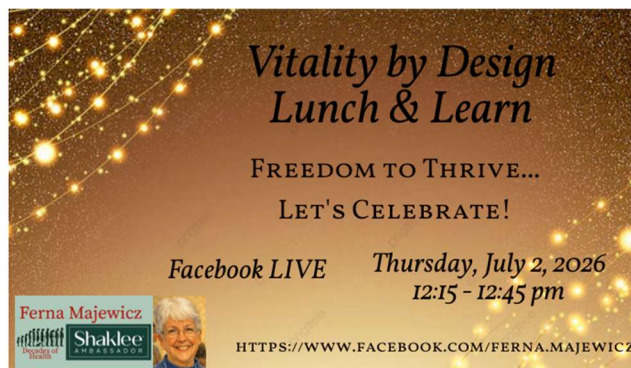




MORE FREEDOM THROUGH HEALTHY HABITS

A one-page recap from Ferna Majewicz's Vitality by Design Lunch & Learn: Freedom to Thrive

- | | | |
|---|--|--|
| 1 | Freedom and health are connected. | Our health can affect our freedom to move, travel, play with the people we love, and enjoy life with vitality. |
| 2 | Small daily habits can create more freedom. | You don't need to change everything at once. Choose one intentional action and gradually build from there. |
| 3 | For more energy, walk after a meal. | Try a 10 to 15-minute walk outside after a meal. Movement, hydration, and good nutrition can support more lasting energy. |
| 4 | For better sleep, create a calmer evening. | Turn off technology 30–60 minutes before bedtime and build a relaxing bedtime routine. |
| 5 | For less pain, keep your body moving gently. | Try 5–10 minutes of stretching or gentle mobility exercises each morning. |
| 6 | For better balance, practice balance. | Stand on one foot for 30 seconds per side. Small, consistent practice can help make balance work part of your day. |
| 7 | Build confidence and manage stress with tiny practices. | Write down one thing you did well each day, and take five slow, deep breaths when you begin your day or feel overwhelmed. |
| 8 | Use gratitude and a midyear check-in to reset. | Rate yourself 1–10 on sleep, energy, stress, movement, nutrition, hydration, relationships, and gratitude. Pick one area to improve. |
| 9 | Declare your independence from excuses. | Leave behind habits such as skipping breakfast, poor sleep habits, negative self-talk, sitting too much, or "I'll start Monday." |

Healthy habits create the foundation. Wellness tools can help support consistency. The goal isn't perfection—it's building small daily actions that help you feel more free, energized, and capable of enjoying life.



Ferna Majewicz, Shaklee Wellness Advisor

Website: <https://meetfern:majewicz.com>

YouTube: <https://youtube.com/@fern:majewiczdecadesofhealth>

Shaklee Compliance Statement: The statements made about these products have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.