



10-Day Wellness Challenge

JUMPSTART YOUR HEALTH & WELLNESS JOURNEY

CANDACE HALL | @THEBIGBLUEDEBUTANTE



Welcome to the 10-Day Wellness Challenge! Over the next ten days, you'll embark on a journey to prioritize your health, boost your energy levels, and kickstart your weight loss journey. Each day, you'll focus on implementing simple yet effective habits that will contribute to your overall well-being.

Hey There Friends! I'm your new wellness bestie, Candace!

At one point in time, I was right where you are. Tired, moody, exhausted, and outright defeated. My health used to be a priority, but due to various life events, I let myself go and was left in a state of not knowing who I was when I looked in the mirror. I knew I needed a change.

One day I had an opportunity fall into my lap to try out a new health routine, and it has forever changed how I prioritize myself.

Even though I jumped in head first, I created this simple 10-Day Wellness Challenge for people just like you who want to ease back into a simple routine. Sometimes you have to walk before you run, and this is your starting block!

Cheers to a new you!

xo, Candace





Day 1: Hydration Boost

Goal: Drink at least 8 glasses of water today. (Eventually, the goal will be to consume at least half your body weight in ounces each day.)

Tip 1: Keep a water bottle with you throughout the day to remind yourself to stay hydrated.

Tip 2: Here are a few of my favorite Premium Hydration products to try + a little flavor to add to your water

pH Balanced Water

Electrolyte Supplement Beverage

Collagen Beverage

Cranberry +



Day 2: Mindful Eating

Goal: Practice mindful eating by savoring each bite and paying attention to your body's hunger cues.

Tip 1: Need some help with choosing healthier food options? Check out this done for you meal delivery service

Fresh Meals delivered to your door

Day 3: Healthy Meal Prep

Goal: Prepare a nutritious meal in advance for tomorrow's lunch or dinner.

Tip: If meal delivery service isn't your thing, and you enjoy cooking, choose recipes that include lean protein, whole grains, and plenty of fruits and vegetables.



Day 4: Get Moving

Goal: Engage in 30 minutes of physical activity today.

Tip 1: Choose an activity you enjoy, whether it's going for a walk, dancing, or practicing yoga.

Tip 2: If you're anything like me, dressing the part always makes working out and moving a lot easier. So here are a few of my favorite and comfy athleisure pieces to add to your wardrobe:

High Waist Leggings

Sports Bra

Favorite Walking / Running Shoes



Day 5: Digital Detox

Goal: Take a break from screens for at least one hour today.

Tip: Use this time to engage in activities that promote relaxation, such as reading, meditating, or spending time outdoors.

Are you a reader? Here are some self-development recommendations

Book Recommendation #1

Book Recommendation #2

Book Recommendation #3

Book Recommendation #4

Book Recommendation #5



Day 6: Stress Relief

Goal: Practice a stress-relieving activity, such as deep breathing exercises or meditation.

Tip: Find a quiet space where you can unwind and focus on calming your mind and body.

Day 7: Healthy Snacking

Goal: Choose nutrient-dense snacks, such as fresh fruit, nuts, or Greek yogurt, to fuel your body between meals.

Tip: Plan ahead by portioning out snacks in advance to avoid mindless eating.



Day 8: Quality Sleep

Goal: Aim for 7-8 hours of quality sleep tonight.

Tip: Create a relaxing bedtime routine and avoid screens at least an hour before bedtime.

Here are some of my favorite natural sleep aids that have been a staple in my nighttime routine

Sleep Gummies

Rest Gel

Immune Support Patch



Day 9: Gratitude Practice

Goal: Take a few moments to reflect on three things you're grateful for today.

Tip: Keep a gratitude journal by your bedside and write down your thoughts before going to sleep.

Gratitude Journal

Gratitude Notecards

Day 10: Self-Care Sunday

Goal: Dedicate today to self-care activities that nourish your body, mind, and soul.

Tip: Treat yourself to a relaxing bath, indulge in your favorite hobby, or spend quality time with loved ones.



Congrats!

You did it!! Congrats on completing the 10-Day Wellness Challenge! I hope these habits serve as a foundation for a healthier, happier lifestyle. Remember, small changes can lead to big results when it comes to your well-being. Keep up the great work!

xo, Candace

@THEBIGBLUEDEBUTANTE

CANDACE@HEYITSCANDACE.COM