KINETIC ENERGY



7 STEP STARTER GUIDE

Key steps to kickstart your health and wellbeing



Step 1 EAT FRESH

Eat fresh rather

than processed

does this food

If the answer is

No. then start

from your diet.

Remember your 5

to eliminate

a day.

foods, ask yourself,

come from nature?



Step 2



BECOME ACTIVE

Daily movement

is the foundation

to health, move

more each and

every day, take

on those brisk

10-minute walks.

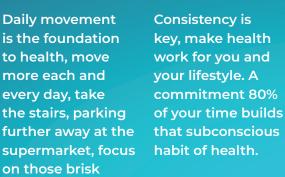
the stairs, parking



Step 3 MAINTAIN



A HEALTHY LIFESTYLE



Connect body and mind together, go outdoors immerse in nature. journal, and show gratitude for your day. Connect to healthy eating being away from screen distractions and mobile phones work on that connective process.

Step 4

PRACTICE

MINDFULNESS

Drinking more water to hydrate your body and mind. Aim for 6-8 glasses of good old water a day to reduce fatigue, increase energy, improve mood, sleep, and digestion. Water is the fuel of life to our bodies.

Step 5

WATER



These include

your daily habits

as you make them

achievable, reward

your efforts each

day and week as

you push outside of

to personal growth.

your comfort zone

dreaming big and

Life is about

taking action.



Step 7 **BE GOOD TO** YOURSELF

Don't become obsessed with the process, calories, or exercise. Know small changes and gains will reward you. Take your time, enjoy, and feel the process. Life is for enjoyment so is your health and your approach to it.