

# KICKSTART YOUR DAY WELLBEING ROUTINE

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Healthy routines are definitely important when trying to build healthy habits, and improve your wellbeing. I find the following rituals very beneficial to be revitalised and fired up for the day:



- Before bedtime, avoid electronic devices and eating at least 2 hours prior.
- Enjoy at least 7 hours of peaceful sleep, and rise at sunrise to make the most of the day.
- Get the chi energy flowing and the joints mobile even before you get out of bed; with gentle breath work, movement and stretches.
- For a clear positive mindset for the day; self-hypnosis, meditation and giving thanks can help.
- To help cleanse the body and gums try 'oil pulling' (swirl 1 tablespoon of Organic Pure Unrefined Coconut Oil in mouth for 10-20 minutes before spitting out).
- Kick start the metabolism, cleanse, soothe and hydrate the body; with a glass of filtered room temperature water and a drop of smart'n'sassy essential oil blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon.
- Help maintain healthy digestive system and natural energy levels by drinking approx. 30mls of quality Aloe Vera Gel before brekkie.
- Before or after exercising - nourish and cleanse with a refreshing blended smoothie, like: Apple, Parsley, Celery, Lemon and optional Greens Powder.
- Get invigorated and solar charge up with some morning

sunshine to get your vital daily dose of Vitamin D and incorporate exercise like; walking, stretches, Yoga, Tibetan Rites, Pilates, Qi gong, bike riding, paddle-boarding or your favourite activity.

- For a delicious nutritious brekkie try a power boosted muesli mix: Activate overnight a combination of oats, walnuts, almonds, seeds, (hemp, chia, sunflower, pumpkin, flax) buckinis and/or buckwheat as well as some medicinal superfoods like; cacao, maca powder, mesquite, ashwanda, spirulina, chlorella. Add a juicy selection of fruits like; apple, pear, plum, grapes, orange, kiwifruit, berries, banana, passionfruit, pineapple, coconut or whatever is in season. Top with organic natural Greek yoghurt and a sprinkling of quality Sri-Lankan cinnamon. (Recommendation: Research which superfoods are beneficial for you).
- Make extra for a healthy snack later in the day, take water with you wherever you go to stay hydrated.
- If you have painful joints, research anti-inflammatory foods to incorporate into your meals.
- Get as much movement into your day as you can to help keep you mobile – even if its just stretching or walking around the house or office every hour.
- Make time in your day for self-nurturing, massage, intimacy, connecting with others, laughter and playtime with your loved ones.
- Now enjoy the rest of your day fuelled up, energised and ready to take on any challenge!

Note: Before embarking on any wellness plan, please research and check that the methods and products are suitable for your body.

Article by Monique Carole: Holistic Health & Fitness Coach