



Roadmap to Wellness

God's Way to Wellness

January - hydration

Gradually increase your water intake. Substitute water for soda and other sweetened drinks, including artificially sweetened. Look into buying a water filter to ditch disposable plastic water bottles.

March – diet

Eat at least one vegetable per meal. Try a different fruit or vegetable each week or different ways of preparing your favorites.

May – stress

Take frequent breaks during the day. During those breaks, try some deep breathing exercises. Start a night time wind down ritual before bedtime

July – sleep

Get at least a few minutes of sunlight first thing in the morning, with no sunglasses to set your circadian rhythm by telling your brain it's morning and time to wake up.

February - sleep

Go to bed and get up at the same time every day. Avoid screens such as computers, phones, and television two hours before bedtime.

April – exercise

Go for a walk at least 20 minutes every day.

June - diet

Learn to read the food labels at the grocery store. Avoid high fructose corn syrup, MSG, canola and soybean oils. Clean out the pantry and discard any inflammatory oils such as canola oil and corn oil.

August – exercise

Add some weight training to your workout. Try body weight squats, planks, and pushups. If new to weight training, please consult a fitness professional for guidance.



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September – diet

Review the EWG Dirty Dozen and Clean 15 lists.
Start choosing organic foods on the Dirty Dozen list.
Buy local produce when available.

October– diet

Add healthy fats to your diet such as olive oil, MCT oil, avocados, nuts and seeds. Buy grass-fed/grass-finished beef when available
Clean out the pantry and discard any inflammatory oils such as canola oil and corn oil.

November- personal care products

Review personal care products for unhealthy ingredients (synthetic fragrances, parabens, and phthalates)

December - stress

Start a gratitude journal. Each night, write down 3-5 things you are thankful for.

Suggested reading

January

<https://godswaytowellness.com/give-up-bottled-water/>
<https://godswaytowellness.com/reduce-exposure-pfas/>

February

<https://godswaytowellness.com/how-to-get-a-good-nights-sleep/>

March

<https://godswaytowellness.com/food-gift-from-god/>
<https://godswaytowellness.com/boost-mood-healthy-food/>

April

<https://godswaytowellness.com/feel-better-live-longer-just-walk/>
<https://godswaytowellness.com/how-can-you-improve-brain-health/>



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Suggested reading

May

<https://godswaytowellness.com/bookend-your-day-transform-your-life/>

<https://godswaytowellness.com/want-to-be-truly-relaxed-just-breathe/>

<https://www.verywellmind.com/abdominal-breathing-2584115>

June

<https://godswaytowellness.com/why-salt-in-processed-foods/>

<https://godswaytowellness.com/why-cant-stop-eating-chocolate/>

<https://godswaytowellness.com/demystify-food-labels-claims/>

July

<https://godswaytowellness.com/ways-improve-sleep/>

August

<https://godswaytowellness.com/lose-belly-fat-by-gaining-muscle/>

<https://godswaytowellness.com/powerful-key-to-longevity/>

<https://www.eatthis.com/exercises-slow-muscle-aging>

September

<https://godswaytowellness.com/choose-organic-produce/>

<https://godswaytowellness.com/wash-pesticides-from-produce/>

October

<https://godswaytowellness.com/fat-is-our-friend/>

November

<https://godswaytowellness.com/hidden-toxins-in-your-home/>

<https://godswaytowellness.com/eat-your-way-to-healthy-skin/>

December

<https://godswaytowellness.com/new-way-practice-gratitude/>

<https://godswaytowellness.com/why-thankful-for-friends/>