



Your 6
DAILY WELL-BEING
BOOSTERS

1. Set an Intention for the day.

Setting an intention helps to guide your actions throughout the day.

2. Consume nutrient dense foods throughout the day.

Nutrient dense foods have a lot of nutrients with the fewest amount of calories.

3. Get 6-8 hours of sleep.

Adequate amounts of sleep helps the body and mind to rejuvenate optimally.

4. Incorporate at least 60 minutes of physical activity.

Regular physical activity helps to reduce the risk of developing chronic diseases.

5. Practice mindfulness.

Mindfulness brings you into the present moment.

6. Slow down.

Slowing down helps you to savour life and find joy.



Build a
Better
You!

Christine Zarichuck is a Personal Trainer and Health & Wellness Coach who helps individuals to transform their lives and create more meaning, health, and happiness through daily physical activity, optimal nutrition, and mindful living.