

5 Wellness Tips to become Better, Faster, Stronger

Humans are designed to strive for improvement. The brain is wired to look for problems and solve them with the hopes of easing our day-to-day lives. To advance our quality of life, we must put a plan in place to take the necessary steps toward enhancing our bodies, minds, and daily routines.

It is important to remember that although there are many factors in life that we cannot control, we are in charge of taking care of our wellness. To satisfy our cravings for peace and happiness, we engage in acts of self-care.

1. Goal setting

You know how the saying goes: those who fail to plan, plan to fail. To successfully reach a goal, we must carefully curate a plan. It is important to sit down and reflect on the areas you already feel successful in and the areas needing improvement. Once you have identified a list of things that could use some enhancement, be sure to select a few attainable, measurable goals to begin.

By setting smaller, short-term goals will help you build long-term goals. For example, goal #1 may be to go to the gym three times per week; goal #2 would be to increase weights lifted by 10 pounds; then goal #3 would be to bench press 150 pounds.

Goal setting is extremely positive for our overall wellness because it motivates us to care for ourselves emotionally, psychically, and socially. Whether it is to reach a fitness goal, a productivity goal, or an experiential goal, the ancillary wellness benefits to each are countless. For example, working towards a fitness goal enhances mental health as well.

2. Self-care routines

Days are jam-packed with professional, family, social, and miscellaneous adult responsibilities. Among endless to-do lists, finding the time to engage in self-care can become tedious and at times, feel impossible.

However, setting a self-care routine does not mean we have to spend three hours each day applying face masks and sitting in a bubble bath (although if you can do that—great!). Self-care is not one-size-fits-all. You can determine actions that support your well-being and decide how long it will take.

But for this to classify as a routine, make sure to set a schedule in which you can consistently carry out your self-care activity. Say you like to light a candle and drink tea to ground yourself after a long day. Start by spending 15 minutes each evening after dinner to engage in self-care. From here, you can add more!

3. Engage in mental fitness

Meditation and yoga have been proven to improve mental and physical welfare. Meditation is the act of intense focus and awareness. It is practiced in silence and intended to calm the mind and body.

Believe it or not, freeing the mind of thoughts and worry is very difficult for most people. Meditation exercises the brain by teaching it to “shut off” and be present. This encourages the brain to manage stress, negative emotions, and even physical pain more sustainably. It can be a coping mechanism, self-care act, or preventative measure for mental health.

Yoga, on the other hand, trains the mind and body. Using similar practices to meditation, yoga focuses on slowing down the mind and becoming present by focusing on the mind-body connection.

When it comes to yoga, taking the time to slow down, speeds up the metabolism and immune system. With a clear mind and a relaxed body, we are more likely to be content, productive, and healthy.

4. Strength train

Hitting weights strengthens more than just your muscles. Becoming physically strong also promotes a sharp mind. Exerting your energy into weight training can regulate sleep, reduce anxiety, speed up the metabolism, and increase focus.

5. Nutrient-rich diet

The best way to maximize our mind and body's potential is through a proper diet. To become better, faster, and stronger, we need to feed our bodies for growth. Alongside eating a balance of whole foods, staying hydrated, and measuring appropriate portions, we should also supplement our diets with key nutrients. Some vitamins and minerals are especially helpful for mental and physical performance.

Iron benefits

Melissa Libertino

Fully Nutrition

The benefits of iron are vast. There is a reason why one of the most powerful superheroes, Iron Man, is named after a mineral. Iron symbolizes strength due to its firm exterior and role in increasing energy levels as a nutrient. Iron delivers oxygen to the blood to refresh mental and physical energy, improves cognitive function, and boosts the immune system.

Paired with vitamin A and B-Complex, [Fully Nutrition's Iron gummy supplement](#) will give you the energy boost you need to reach your goals. Naturally flavored with grapes, these delicious gummies are a tasty way to supplement your wellness practices to become better, faster, and stronger!