

# NOURISH YOUR BODY



VALENTINES GIFT  
TO YOURSELF

# Welcome!

Valentine's Day is all about love, and this year, we're putting the focus on the most important love of all – the love you have for your own amazing body and soul, so that you can have the confidence to go places you are meant to be!!

In this special Valentine's Day gift, we'll explore some fun ideas to nourish your health with fitness, nutrition, and meditation while creating more self-care habits.

Get ready to embark on a journey filled with positivity, gratitude, and self love.

Annerie 



“Stop spending all day obsessing, cursing, perfecting your body like it’s all you’ve got to offer the world. Your body is not your art, it’s your paintbrush.”

– Glennon Doyle



## FUN IDEAS FOR SELF-CARE

**Dance Party in Your Pajamas:** Put on your favorite music, whether it's upbeat pop or calming jazz, and have a spontaneous dance party in your living room. Let loose, groove, and dance like nobody's watching. It's an instant mood lifter and stress reliever!

**Pamper Your Feet with a DIY Foot Spa:** Fill a basin with warm water, add a few drops of your favorite essential oil, and toss in some rose petals or sliced citrus fruits for a luxurious touch. Soak your feet, scrub with a homemade foot scrub [sugar and olive oil work wonders], and finish with a hydrating lotion. Your feet will thank you!

**Laughter Yoga Session:** Gather with friends or family and engage in a laughter yoga session. It's all about laughing intentionally, which releases endorphins and boosts your mood. Share silly jokes, funny stories, and just laugh without inhibition. Laughter truly is the best medicine!

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# FUN IDEAS FOR A NUTRITION SPOIL

**Veggie Rainbow Wrap:** Create a colourful veggie rainbow wrap using green leaves or rice paper as your base. Fill it with sliced bell peppers, cucumbers, carrots, avocado, and your choice of protein [tofu, grilled chicken, or chickpeas]. Drizzle with a zesty homemade dressing for a burst of flavour and nutrition.

**Berry Bliss Smoothie Bowl:** Blend frozen mixed berries, a ripe banana, greek yogurt, and a splash of almond-, oat- or coconut milk until smooth. Pour it into a bowl and top with granola, sliced strawberries, chia seeds, and a drizzle of honey. It's a delightful, antioxidant-rich treat!

**Guilty Pleasure Veggie Pizza:** Make a healthier version of your favourite pizza by using a cauliflower crust or whole wheat pita bread. Load it up with tons of colourful veggies, a sprinkle of low-fat cheese, and a homemade tomato sauce. It's a guilt-free twist on a classic comfort food.

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## FUN IDEAS FOR A FITNESS SPOIL

**Hula Hooping Extravaganza:** Dust off that hula hoop [or get one if you don't have it] and start hooping like you're at a carnival! You'll be surprised at how much of a workout it can be. Try different tricks, challenge yourself with waist hooping, and have a blast while toning your core and improving coordination.

**Nature Adventure Walk:** Instead of a regular walk, turn it into a nature adventure. Explore a nearby park, trail, or nature reserve. While you're on your walk, incorporate fitness challenges like doing lunges, jumping jacks, or push-ups at certain spots. It's a fun way to stay active in the great outdoors.

**Yoga Mat Core Workout:** Lay out your yoga mat and do a quick core workout with exercises like planks, bicycle crunches, and leg raises for two minutes.

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# FUN IDEAS FOR SELF-LOVE MEDITATIONS

**Mirror Mantra:** Stand in front of a mirror and look deep into your own eyes. Repeat a self-love mantra such as "I am worthy," "I am enough," or "I love and accept myself completely." Smile at yourself and feel the love radiate from within.

**Heart-Centered Visualisation:** Find a quiet space and close your eyes. Imagine a glowing, warm light at the center of your chest. With each breath in, visualise this light expanding, filling your entire body with love and positivity. Imagine it radiating outward, touching the people and things around you.

**Gratitude Walk:**

Go for a walk in nature, whether it's a park, beach, or your local neighbourhood. As you walk, mentally list things you're grateful for, focusing on your body's strength and well-being. Feel the gratitude and love flow through you with each step.

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“HAVE YOU EVER TAKEN A PHOTO OF A  
SUNSET AND THOUGHT...IT LOOKS SO  
MUCH BETTER IN REAL LIFE.  
REMEMBER THAT WHEN LOOKING AT  
PHOTOS OF YOURSELF.”

EVERGLOWNUTRITION

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