



How to Get Started: A Simple Guide to the Five Pillars of Health & Wellness

AGELESS CONVERSATIONS

For older adults who want to feel better without feeling overwhelmed.

Deciding to take steps toward better health can feel overwhelming. When I look at everything all at once, I picture an overly enthusiastic wellness coach barking orders: wake up at dawn, lift weights, take a brisk walk, squeeze in core and balance work, meditate, eat perfectly, be a good neighbor, keep up with family, drink water nonstop, sleep eight hours, blah, blah, blah, and then do it all again tomorrow. My reaction to that system overload? Crawl into bed and pull the covers over my head.

I don't know who said "you can't eat an elephant all at once" but I don't like that phrase because who eats elephants anyway? But the principle of one bite at a time is still good. If we want to start feeling healthier, we can start one step at a time. Here's a sample guide that helps us do just that.

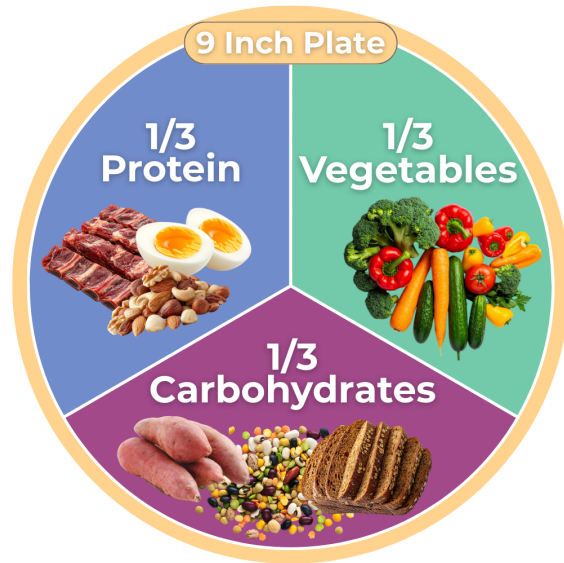
Use the blank weekly tracker at the end of this guide to check off your daily goals across the five health and wellness pillars. The step-by-step instructions and images below will help you get started and build a simple routine you can follow each week.

Nutrition:

Goal: Learn to fuel our bodies with balanced foods, hydration, and enough protein.

Where to Begin

- Add **one protein-rich food** to your day (eggs, yogurt, beans, chicken, protein milk).
- Drink **one extra glass of water** (not eight, just one to start).
- Add **one colorful veggie** to your plate.
- Swap out one snack for a protein and fruit (like greek yogurt and berries or apple and peanut butter).



**LEARN MORE
ABOUT
NUTRITION**

Strength & Core:

Start with just a few minutes a day (c'mon, we can sacrifice those extra minutes on Facebook!).

Goal: Begin to gain muscle mass, increase core stability, and move with more confidence.

Where to Begin - Strength Training

Pick **one strength move** and do it every other day:

- Sit-to-stands from a chair
- Wall push-ups.
- Squats with light hand weights or soup cans.
- Arm curls with light weights or soup cans.
- Start with **5 repetitions**. That's it.

Where to Begin - Core

Choose one simple core exercise:

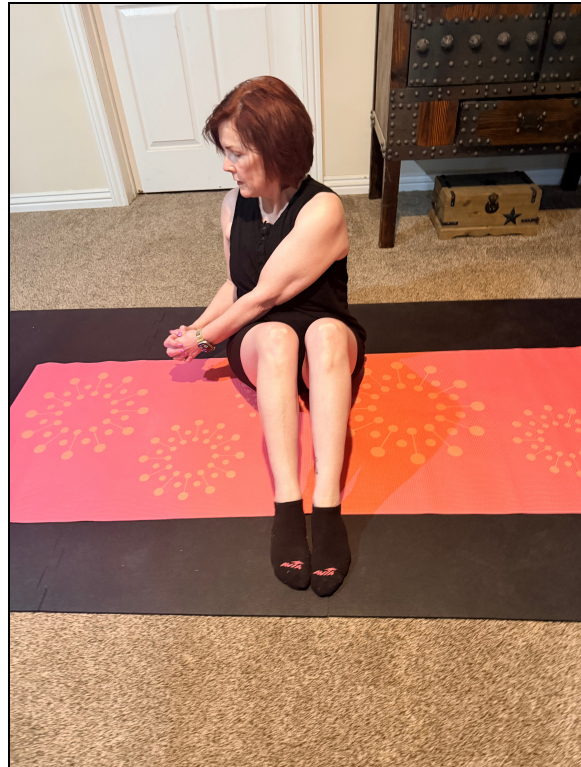
- **Knee Planks**—stretched out with straight back, resting on forearms and knees—hold for ten seconds).
- **Dead Bug**—Lie on your back, arms straight up, knees bent 90° above hips. Slowly lower your right arm toward the floor by your head and left leg toward the floor, keeping your back flat. Return to start, then



lower opposite arm and leg.
Repeat 10 times.

- **Bicycle Crunches**—Lie on your back, knees lifted. Alternate touching opposite elbow to knee, extending the other leg. Ten times each side.
- **Russian Twists**—Sit with knees bent, hands clasped together in your lap. As you rotate your torso side-to-side, tapping your clasped hands beside your hip each time. Do 10 taps each side.

LEARN MORE
ABOUT STRENGTH
& CORE



Cardio and Balance: Move a Little More Than Yesterday and Stay Upright

Goal: Support heart health, circulation, core strength, and endurance.

Where to Begin–Cardio

Choose **one simple movement goal**:

- Walk for 5 minutes.
- March in place during commercials.
- Do gentle arm swings while waiting for the kettle, or waiting for anything, really.
- March or walk as fast as you can for ten seconds.

Where to Begin–Balance

Try **one simple balance exercise** while holding onto a counter if needed:

- Stand on one foot for 10–15 seconds; switch sides.
- Shift weight side to side ten times each side.
- Rise onto your toes and lower slowly ten times.
- Walk heel to toe forward and backward ten steps.

**LEARN MORE
ABOUT CARDIO
& BALANCE**



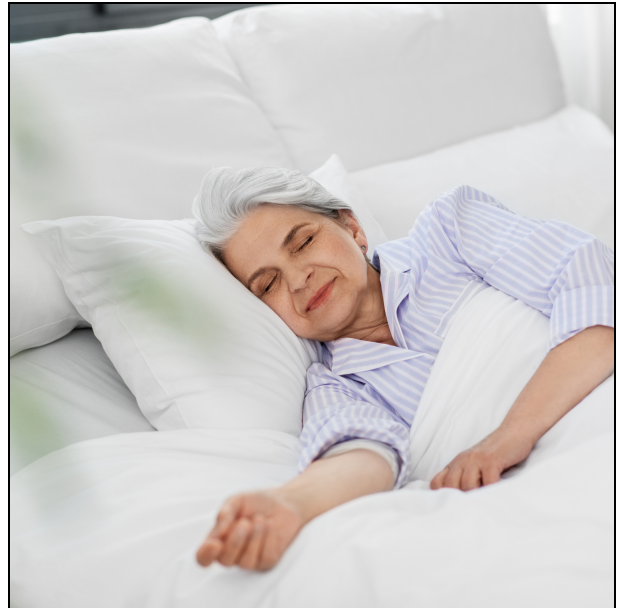
Sleep–Repair and Rejuvenation for Your Whole System:

Goal: Getting the 7-9 hours of restful sleep needed for cognitive, emotional, and physical wellbeing.

Where to Begin

Pick one daily practice:

- Put away screens an hour before bedtime.
- Go to bed and get up at the same time every day.
- Do a relaxing stretch and/or meditation before bed.
- Have your bedroom completely dark and cool.
- Stop eating and drinking two hours before bedtime.
- No caffeine after two in the afternoon.



**LEARN MORE
ABOUT SLEEP
HYGIENE**

Cognitive & Emotional Health: Connection Calm, and Personal Peace

Goal: Support social interaction, purpose, and cognitive health.

Where to Begin

Pick **one daily practice**:

- Call or text a friend.
- Write down one thing you're grateful for.
- Do a 2-minute breathing exercise.
- Spend time with people on a hobby you enjoy or something you feel passionate about.
- Ten minutes of meditation or a spiritual practice like prayer.



**LEARN MORE
ABOUT EMOTIONAL
& COGNITIVE
HEALTH**

5 Pillars of Health and Wellness *Weekly Tracker*

Check off boxes daily once complete and write in what the activity was where applicable.



Nutrition	
Check if you met you followed the 1/3 plate rule today and reference what you ate.	
Mon	☐
Tues	☐
Wed	☐
Thur	☐
Fri	☐
Sat	☐
Sun	☐

Hydration	
• Women: 64 ounces of water per day • Men: 84 ounces of water per day	
Mon	☐
Tues	☐
Wed	☐
Thur	☐
Fri	☐
Sat	☐
Sun	☐

Cardio, Core & Strength	
• Strength Training - 3 times weekly • Cardio - 2-3 times weekly • Balance & Core - 2 times weekly	
Mon	☐
Tues	☐
Wed	☐
Thur	☐
Fri	☐
Sat	☐
Sun	☐

Emotional & Cognitive Health	
Aim to do something for your mental health daily, whether it's making a connection or self care.	
Mon	☐
Tues	☐
Wed	☐
Thur	☐
Fri	☐
Sat	☐
Sun	☐

Sleep Hygiene	
Work on your sleep hygiene to improve your routine daily and get a better more restful sleep.	
Mon	☐
Tues	☐
Wed	☐
Thur	☐
Fri	☐
Sat	☐
Sun	☐

5 Pillars of Health and Wellness Weekly Tracker

COMPLETED EXAMPLE



Nutrition	
Check if you met you followed the 1/3 plate rule today.	
Mon	☒
Tues	☒
Wed	☒
Thur	☒
Fri	☒
Sat	☒
Sun	☒

Hydration	
• Women: 64 ounces of water per day • Men: 84 ounces of water per day	
Mon	☒
Tues	☒
Wed	☒
Thur	☒
Fri	☒
Sat	☒
Sun	☒

Cardio, Core & Strength	
• Strength Training - 3 times weekly • Cardio - 2-3 times weekly • Balance & Core - 2 times weekly	
Mon	☒
Upper body weightlifting	
Tues	☒
1 hour swimming	
Wed	☒
Lower body weightlifting	
Thur	☒
Core Exercises & Zumba	
Fri	☒
Full body weightlifting	
Sat	☒
2 half hour walks	
Sun	☒
1 hr balance exercises	

Emotional & Cognitive Health	
Aim to do something for your mental health daily, whether it's making a connection or self care.	
Mon	☒
Went to lunch with girls	
Tues	☒
Texted with grandkids	
Wed	☒
Gardened	
Thur	☒
Phone call with kids	
Fri	☒
Visited with the neighbor	
Sat	☒
Wrote down life story piece	
Sun	☒
Family dinner with kids	

Sleep Hygiene	
Work on your sleep hygiene to improve your routine daily and get a better more restful sleep.	
Mon	☒
No screens 1 hr before bed	
Tues	☒
No screens 1 hr before bed	
Wed	☒
No screens 1 hr before bed	
Thur	☒
No screens 1 hr before bed	
Fri	☒
No screens 1 hr before bed	
Sat	☒
No screens 1 hr before bed	
Sun	☒
No screens 1 hr before bed	

5 Pillars of Health and Wellness *Weekly Tracker*

Getting Started Week 1



Nutrition
Check if you met your chosen week 1 nutrition goal.

Mon Added one protein food to my day	☐
Tues Added one protein food to my day	☐
Wed Added one protein food to my day	☐
Thur Added one protein food to my day	☐
Fri Added one protein food to my day	☐
Sat Added one protein food to my day	☐
Sun Added one protein food to my day	☐

Hydration
Check if you met your chosen week 1 hydration goal.

Mon Drank 1 full glasses of water	☐
Tues Drank 1 full glasses of water	☐
Wed Drank 1 full glasses of water	☐
Thur Drank 1 full glasses of water	☐
Fri Drank 1 full glasses of water	☐
Sat Drank 1 full glasses of water	☐
Sun Drank 1 full glasses of water	☐

Cardio, Core & Strength
Check if you met your chosen week 1 balance & core, cardio and strength training goals.

Mon - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Tues - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Wed - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Thur - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Fri - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Sat - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐
Sun - One foot stands (both feet) - Did 5 sit-to-stands - Walked for 5 minutes	☐

Emotional & Cognitive Health
Check if you met your chosen week 1 emotional & cognitive health goals.

Mon <i>Called/texted family or friend</i>	☐
Tues <i>Called/texted family or friend</i>	☐
Wed <i>Called/texted family or friend</i>	☐
Thur <i>Called/texted family or friend</i>	☐
Fri <i>Called/texted family or friend</i>	☐
Sat <i>Called/texted family or friend</i>	☐
Sun <i>Called/texted family or friend</i>	☐

Sleep Hygiene
Check if you met your chosen week 1 sleep goal.

Mon <i>No screens 1 hr before bed</i>	☐
Tues <i>No screens 1 hr before bed</i>	☐
Wed <i>No screens 1 hr before bed</i>	☐
Thur <i>No screens 1 hr before bed</i>	☐
Fri <i>No screens 1 hr before bed</i>	☐
Sat <i>No screens 1 hr before bed</i>	☐
Sun <i>No screens 1 hr before bed</i>	☐

5 Pillars of Health and Wellness *Weekly Tracker*

Getting Started Week 2



Nutrition

Check if you met your chosen week 2 nutrition goals.

Mon

- Added one protein food
- Added one fruit or veggie

☐

Tues

- Added one protein food
- Added one fruit or veggie

☐

Wed

- Added one protein food
- Added one fruit or veggie

☐

Thur

- Added one protein food
- Added one fruit or veggie

☐

Fri

- Added one protein food
- Added one fruit or veggie

☐

Sat

- Added one protein food
- Added one fruit or veggie

☐

Sun

- Added one protein food
- Added one fruit or veggie

☐

Hydration

Check if you met your chosen week 2 hydration goals.

Mon

Drank 2 full glasses of water

☐

Tues

Drank 2 full glasses of water

☐

Wed

Drank 2 full glasses of water

☐

Thur

Drank 2 full glasses of water

☐

Fri

Drank 2 full glasses of water

☐

Sat

Drank 2 full glasses of water

☐

Sun

Drank 2 full glasses of water

☐

Cardio, Core & Strength

Check if you met your chosen week 2 balance & core, cardio and strength training goals.

Mon

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Tues

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Wed

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Thur

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Fri

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Sat

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Sun

- Foot stands & to raises
- Sit-to-stands & pushups
- Walk & march

☐

Emotional & Cognitive Health

Check if you met your chosen week 2 emotional & cognitive health goals.

Mon

- Called/texted family or friend
- 5 minutes on hobby

☐

Tues

- Called/texted family or friend
- 5 minutes on hobby

☐

Wed

- Called/texted family or friend
- 5 minutes on hobby

☐

Thur

- Called/texted family or friend
- 5 minutes on hobby

☐

Fri

- Called/texted family or friend
- 5 minutes on hobby

☐

Sat

- Called/texted family or friend
- 5 minutes on hobby

☐

Sun

- Called/texted family or friend
- 5 minutes on hobby

☐

Sleep Hygiene

Check if you met your chosen week 2 sleep goals.

Mon

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Tues

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Wed

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Thur

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Fri

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Sat

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

Sun

- No screens 1 hr before bed
- No drinks 2 hrs before bed

☐

5 Pillars of Health and Wellness Weekly Tracker

Getting Started Week 3



Nutrition
Check if you met your chosen week 3 nutrition goals.

Mon

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Tues

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Wed

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Thur

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Fri

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Sat

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Sun

- Added one protein food
- Added one fruit or veggie
- Swapped one snack

☐

Hydration
Check if you met your chosen week 3 hydration goals.

Mon

Drank 3 full glasses of water

☐

Tues

Drank 3 full glasses of water

☐

Wed

Drank 3 full glasses of water

☐

Thur

Drank 3 full glasses of water

☐

Fri

Drank 3 full glasses of water

☐

Sat

Drank 3 full glasses of water

☐

Sun

Drank 3 full glasses of water

☐

Cardio, Core & Strength
Check if you met your chosen week 3 balance & core, cardio and strength training goals.

Mon

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Tues

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Wed

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Thur

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Fri

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Sat

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Sun

- Foot stands, toe raises, heel-to-toe
- Sit-to-stands, pushups, squats
- Walk, march, side-to-sides

☐

Emotional & Cognitive Health
Check if you met your chosen week 3 emotional & cognitive health goals.

Mon

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Tues

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Wed

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Thur

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Fri

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Sat

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Sun

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's

☐

Sleep Hygiene
Check if you met your chosen week 3 sleep goals.

Mon

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Tues

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Wed

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Thur

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Fri

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Sat

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

Sun

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down

☐

5 Pillars of Health and Wellness Weekly Tracker

Getting Started Week 4



Nutrition

Check if you met your chosen week 4 nutrition goals.

Mon

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Tues

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Wed

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Thur

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Fri

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Sat

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Sun

- Added one protein food
- Added one fruit or veggie
- Swapped one snack
- Ate one protein & veg meal

☐

Hydration

Check if you met your chosen week 4 hydration goals.

Mon

Drank 4 full glasses of water

☐

Tues

Drank 4 full glasses of water

☐

Wed

Drank 4 full glasses of water

☐

Thur

Drank 4 full glasses of water

☐

Fri

Drank 4 full glasses of water

☐

Sat

Drank 4 full glasses of water

☐

Sun

Drank 4 full glasses of water

☐

Cardio, Core & Strength

Check if you met your chosen week 4 balance & core, cardio and strength training goals.

Mon

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Tues

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Wed

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Thur

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Fri

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Sat

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Sun

- Foot stands, toe raises, heel-to-toes
- Sit-to-stands, pushups, squats, bicep curls
- Walk, 2x march, side-to-sides

☐

Emotional & Cognitive Health

Check if you met your chosen week 4 emotional & cognitive health goals.

Mon

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Tues

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Wed

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Thur

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Fri

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Sat

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Sun

- Called/texted family or friend
- 5 minutes on hobby
- Wrote down 3 gratitude's
- Shared a story

☐

Sleep Hygiene

Check if you met your chosen week 4 sleep goals.

Mon

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Tues

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Wed

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Thur

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Fri

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Sat

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐

Sun

- No screens 1 hr before bed
- No drinks 2 hrs before bed
- Cooled room down
- Did mind quieting activity

☐