

## ✓ Wellness Checklist, Resources and Recommendations ✓

### Recommended Products:

- ★ [Blue Light Filtering Glasses](#)
- ★ [Posture Corrector](#)
- ★ [Standing Desk](#)
- ★ [Resistance Bands](#)
- ★ [Wobble Disc](#)

### Video Links:

- ★ [Proper Posture for Better Health! Dr. Austin Ivans](#)
- ★ [Follow Along 10 Minute Bodyweight Exercise Routine](#)
- ★ [Simple and Effective Resistance Band Exercises!](#)
- ★ [9 Evening Routine Habits of the World's Most Successful People](#)

### Recommended Apps:

- ★ Map My Run [Free GPS Run Tracker by Under Armour](#)
- ★ My Fitness Pal [Free Calorie Counter, Diet & Exercise Journal](#)
- ★ Goals and Habits [Way of Life — Habit on. Habit off](#)

### Recommended Foods:

#### Foods High in Vitamin C:

- Chili peppers
- Strawberries
- Sweet yellow pepper
- Kale
- Kiwis
- Broccoli

#### Foods High in Vitamin D:

- Salmon
- Egg yolks
- Mushrooms
- Canned fish
- Foods fortified with vitamin D such as orange juice and some cereals.

#### Foods High in Zinc:

- Meat
- Shellfish
- Legumes
- Seeds and nuts

Negative Calorie Foods: [What are Negative Calorie Foods?](#)

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### **Useful Articles:**

[20-20-20 rule: How to prevent eye strain](#)

[Sitting risks: How harmful is too much sitting?](#)

[Exercise: How much do I need every day?](#)

[What are Negative Calorie Foods?](#)

[9 Benefits of Journaling on Your Health and Mental Well-Being](#)

[How to Write SMART Goals](#)

[Develop Good Habits](#)

### **Diets:**

[The Mediterranean Diet](#)

[Paleo Diet Foods List](#)

[Vegetarian and Vegan Diet](#)

[The Ketogenic Diet: A Detailed Beginner's Guide to Keto](#)