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DAILY TIPS TO IMPROVE
YOUR WELL-BEING

MORNING

1 STRETCH
YOUR LEGS



BEFORE GETTING OUT OF BED



TO WAKE UP YOUR BACK



DRINK A WARM GLASS
OF WATER TO WAKE UP
YOUR STOMACH

3 DO 15 MINS.
OF JOURNALING
TO WAKE UP
YOUR MIND



DURING THE DAY



STAY
HYDRATED



GET
FRESH AIR



GO FOR A WALK
WITH A FRIEND

EVENING

PAUSE SCREENS
AT LEAST 1 HOUR
BEFORE BEDTIME

PRACTISE
YOGA



READ



OR
MEDITATE

