it needs to prevent injury and keep things running smoothly. It'll also relieve stress! Check out this little routine I created for you: [Soothe Sore Muscles](#)

### **Use Anti-Anxiety, Stress-Relief Practices**

Natural anxiety treatments — including supplements, teas, self-care, and even certain foods — will keep your brain and body balanced, happy, and healthy. One of my favorites? CBD! And yes you can get it at [www.revive-eo.com](http://www.revive-eo.com) I take the [CBD Oil Chocolate Mint](#) Oh, and for pets they have [Bacon Flavored](#), it works wonders!

## **Wrap Up Your Day With Your Very Own Bedtime Ritual**

Everything comes full circle! We started with the foundation of sleep — the last step in creating your very own wellness routine is making a bedtime ritual for yourself. Wind down with a cup of tea, take care of your skin, diffuse your oils, and cut down on screen time to ensure you get those zzz's the rest of your routine depends on!

**About the author:** Kathie Owen is a Certified Fitness Trainer and Life Coach in Texas. Her expertise is in Functional Fitness and guiding others to live a life of health and wellness by being in touch with what makes the body function well through the practice of consistent exercise, diet and spiritual practice. Kathie's main passion is teaching others how to live a healthy lifestyle that includes a balanced practice of wellness through mind body and spirit.

For more information please visit [www.kathiescoaching.com](http://www.kathiescoaching.com) where Kathie blogs about her passions fitness and spirituality. Follow Kathie's Coaching on Instagram @kathiescoaching

Need more help with your wellness routine? Be sure to check out [my blog](#) for tips and advice!

Have a healthy day!! Kathie Owen



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