In order to make wellness a lifestyle, Global Wellness Day aims to adopt the following seven simple steps:

1. Walk for an hour
2. Drink more water
3. Don’t use plastic
4. Eat healthy food
5. Do a good deed
6. Have dinner with loved ones
7. Go to bed by 10 PM

Remember!
- Wellness is an inherent right of each individual – it’s not a luxury
- We all need more education and motivation to be healthy and stay healthy
- Wellness is an active and dynamic process of making a better decision each time you have the choice
- It’s important to learn more about what folks are doing globally to stay healthy and well