

FROM THE QUARTERLY PARTNERWELL PULSE REPORT

Finding balance in our daily routines can be challenging, but it's essential for maintaining overall wellbeing. Prioritizing moments for connection, movement, hydration, and nourishing your body with whole foods can make a big difference. Below, you'll find some helpful tips on how to bring more balance into your day.

Balancing Act

FUELING YOUR BODY & MIND

Water
Water, tea, or coffee (with little or no sugar)
Limit milk, dairy, and juice

Connection
Relationships can lower anxiety, help regulate emotions, boost immunity, and more

Movement
Physical activity promotes joy and wellbeing

Proteins

Variety of plant (nuts, legumes, seeds) and animal proteins (fish, eggs, poultry, dairy)

Lean toward organic, free-range, grass-fed options

Fruits

Variety every day, during meals, as snacks, and for dessert

Vegetables

At least one green and one other color for every meal

Eat them raw or cooked

Whole Grains & Starches

High-fiber whole grains (like brown rice, quinoa, oats) and starchy vegetables (squash, sweet potatoes)

Limit pasta, white rice, white bread

Healthy Fats

Fats from avocado, nuts, seeds, and fish

Cook and bake using olive or coconut oil; limit butter

Use cold-pressed olive or sesame oils for dressing and marinades

Digestives

Fermented food (sauerkraut, miso, yogurt, kimchi, kombucha, and more)

These support digestion and aid immunity