



Wellness
GARAGE

Principles

Lifestyle Medicine Clinic



FOOD

- Eat real food
- Not too much
- Mostly plant-based
- Stay hydrated



EXERCISE

- Do something aerobic most days
- Do resistance training some days
- Do functional movement work some days



SLEEP

- Go to bed and get up at the same time, every day
- Aim for 7 to 8 hours
- Build your night-time routine



STRESS TOLERANCE

- Practice gratitude
- Do something kind for someone else—daily
- Meditate
- Spend time in nature



RELATIONSHIPS

- Do unto others as you would like done unto you
- Never go to sleep angry
- Seek to understand before being understood
- Surround yourself with people you would like to be



PURPOSE

- Know your values
- Live intentionally
- Give back to your community

Life is a Journey, Find your Path



EAT
MOVE
SLEEP
CHILL
LOVE

FOLLOW YOUR BLISS

...REPEAT