

1. Welcome:

Welcome to my website on health and wellness. Life is so busy, sometimes it is easy to forget that for us to carry out the necessities of life, we need to take care of ourselves. It isn't just about what we eat and drink. It isn't just how much or how often we exercise either. Maintaining a healthy body and mind is about a wholesome approach that includes fueling your body with the nutrients that it needs, exercising to strengthen and build muscles, keeping it hydrated to take care of all the processes that it needs to, and sleeping the proper amount to allow your body and mind to repair and refresh. These three are the foundation of an overall healthy body. How amazing would it be if you rarely got sick? How incredible would you feel with the energy to conquer the tasks of the day without needing to reach for caffeine or simply desire a siesta so desperately without resolve at 2pm? Well my friends, that is the purpose of this website. I strive that through these pages you may find helpful advice to make you feel great and happy about your body.

Main Topic Links:

2. Fuel your body:

I am sure you have each heard the phrase "you are what you eat". It may be an old phrase that reminds you of childhood but don't be fooled to doubt the validity of that statement. Our bodies carry out all the functions for our survival. Without our slightest attention, we breath, pump blood, think, and sometimes simply move. With these external observations of what our bodies do, it is only a percentage of indication of all the hard work that is going on inside. These

functions are not something that could happen without our bodies having the fuel that it needs to take care of them. Each body is individual but we all need nutrients to keep us going. I am certain everyone has heard about the essentials for which our bodies need tons of—protein, carbohydrates, and fats—and have probably heard micronutrients mentioned also with maybe less frequency—vitamins and minerals. A good mixture is necessary to carry out all our regular functions and be healthy humans. In our ever so inquisitive world, there has been a plethora of speculation that to be healthy we need to cut a whole food group or dramatically minimize our intake of certain macronutrients. Dear friends, that is FALSE! Our bodies are amazing and they need a good, balanced mixture of these nutrients to be in tip top shape. Through this website you can find more details of the macronutrients necessary, links to educational information, as well as the ability to browse different supplement suggestions to aid in keeping your body healthy with the needed nutrients.

Sub links:

- Fuel Research findings
- Meal Prep Videos

3. Exercise:

We have heard it many times, EXERCISE IS NECESSARY FOR A HEALTHY BODY. Well my friends, one cannot dispute this amazing truth. When I think of why we need exercise, I am always brought to the thought of learning a new skill or procedure. At first, it may seem hard to master and perform but as we begin

to practice and do it regularly, soon it truly will become a new skill or a mastered procedure. This is because our brains and bodies work in this way: if you use it, it is kept and strengthened, if you ignore it, it tends to reduce to nothing. I am sure you can agree when I say, I want my body. I like the ability to walk and bend and lift. Therefore, we need to keep our bodies healthy by exercising it a minimum of 30 minutes, five days a week. In this exercise section you will be able to find different exercise suggestions, links to exercise videos that are free, and educational resources on the effects of exercise.

Sub links:

- Exercise Research findings
- Exercise Videos

4. Hydrate:

Our bodies are roughly about 60 percent water. How significant is that! Our bodies use water to lubricate, regulate our temperature, flush toxins and waste, protect our organs, and other key living functions. That is why in this section of the website you will find tips and tricks on hydration, educational material on water, and some products that help keep the body hydrated.

Sub links:

- Tips & Tricks
- Water Recipes

5. Sleep:

Sleep is by far one of the best and most forgotten ways to lead a healthy lifestyle and feel great. During the day, our bodies are constantly demanded to perform and give. After the demands of the day, each body needs to rebuild and recover from each day's wear and tear. This happens while we sleep. The time we sleep allows our bodies to focus its full attentions to repairing and refreshing. Each person is very unique in how many hours our bodies need to perform this task so it is important to listen to what your body is communicating to you. This process will especially take some experimentation and close attention but within this website you can find educational material and supplements that can help you succeed at recovering and refreshing.

Sub links:

- Sleep Research findings