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# Printable WELLNESS PLANNER



14-pages

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# For Beginners Wellness Planner

**Kellman Nathaniel-Foster**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **For Beginners Wellness Planner:**

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Nathaniel-Foster,2021-04-27 This book is about how mindfulness to improve mental health and mood begins with exercise by sacrificing the body Most people think the hard work is achieved through sweat but it s in the kitchen in what we feed ourselves where the true challenge begins One can t outwork a bad diet This is where learning how to master self control is key The catch is that anyone can do it all it takes is consistency

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