

# MELI

## Wellness Guide

Wellness is the state of good mental, physical and emotional health. Find wellness balance through movement and lifestyle choices.

Movement literally means moving your body consistently. Incorporating movement and physical activity in your life will increase your stamina, decrease fatigue, and improve your overall health and fitness level.

Lifestyle is a healthy way of living. Cutting out sugars, processed foods, and food sensitivities from your daily diet, and pairing with an intermittent fasting plan will greatly enhance your health and well-being.

Our MELI plan will lead you on your journey through its easy, self-guided, and all-encompassing toolkit of resources that connects mindfulness and wellness to your individualized pursuit of your best self

Get FREE tools, resources, and techniques to help you deepen your wellness practice every day at [www.melidaily.com/mindfulness](http://www.melidaily.com/mindfulness)

