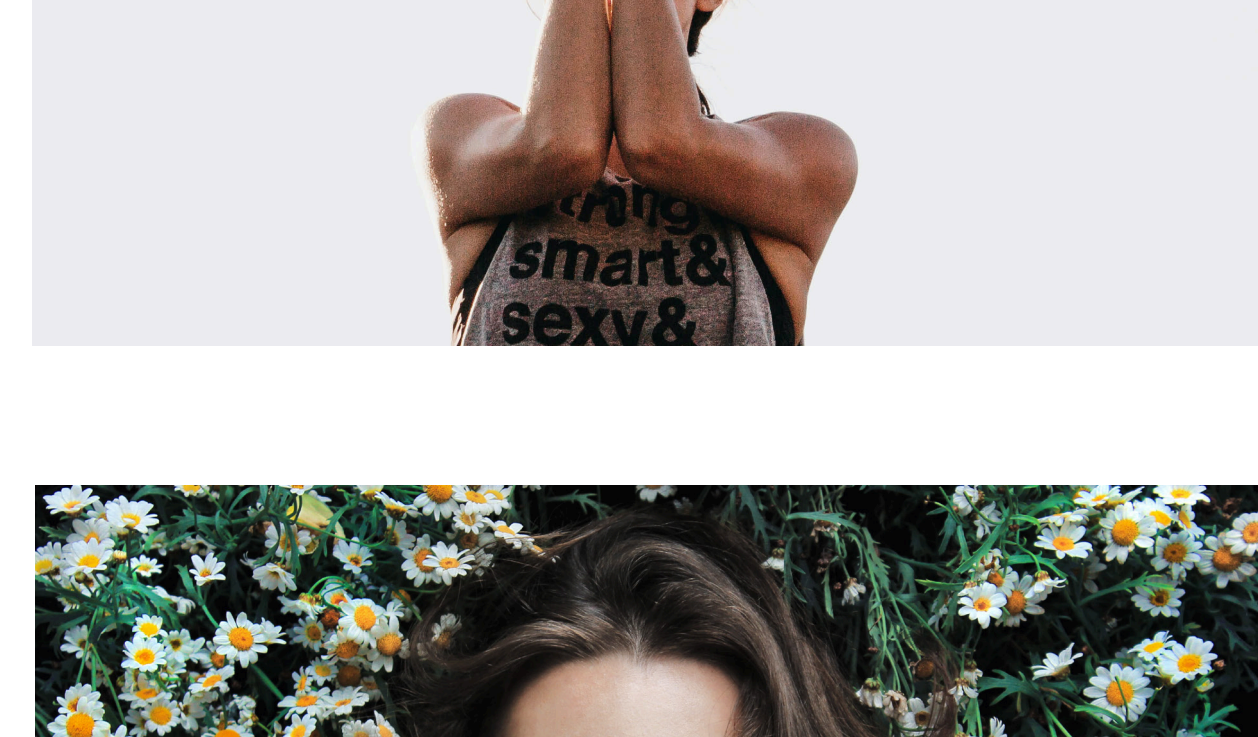


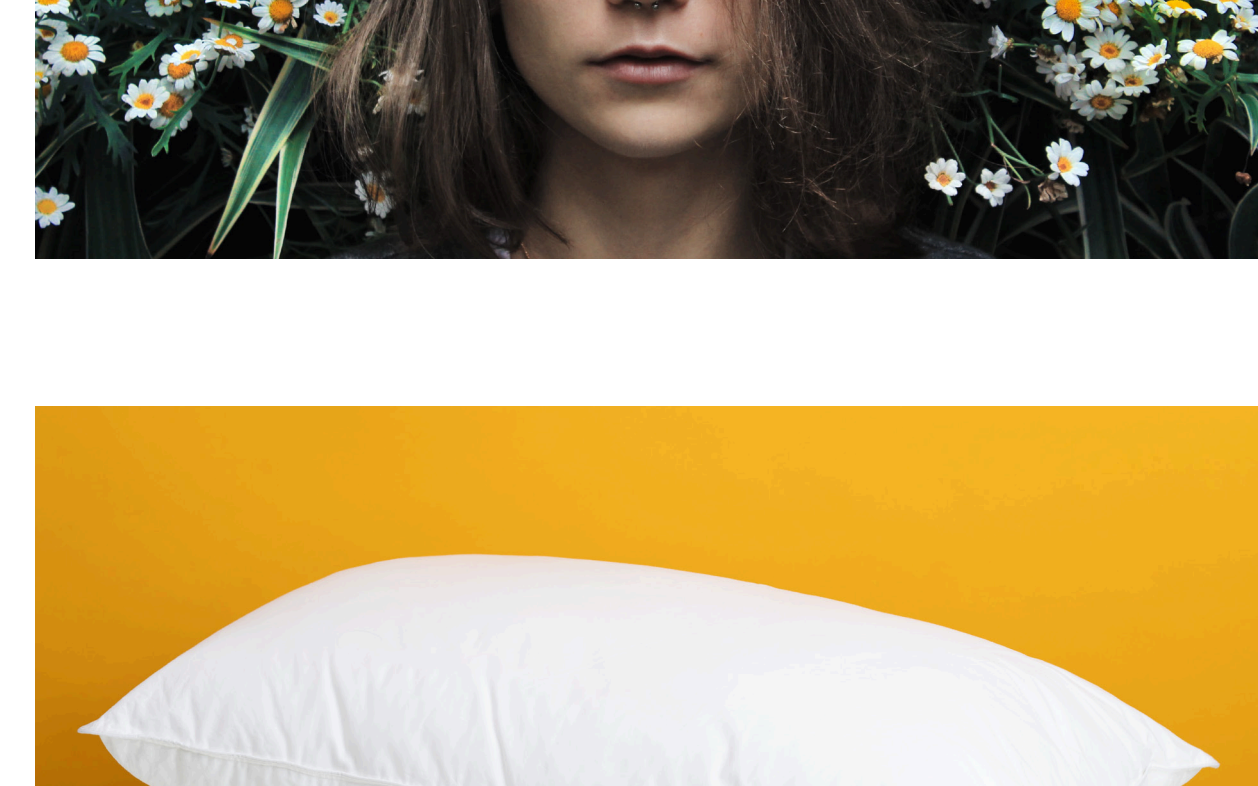
UPCOMING EVENTS



WIND DOWN WITH WELLSTYLES YOGA

WEDNESDAY JULY 7TH
@ 3:30 PM

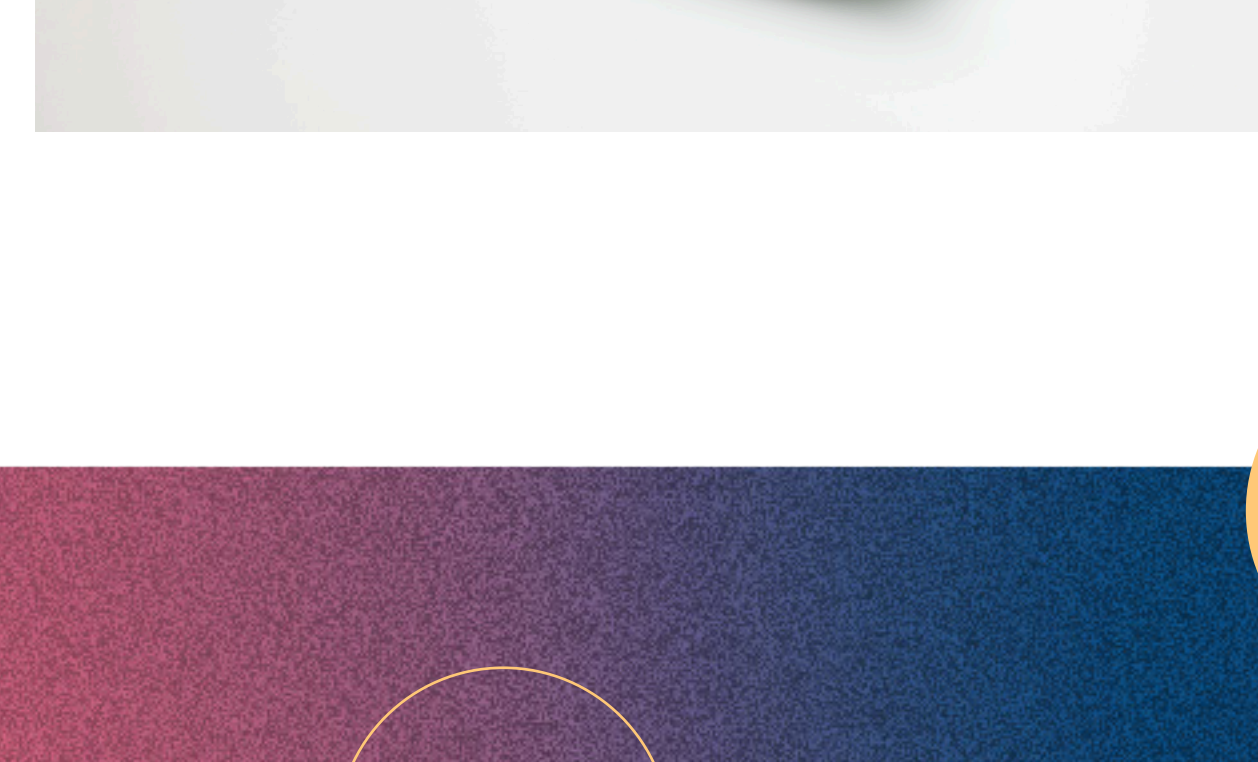
[REGISTER NOW](#)



BEDTIME MEDITATION FOR BETTER SLEEP

WEDNESDAY JULY 14TH
@ 3:30 PM

[REGISTER NOW](#)



REIMAGINE YOUR SLEEP ROUTINE

WEDNESDAY JULY 21ST
@ 3:30 PM

[REGISTER NOW](#)

Creating an OPTIMAL SLEEP ENVIRONMENT

Among the food controversies that surround us, the vast majority of health authorities and experts can agree on one thing – vegetables have a place in our diet. Because vegetables provide an array of nutrients that are hard to find in other food sources, their value to our health is unmatched. A high-vegetable diet reduces our risk for chronic diseases such as diabetes, osteoporosis, cancer and obesity, and gastrointestinal, cardiovascular, and autoimmune diseases.

LEARN MORE ABOUT HOW YOU CAN ADJUST YOUR SLEEP ENVIRONMENT TO ENSURE QUALITY SLEEP.

[CLICK HERE & IMPROVE YOUR SLEEP HEALTH](#)

JOIN THE BLACKOUT CHALLENGE



Darkness is a critical component to signal sleep. When the sun sets, light begins to dissipate and the absence of light triggers the production of melatonin – a hormone that induces sleep. To support optimal sleep quality, eliminate light pollution and black out your room. This will help you fall asleep faster, stay asleep longer, and wake up feeling rested...and who doesn't need that?

JULY 12-23 ON WELLSTYLES

Track each time you black out your bedroom before bedtime.

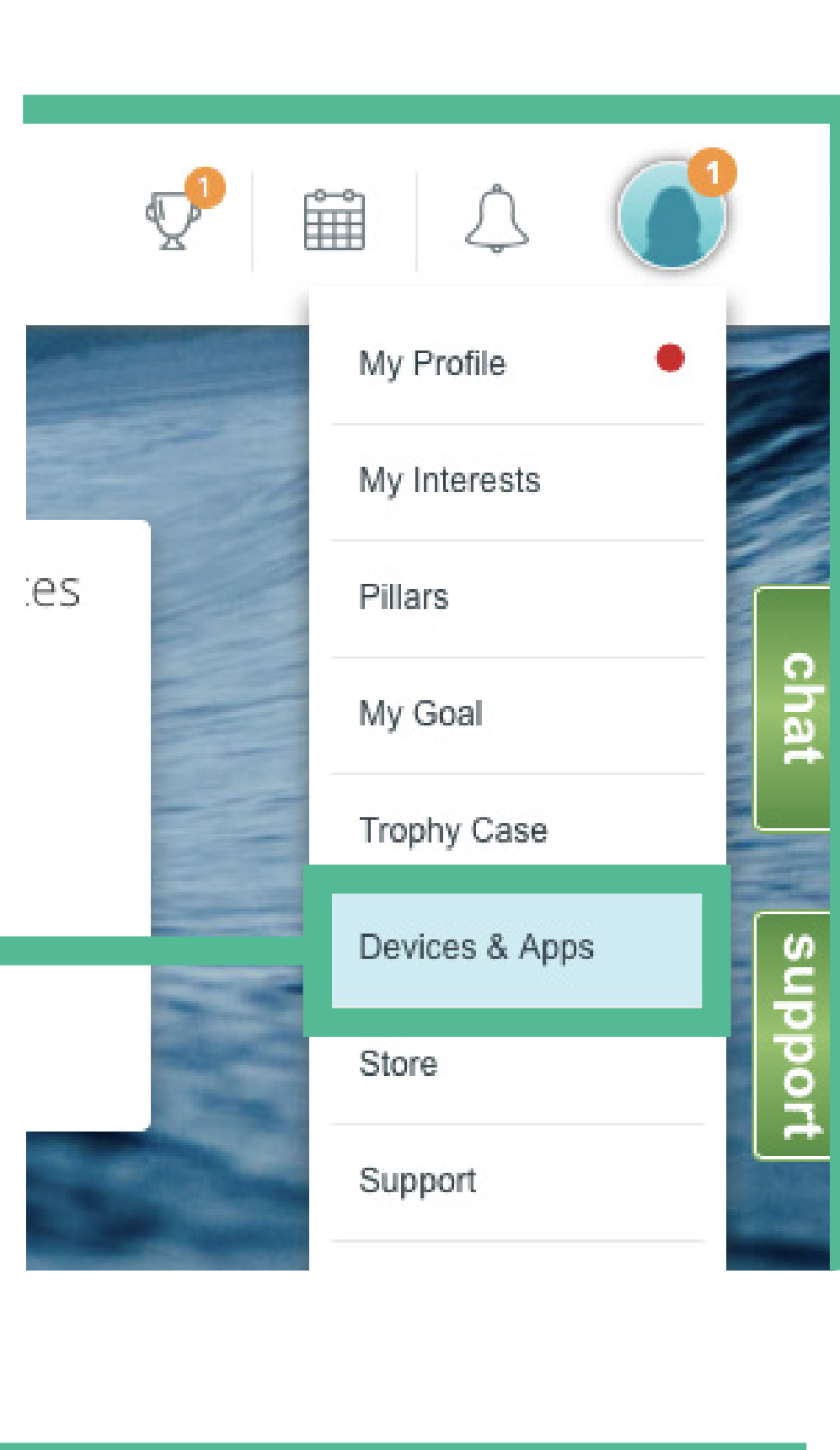
Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

[CHALLENGE OPENS ON JULY 5 — CLICK HERE TO JOIN](#)

TECH TIP: HOW TO SYNC A DEVICE

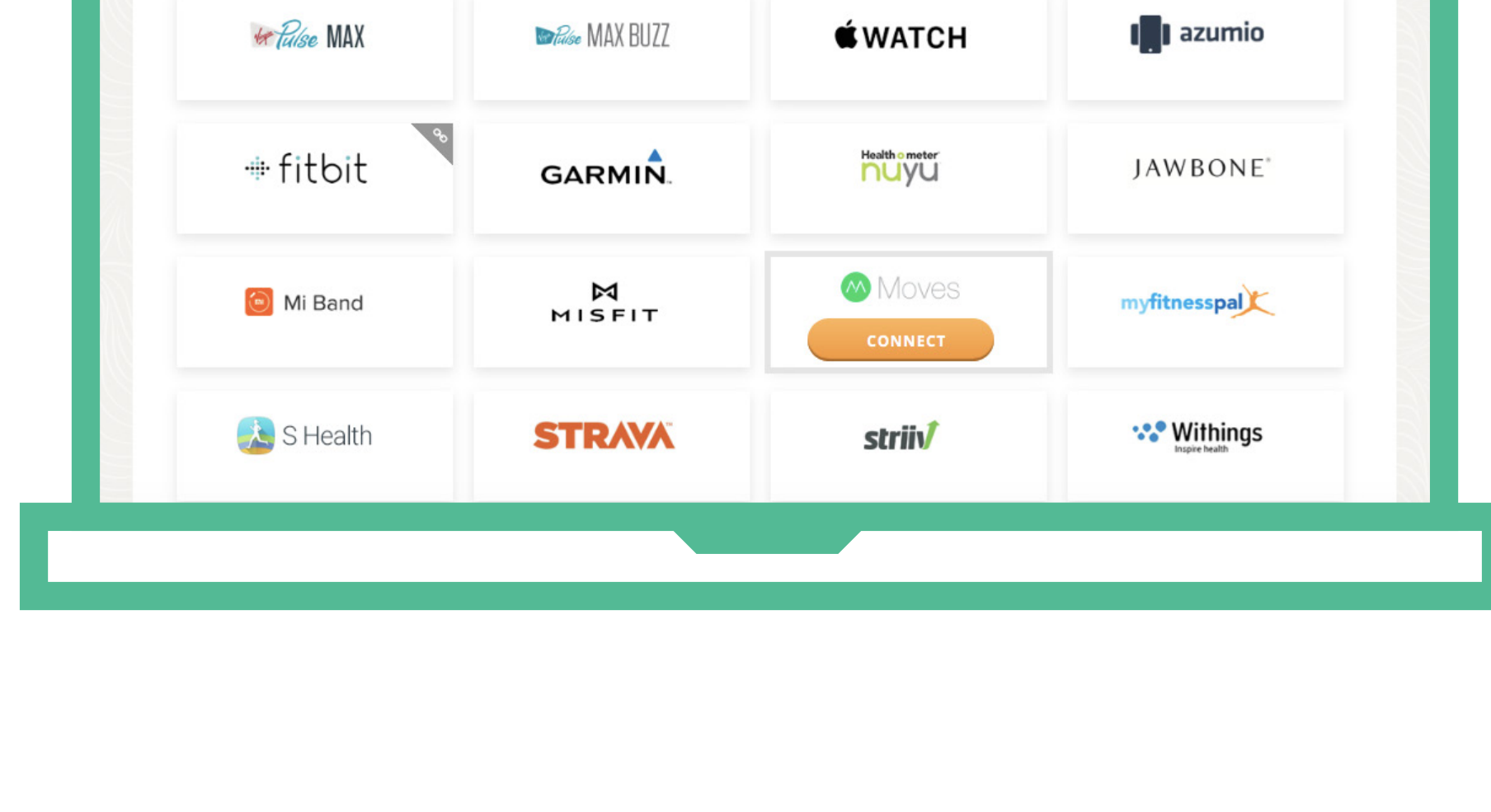
The devices that are compatible with the WellStyles page include: **Virgin Pulse Max and Max Buzz, Apple watch, Azumio, Fitbit, Garmin, iHealth, Health o Meter, Nuyu, Mi Band, Misfit, Polar, My fitness pal, S Health, Strava, Striiv, whil, and Withings.**

To find where the devices are listed: Go to your profile picture in the top right corner. Then in the drop down, click on "Devices and Apps". The devices are listed under the browse options tab.



Once you find your device, **click on the orange connect button.**

Follow the prompts to continue the syncing process. The process is dependent on the device/app.



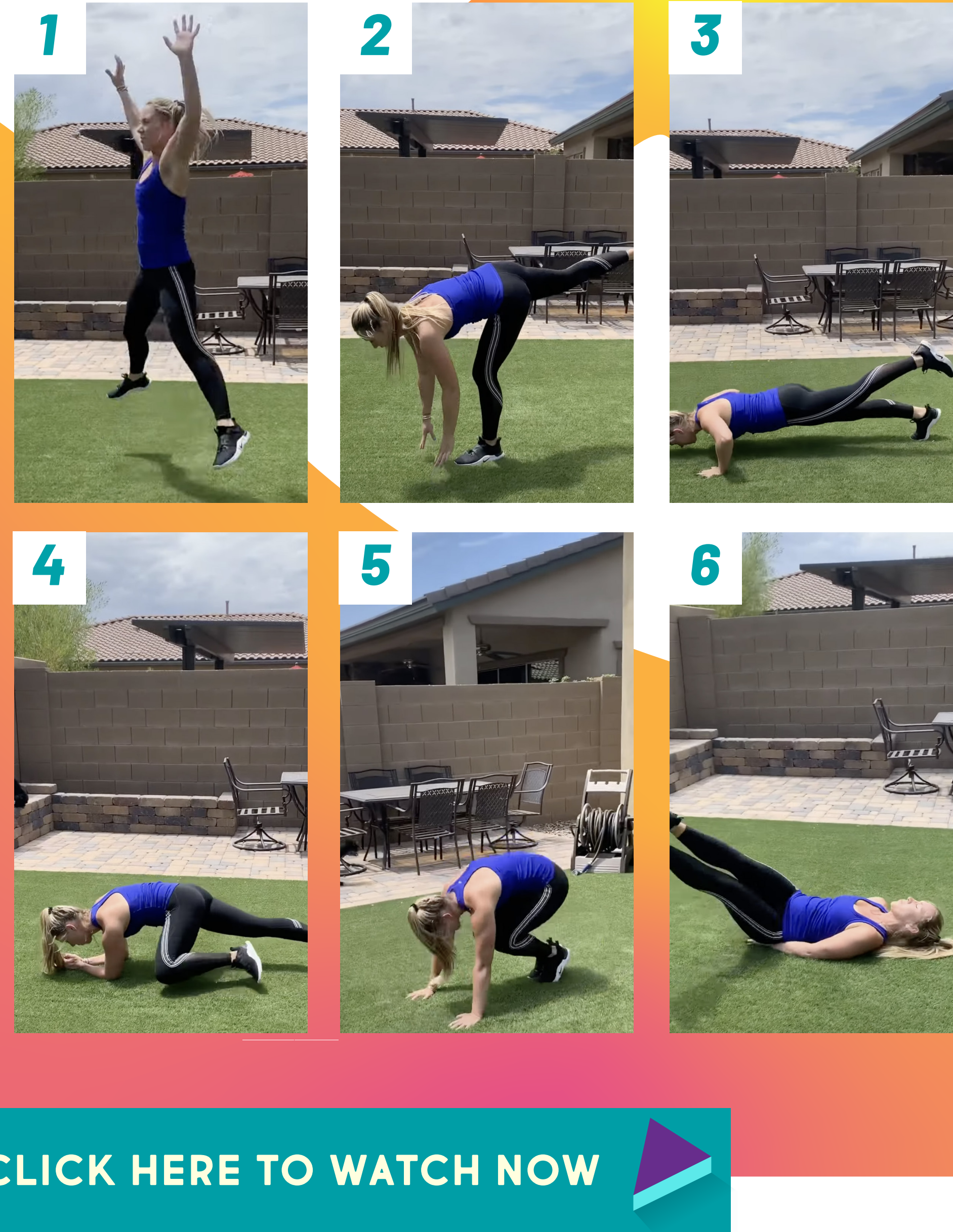
WORK IT OUT

SUMMER SWEAT

Complete each exercise for 45 seconds. Rest for 15 seconds between each exercise.

- 1 star jumps
- 2 deadlift lunge
- 3 single leg pushup
- 4 spider crunches
- 5 tuck abs
- 6 rainbow leg lifts

4 rounds total. Rest for 1 minute between each round!



[CLICK HERE TO WATCH NOW](#)

INTRODUCING your NEW FAVORITE ACCESSORY



If you have not yet jumped on the bandwagon and invested in a reusable stainless steel bottle, what are you waiting for? Whether you value convenience, cost savings, protecting the environment, improving your health or simply drinking better tasting water, switching from disposable plastic water bottles to a reusable stainless steel one does it all. To ensure the quality of your bottle select one that is made from 18/8 food grade stainless steel. They can withstand hot and cold temperatures and scratches and dents and they are also free of harmful contaminants. Once you have a stainless steel water bottle in your life, you'll regret the day you leave the house without it. **But don't take our word for it, go get yourself one!**

