



BUILD YOUR WELLNESS ROUTINE

BUILDING YOUR WELLNESS ROUTINE CAN HAVE A BIG IMPACT ON HOW YOU FEEL. KEEP IT SIMPLE & FOCUS ON 1-2 CHANGES AT A TIME.



1

SAY YES TO POSITIVE NUTRITION

Write out a **meal plan & shopping list** each week to stay organized.

Keep meal prep simple by **doubling up** a recipe for **more leftovers** or pre chopping your favorite fruits and vegetables.

Add **positive nutrition** to your lunch without spending more time in the kitchen by keeping convenient options on hand like **Well Yes!® Soups**.

Keep **nourishing snacks** on hand such as **Well Yes! Sipping Soups**.



2

SAY YES TO DOING WHAT MATTERS TO YOU MORE OFTEN

Choose **movement that feels good for you**. That could be anything from restorative yoga to a challenging boot camp class.

Give your time to a cause you care about.

Read or listen to a **new book**.

Prioritize **sleep & allow yourself time to rest**.

3

SAY YES TO MOMENTS OF MINDFULNESS ALL DAY

Check in with your **5 senses** by tuning into what you can feel, taste, hear, smell, & see for 1 minute.

Start a **gratitude journal** — jot down a few things you are grateful for each day.

Practice a **mindful eating exercise** by eating without distractions. Enjoy your meal away from screens and be **fully present** in the eating experience.

WELL YES! SOUPS

Positive nutrition with a fresh spin on classic comfort food



WELL YES! SIPPING SOUPS

are a convenient & satisfying on-the-go option



WELL YES! POWER SOUP BOWLS

are healthy & satisfying with 10g+ of protein & a good source of fiber



TASTE THE POWER OF YES!

Content provided by wellness experts at **Well Yes!**