

# WELLNESS EVERYDAY

SHUIQI  
SPA & FITNESS



Each day do at least 30 minutes of moderate intensity **physical activity**.

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Exercise your **muscles** at least twice a week, and increase **flexibility** everyday.

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Choose to go on **foot or by bike** instead.

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Eat 5 meals a day, preferably **fresh food and natural produce**.

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Drink plenty of **water** and avoid soft drinks.

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Make sure you get enough sleep in order to **recharge physically and mentally**.

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Dedicate time to your own **passions** and hobbies.

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Avoid polluted environments and get back to **nature**.

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Do not smoke or drink too much alcohol: **think clearly and stay in control**.

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Be positive about life, get motivated and **smile!**