

WELLNESS GUIDE

5 Simple Daily Habits That Transform Your Wellness

Transformation rarely comes from one dramatic change. It comes from five small anchors, repeated on ordinary days.

1. Hydration

Begin the day with water before caffeine, and keep a bottle within arm's reach. Hydration supports energy, focus and appetite awareness.

- Drink a full glass when you wake.
- Pair water with an existing habit — every meal, every break.
- Notice how your afternoon energy responds.

2. Sleep

A protected wind-down is more powerful than a longer time in bed. Choose a consistent lights-out window and defend it.

- Set a nightly wind-down alarm 45 minutes before bed.
- Dim lights and put screens away where you can.
- Keep the same wake time, including weekends.

3. Stress

Stress is not eliminated; it is metabolized. Build one small recovery practice into the middle of your day, not just the end.

- Take three slow breaths before each transition.
- Step outside once a day, even briefly.
- Name the stressor out loud or on paper.

4. Movement

The best movement is the movement you will repeat. Start smaller than you think you should.

- Ten intentional minutes counts.
- Attach movement to a fixed point in your day.
- Choose something you would do again tomorrow.

5. Consistency

Consistency beats intensity. Aim for a habit that survives your hardest week, not only your best one.

- Track the habit, not the outcome.
- Never miss twice.
- Review weekly and adjust with kindness.

This guide is general wellness education. It is not medical advice, diagnosis or treatment, and it does not replace guidance from your physician or other licensed healthcare providers.

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