



WELLNESS SIMPLIFIED GUIDE

Where to Start When Wellness Feels Overwhelming

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WELCOME

I'm so glad that you're here

If you feel overwhelmed by conflicting wellness advice, discouraged by quick fixes, or frustrated that nothing seems to stick,
you are definitely not alone.

I created this guide for you – a woman who wants to feel healthier, stronger, and more energized, without feeling confused, exhausted, or needing to give up things you love.

At Spark Wellness, I believe **wellness should support your life, not consume it.** Real wellness is built through small, sustainable habits that help you feel better now while supporting your long-term health, strength, and quality of life for years to come.

Inside this guide, we'll cut through the noise, focus on what actually matters most, and help you take realistic first steps toward feeling more confident in your wellness journey.

We're in this together ✨



YOU DON'T NEED TO CHANGE EVERYTHING AT ONCE

Wellness can feel overwhelming when social media, trends, and “perfect routines” make it seem like you need to change your entire life overnight or in 75 days. But real, lasting health is not built through extremes; it’s built through small, sustainable habits practiced consistently and implemented over time.

You do not need to have the perfect workout routine, eat perfectly healthy all the time, or completely overhaul your lifestyle to start improving your health. In fact, trying to change everything at once often leads to burnout and frustration.

Instead, focus on one or two small changes that feel realistic for your current season of life. Small steps still matter, and they add up more than you think!



WHAT ACTUALLY MATTERS



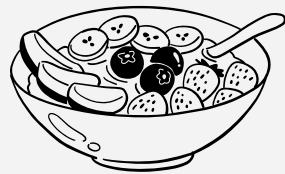
Movement

Movement is about so much more than cardio or resistance training. Any movement counts, and moving your body in ways you enjoy can improve your consistency. The goal isn't perfection — it's simply finding ways to move a little more than you are right now.



Recovery & Rejuvenation

Rest is required, not earned. Recovery helps your body and mind recharge so you can continue showing up for your life, goals, and the people you love. Whether that looks like sleep, stretching, quiet time, time outside, or slowing down for a moment, the best recovery methods are the ones that realistically fit into your life.



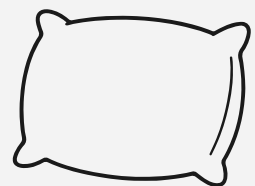
Nutrition

Eating for wellness means fueling your body with balance and variety — not restriction. A healthy diet can include fruits, vegetables, protein, grains, dairy, water, and your very favorite foods! Food is fuel, but it is also cultural, social, personal, and meant to be enjoyed!



Mental & Emotional Wellness

Your mental and emotional health are just as important as your physical health. Spending time with people you love, doing things that bring you joy, practicing self-compassion, and allowing yourself to rest all support overall wellness. Asking for professional support when needed is a sign of strength, not weakness.



Sleep

Sleep is far more important than our society gives it credit for, especially when considering longevity. Most adults benefit from around 7–9 hours of sleep each night, but quality matters too. Small habits during the day, like caffeine intake, screen time, and bedtime routines, can make a big difference in how rested you feel.

START SMALLER THAN YOU THINK

Pick one topic and one habit– just one! *Not sure where to start? I'm here to help*

MOVEMENT

01

Set a goal! What is something you are 99% sure you can accomplish?

02

What is the first step you can take towards that goal today?

03

That might look like: putting out your exercise shoes, thinking about movement you have enjoyed in the past, tell your friend your goal.

NUTRITION

01

Write down everything you've eaten for the last 3 days to get an idea of your current diet.

02

When you grocery shop, buy one fruit or vegetable that you don't typically buy (or buy any one if you typically don't buy any)

03

Think about how the food tastes, how it smells, what it looks like, and how it feels in your mouth as you eat it! Really savor it!



SLEEP

- 01 Write down how many hours you slept the night before each morning and rate how well rested you feel (scale of 1-10)
- 02 Try dimming the lights or living by lamp or candlelight for 30 minutes before bed.
- 03 Track how much caffeine you drink and what time you have your last drink of caffeine each day.



RECOVERY & REJUVENATION

- 01 When you wake up, reach your arms to the sky for 15 seconds.
- 02 Drink one more glass of water today than you usually do.
- 03 If you are sore from exercising, try stretching, foam rolling, or going on a walk.



MENTAL & EMOTIONAL WELLBEING

- 01 Try to do an emotional check-in with yourself 2x a day. Ask yourself how you are feeling and then think about it. Write it down to track it!
- 02 Text a friend or family member that you want to talk to more. Let them know you are thinking of them.
- 03 Be kind to yourself! Recite positive affirmations in the mirror today.
"I am worthy of love and care."
"I am enough simply by being me."
"I am allowed to take things one step at a time."



10 WELLNESS MYTHS & MISCONCEPTIONS

01 I have to run or lift weights to lose weight.

No one type of exercise is the magic movement to lose weight. Different types of movement have different benefits, and might be the right fit based on your goals. Weight loss is complicated, but related to the difference in how much you move and eat.

02 Eating a treat over the weekend ruined my diet.

Foods you love can absolutely be part of a healthy diet! One food will not make or break a diet or your health.

03 I should skip breakfast OR I should never skip breakfast.

Either extreme is not true! There is no “should” when it comes to breakfast, though people advocate for each side. Not eating breakfast can lower the number of calories you eat in a day (if that’s your goal) and some people don’t enjoy eating in the morning. On the other hand, some people enjoy eating in the morning and eating protein in the morning can increase feelings of fullness throughout the day, which can help you eat fewer calories (if that’s your goal).

04 This plan worked for my friend, so it should work for me, too.

I love that you are chatting with people you care about about your goals! If it seems like a reliable plan and you’re interested in trying it, there’s likely no harm in doing so. But it is important to know that every person is unique, so what works for them, may not work for you.

05 I just need to be more disciplined.

There are many messages out there about how motivation doesn’t last, so you need discipline to carry you to your goals. The reality is that discipline plays a role, but sustainable habits, support, and guidance drive behavior change.

06 It didn’t work for me before, so why would it work now?

It is so discouraging to feel like you’ve tried everything and nothing has worked or stuck. You never have to try the same method again, but if you want to, then please know that you are not alone in feeling discouraged. Sometimes a key differentiator is having the support you need to make the change you want.

10 WELLNESS MYTHS & MISCONCEPTIONS

07 **Healthy bodies look a certain way.**

Everybody's body is unique, even among family members, but especially compared to social media! You can be healthy and happy at a variety of weights, strengths, and ability levels. This will be different for each person and look different for each person. Also, keep in mind that edited bodies on social media are FAR more common than most people realize.

08 **Processed foods are bad, and clean eating is good.**

Moving away from labelling foods and diets as "good" or "bad" is very freeing! There are many health promotions out there with buzz words like "processed" or "clean," which don't mean what we make them mean. Refrigerating food or salting food is a form of processing it! No one food is more "clean" than another. Focusing on the overall quality of the diet (meaning what nutrients and energy you get from it) is much more important and helpful!

09 **I'm too out of shape, too far behind, or too old to try at this point.**

This is an incredibly common feeling, but it does not need to be the truth! You are not defined by your size, health, or age. Your body is built to adapt and grow. With the right support, you can overcome this belief!

10 **Because my health journey is personal and unique, I have to go at it alone.**

While your health journey may be something you choose not to discuss with all of your friends and family, having a support system can be a game-changer! Finding people who hold you accountable, encourage you, and can give you guidance is powerful and can build your confidence and overall wellness.

There are myths and mixed messages at every turn. I'm here to help you navigate the noise!

HOW TO KNOW WHAT WELLNESS ADVICE TO TRUST

The Source

Look into who is sharing the information/where the information comes from. The most accurate information will be based on scientific studies, peer-reviewed sources, doctors, or those certified/licensed in the field. Oftentimes, influencers, rumors, or articles by popular magazines are not the most reliable.

The Message

Reliable information often does not teach extremes, “shoulds” or “shouldn’ts,” messages that one food or exercise will solve or cause problems, or claim that a specific supplement will be the solution (especially if the source is the one selling said supplement). If the claim is based on a short period of time (get abs in 10 days) or targeting weight loss in a specific body part/area, then it is not reliable.

The Mission

Consider why the source is sharing this information. If they are making money off of you by believing their claim (ex, “buy this supplement I am selling and it will make you lose weight”), then you should question the reliability. Many wellness professionals provide valuable, trustworthy guidance — but reliable information is usually realistic, balanced, and not centered around quick fixes or dramatic promises.



A REMINDER BEFORE YOU GO

You are not in this alone.

The health and wellness space can feel incredibly overwhelming, especially when trends, extremes, and conflicting advice are constantly competing for your attention. I know firsthand just how confusing and overwhelming it is to live in that space.

I hope that this guide has simplified some aspect of wellness for you. It is only natural if you still have questions, but I hope you have learned that you are not alone, and there is reliable information and approachable support available to you.

There will be seasons where wellness feels easier and seasons where life feels overwhelming. That's normal. Progress is not ruined by setbacks, imperfect days, or needing to start again.

Your body is capable of adapting, growing, healing, and becoming stronger over time. It is never too late to take a step toward better health, more energy, greater confidence, and a higher quality of life for your future self.

You are far more capable than you think, but **you do not have to figure it all out alone.**





WHAT SUPPORT CAN LOOK LIKE

Invite your friends/family to be part of your journey

Having support from your loved ones can be incredibly helpful when making changes, big or small. Invite them to join you or cheer you on!

Do a social media audit – is your feed full of reliable information and inspiration?

Your social feed can be a force for good or not, but the first step to making it a powerful place for you is to evaluate what it's like right now.

Book a free consultation call

Sometimes the hardest part isn't knowing what to do; it's figuring out how to realistically apply it to your life and stay consistent through different seasons. **Health coaching is the missing piece.** [Schedule a call here!](#)



MORE
QUESTIONS?
Just ask!



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