



Your 7 Step Wellness Guide and Checklist.

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INTRODUCTION

Welcome to Your Ultimate Wellness Guide

I'm René Roberts-Patel, and I'm so excited to share this wellness guide with you. As a Certified Wellness & Nutrition Coach, Fitness Trainer, Former International TV Gladiator, and Action Actor, my journey has been shaped by strength, discipline, and an unwavering passion for holistic health. For years, I've dedicated myself to understanding how food, movement, and mindfulness impact our overall well-being. Through my own experiences—balancing intense physical training, demanding roles, and everyday life—I've learned that true wellness isn't just about looking good; it's about feeling strong, energized, and deeply connected to your body.

This guide is my way of giving back. I want to provide real, sustainable tips that help you feel your best—whether it's boosting your energy, supporting your skin, hair, and nails, or simply making healthier choices that fit into your lifestyle.

Wellness isn't a destination; it's a journey. And I'm here to help you navigate it. Let's take this step together toward a healthier, happier you!



Water is life.

Daily Hydration is Key

Water is life! 💧 It's one of the simplest yet most powerful things you can do for your body. Staying hydrated keeps your skin glowing, supports digestion, boosts energy levels, and even helps with mental clarity. If you ever feel sluggish, foggy, or even hungry—your body might just be asking for water.

Drinking enough water daily is like giving your body a refreshing reset. It helps flush out toxins, keeps joints lubricated, and allows every cell in your body to function optimally. Plus, when you're well-hydrated, you naturally feel more energized and focused throughout the day.

Hydration Hacks

- ✔ Start your day with water. Before coffee or tea, drink a full glass to wake up your body.
- ✔ Carry a reusable bottle. Keep water within reach so you can sip throughout the day.
- ✔ Make it fun! Add lemon, cucumber, fresh mint, or berries for natural flavour.

Hydration isn't just about the body—it's a small act of self-care that nourishes your mind and soul too. Small changes lead to big results—so drink up and give your body the care it deserves! 💙

Notes & Checklist

- Did you drink water first thing this morning?



- How many glasses of water did you have today?

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- Reflect: How does staying hydrated affect your mood and energy?

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Start with Movement

The Power of Movement

Movement is one of the greatest gifts you can give your body. It’s not just about fitness—it’s about feeling alive, energized, and strong in your daily life. Regular movement improves circulation, boosts your mood, supports heart health, and even helps with mental clarity. The best part? You don’t need to spend hours in the gym to feel the benefits! Simple, joyful activities like walking, dancing, or even a quick stretch can do wonders for your overall well-being.



If you love to pray, consider making your morning walk a time to connect with your Creator, expressing gratitude and setting positive intentions for the day. If you meditate, try pairing it with movement—walk and repeat affirmations or focus on a mantra that aligns with your goals for the day, week, month, or year. Movement becomes more than just exercise—it turns into a mindful practice that nurtures your body and soul.

Morning Kick-Starter

- ✓ Start with a stretch or yoga flow.
- ✓ Energize with 10 minutes of walking, lunges, or squats.
- ✓ Make it playful—find something you love!

No matter how you move, the key is consistency. Keep it light, keep it fun, and most importantly—keep moving! 🧡

Notes & Checklist

- Did you move your body today?  

- What movement will you prioritize this week?

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- Reflect: How does movement affect your energy?

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STEP THREE

Nourish your body



Your body is like a high-performance engine—it needs the right fuel to function at its best. Eating well isn't about restriction, it's about nourishment! The foods you choose directly impact your energy, focus, mood, and overall well-being. A balanced plate filled with colorful, whole foods helps keep you full, energized, and thriving throughout the day.

Think of your meals as an opportunity to care for yourself. Prioritizing nutrient-dense foods not only supports your physical health but also enhances mental clarity and emotional balance. When you fuel your body properly, you'll notice a difference in how you feel—more vibrant, more focused, and more in tune with yourself.

Quick Tips for Balanced Eating

- ✓ Fill your plate with lean proteins, fresh veggies, and healthy fats to keep energy levels stable.
- ✓ Don't skip snacks! Choose nourishing options like nuts, Greek yogurt, or fruit with nut butter.
- ✓ Try meal prepping—having healthy meals ready to go makes it easier to stay on track, even on busy days.

Notes & Checklist

- Did you include protein and veggies in your meals today?  
- What's a new snack idea you'll try this week?

- Reflect: How does eating nourishing food impact your mood?



Glow with skincare

Your skin is your body’s largest organ—it protects you, reflects your overall health, and deserves to be nourished just like the rest of you. A glowing complexion isn’t just about the products you use; it’s about a combination of skincare, hydration, and good nutrition. When you take care of your skin, you’re also practicing self-care, which can boost your confidence and overall well-being.

Healthy skin starts from within. Eating nutrient-rich foods, staying hydrated, and managing stress all play a huge role in how your skin looks and feels. And, of course, a simple but consistent skincare routine can work wonders over time.

Simple Steps to Radiant Skin

✨ Cleanse twice a day with a gentle, nourishing cleanser to remove dirt and impurities.

✨ Protect your skin with SPF every morning—yes, even on cloudy days! Sun damage is one of the leading causes of premature aging.

✨ Treat your skin with serums, masks, or oils that target your specific concerns, whether it’s hydration, brightness, or blemishes.

✨ Hydrate from the inside out! Water-rich foods like cucumber, watermelon, and oranges help keep your skin plump and glowing.

Your skin is a reflection of how you care for yourself—so treat it with love! ✨❤

Notes & Checklist

- Did you follow your skincare routine today?



- What’s one product you’ll commit to using consistently?

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- Reflect: How does taking care of your skin make you feel?

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Rest and Recharge

Sleep is your body’s ultimate reset button. zzz It’s when your muscles repair, your mind processes the day, and your energy stores are replenished. Getting quality sleep isn’t just about feeling rested—it’s essential for a strong immune system, balanced hormones, and a positive mood.

When you’re well-rested, everything feels easier. You’re more productive, make better food choices, and have the energy to move your body and stay active. On the flip side, lack of sleep can lead to brain fog, cravings, irritability, and even long-term health issues. That’s why prioritizing good sleep is one of the best gifts you can give yourself.

Prioritize your rest, and watch how it transforms your wellness journey!



Evening Routine Tips

- 🌙 Create a calming pre-bed ritual. Read, journal, stretch, or meditate—find what relaxes you.
- 🌙 Stick to a consistent sleep schedule. Try to go to bed and wake up at the same time daily.
- 🌙 Reduce screen time. Avoid phones, tablets, and TVs at least an hour before bed to help your brain wind down.

If you meditate, take a few deep breaths, set your intentions, and let go of any stress before resting.

Sleep is not just rest—it’s healing.



Notes & Checklist

- Did you take time to wind down tonight?



- How many hours of sleep did you get?

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- Reflect: How does better sleep change your day?

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Celebrate Small Wins

Wellness isn't about chasing perfection—it's about showing up for yourself every day, in small but meaningful ways. Every sip of water, every nourishing meal, and every mindful moment is a step toward a healthier, happier you. It's easy to overlook the little things, but progress is built on these small, consistent habits.

Instead of focusing on what you haven't done, celebrate what you have! Maybe you took a 10-minute walk, swapped a sugary snack for a healthier option, or simply got to bed earlier. These wins may seem small, but over time, they add up to big results.

Mindset Shift: The Power of Gratitude

Gratitude is like a muscle—the more you practice it, the stronger it gets. Studies show that people who regularly reflect on what they're grateful for have lower stress levels, improved sleep, and a more positive outlook on life. Start by writing down one thing you're proud of each day. Maybe it's sticking to your hydration goals, moving your body, or taking a moment to breathe when things felt overwhelming.

Small wins lead to big transformations—keep going, you're doing amazing! 🧡🎉

Notes & Checklist

- What's one win you're celebrating today?

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- What's a goal you'll focus on this week?

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- Reflect: How does gratitude shift your perspective?

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Thrive Holistically

True wellness isn't just about eating right or exercising—it's about nurturing your whole self. When your mind, body, and soul are in balance, you feel more energized, at peace, and aligned with your purpose. Holistic wellness means paying attention to how your daily habits impact every part of your life. It's about being intentional with your actions so that you don't just exist—you truly thrive.

The way you move your body affects your mental clarity and emotional state. A simple walk outdoors can clear your mind and reduce stress, while stretching or yoga can release tension and boost your mood. The way you fuel your body influences how you think and feel, so choosing nourishing foods helps you stay vibrant and focused. And don't forget about emotional well-being—connecting with loved ones, practicing gratitude, and being kind to yourself all play a role in creating a joyful, thriving life.

Daily Practices for Thriving

🌟 Move with intention—whether it's yoga, stretching, or a peaceful walk in nature.

📖 Nourish your mind with uplifting books, podcasts, or meditation.

💛 Take time to connect with loved ones or practice acts of kindness and declutter your work space, less is more.

Wellness isn't just a routine—it's a lifestyle. Keep showing up for yourself, and you'll feel the difference in every part of your life! 🌟

Notes & Checklist

- What's one way you connected with yourself today?

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- What's a wellness ritual you'll prioritize this week?

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- Reflect: How do holistic habits bring joy to your life?

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BONUS

BONUS SECTION

Navigating Perimenopause with Wellness

Perimenopause is a natural transition that many women experience, typically starting in their 40s, though it can begin earlier. Recognizing the signs and adopting supportive lifestyle habits can make this phase more manageable and even empowering.

Recognizing Perimenopause

Perimenopause marks the period leading up to menopause, characterized by hormonal fluctuations that can cause various symptoms. Common indicators include:

- **Irregular Periods:** Cycles may become shorter, longer, heavier, or lighter.
- **Hot Flashes and Night Sweats:** Sudden feelings of heat, often accompanied by sweating.
- **Mood Changes:** Increased irritability, anxiety, or mood swings.
- **Sleep Disturbances:** Difficulty falling or staying asleep.
- **Vaginal Dryness:** Leading to discomfort during intercourse.
- **Decreased Libido:** A reduction in sexual desire.
- **Cognitive Changes:** Memory lapses or difficulty concentrating.

If you're experiencing these symptoms, consult with a healthcare provider to discuss management strategies.

Nourishing Foods for Perimenopause

Diet plays a crucial role in alleviating perimenopausal symptoms and promoting overall health. Consider incorporating the following:

- **High-Quality Proteins:** Support muscle mass and satiety with lean meats, fish, Greek yogurt, eggs, and legumes.
- **Omega-3 Fatty Acids:** Reduce inflammation and support heart health by consuming fatty fish like salmon, flaxseeds, and walnuts.
- **Fiber-Rich Foods:** Aid digestion and balance blood sugar levels with whole grains, fruits, vegetables, and legumes.
- **Phytoestrogens:** Plant compounds that mimic estrogen may help balance hormones. Include soy products, flaxseeds, and chickpeas in your diet.
- **Calcium and Vitamin D:** Support bone health with dairy products, leafy greens, fortified foods, and adequate sunlight exposure.

BONUS SECTION

Effective Exercises for Perimenopausal Women

Regular physical activity can mitigate many perimenopausal symptoms:

- **Strength Training:** Preserves muscle mass and boosts metabolism. Aim for sessions 2–3 times per week.
- **Cardiovascular Exercise:** Enhances heart health and mood. Incorporate activities like brisk walking, cycling, or swimming most days.
- **Flexibility and Balance:** Practices like yoga or Pilates improve flexibility, balance, and stress reduction.

Additional Wellness Tips

- **Stay Hydrated:** Helps manage bloating and supports overall health.
- **Prioritize Sleep:** Establish a calming bedtime routine to improve sleep quality.
- **Manage Stress:** Techniques such as meditation, deep breathing, or engaging in hobbies can reduce stress levels.
- **Limit Caffeine and Alcohol:** Both can exacerbate symptoms like hot flashes and disrupt sleep.

Embracing these lifestyle changes can help you navigate perimenopause with greater ease and confidence. Remember, it's a natural phase of life, and with the right strategies, you can continue to thrive.





CONCLUSION

Embrace Your Journey

Wellness isn't about perfection; it's about nurturing yourself with care, love, and consistency. Take these steps at your own pace, and celebrate every moment of growth. You're already on the path to thriving.

Let's continue this journey together—because your best self deserves it!

RENÉ ROBERTS-PATEL

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