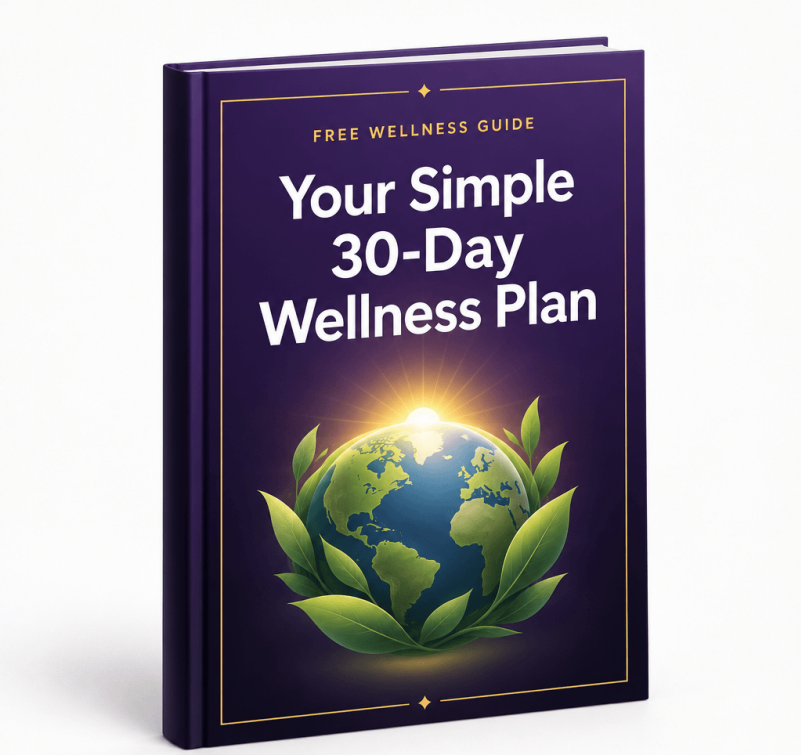
FREE WELLNESS GUIDE

Your Simple 30-Day Wellness Plan

Easy daily habits to help you feel more energised and balanced, plus a look at a global wellness community you can be part of from home.



SHARED WITH YOU BY Keith Gonsisko

Zilara Power Team

Wellness Doesn't Have to Be Complicated

Eat this, not that. Ten thousand steps. Cold plunges. A cupboard full of powders you're not quite sure how to use. If wellness advice leaves you feeling more tired than when you started, you're not alone.

The truth is, most of us don't need a total life overhaul. We need a handful of simple habits, done consistently, that fit around the life we already have: work, family, school runs, late nights and all.

> 💡 **Key idea:** Small daily habits, repeated for 30 days, beat big dramatic changes that only last a week.

What you'll find inside

- ✅ **The 4 pillars of everyday wellness.** A simple framework that makes healthy living feel manageable.
- ✅ **A week-by-week 30-day plan.** One focus per week, no gym membership or fad diet required.
- ✅ **A label-reading checklist.** What "clean" really means when you're choosing supplements.
- ✅ **Real-life routine tips.** How to make new habits stick when life gets busy.
- ✅ **A global wellness community.** A friendly team in 200+ countries you can join from home, free.

The 4 Pillars of Everyday Wellness

Everything in this plan sits on four pillars. Think of them like the legs of a table: lean too hard on one and the whole thing wobbles. Give a little attention to all four and you'll feel the difference.



✅ Nourish
Real, whole foods, plenty of water, and meals that help you feel steady rather than sluggish.

Move
No punishing workouts. Just regular, gentle movement your body actually enjoys.

Rest
A calmer evening and a consistent sleep routine, so tomorrow gets off to a better start.

Reset
Small moments to breathe, notice what's going well and give your mind a breather.

Your 30-Day Plan, Week by Week

Each week has one focus, and each week builds on the last. Keep the habits from previous weeks going as you add new ones. You're **stacking**, not swapping.

Week	Your daily habits
Week 1 Days 1–7 **Nourish**	Start each morning with a glass of water. Add one portion of colourful veg or fruit to each meal. Swap one processed snack a day for a whole-food option.
Week 2 Days 8–14 **Move**	Take a 10–15 minute walk every day. Do 5 minutes of gentle stretching, morning or evening. Stand up and move for a minute once an hour.
Week 3 Days 15–21 **Rest**	Pick a regular bedtime and stick to it. Put screens away 30 minutes before bed. Wind down with something calm: reading, music, a warm drink.
Week 4 Days 22–28 **Reset**	Take 3 slow, deep breaths before each meal. Write down 3 good things from your day each evening. Do one small thing just for you, every single day.
Days 29–30 **Review**	Look back at your month. Which habits felt best? Keep your favourites and choose one to level up next month.

The 80% rule: Aim to show up for your habits on most days, not every day. Missed one? No guilt. Just pick it back up tomorrow. Consistency beats perfection every time.

Your 30-day check-in

Print this page and tick off each day you show up for at least one habit. Watching the boxes fill up is half the fun.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

What "Clean" Really Means on a Supplement Label

Supplements can be a useful part of a healthy routine, but the labels can be confusing. Plenty of products look "natural" on the front and tell a very different story on the back. Here's a quick checklist to use next time you're choosing one.

- ✓ **Look for whole-food sources.** Ingredients you'd recognise as food, rather than long lists of synthetic isolates.
- ✓ **Check for artificial extras.** Artificial colours, flavours, sweeteners and preservatives often hide near the bottom of the list.
- ✓ **Ask where and how it's made.** A GMP (Good Manufacturing Practice) facility follows strict quality standards.
- ✓ **Look for traceability.** Lot codes mean a company can trace every batch back to where and when it was made.
- ✓ **Remember: food first.** Supplements are there to complement a balanced diet, not replace it.

> ✅ **How Zilara approaches it**
>
> Zilara products are made in a GMP facility in Cincinnati, Ohio, with lot-code traceability since 2011. They're made with no synthetic vitamin isolates, no artificial colours, flavours, sweeteners or preservatives, and no GMOs.

⚠️ **A sensible note:** Always check with your doctor before starting any new supplement, especially if you're pregnant, nursing, taking medication or managing a health condition.

Making It Fit Real Life

The best wellness plan isn't the most impressive one. It's the one you'll actually do on a rainy Tuesday when you're tired and the kids need feeding. These simple tricks help habits stick.

- **Anchor new habits to old ones.** Drink your water right after brushing your teeth. Stretch while the kettle boils.
- **Start smaller than you think.** A 5-minute walk you do every day beats an hour-long one you skip.
- **Prepare the night before.** Fill your water bottle, lay out your trainers, chop tomorrow's veg.
- **Bring someone along.** A friend, partner or the kids. Habits are easier (and more fun) together.
- **Be kind to yourself.** Off days happen. Talk to yourself the way you'd talk to a good friend.

❌ Three common traps to avoid

All-or-nothing thinking. One missed day doesn't undo a week of progress.

Copying someone else's routine. What works for a fitness influencer may not suit your life. Build your own.

Chasing quick fixes. Lasting wellness comes from steady habits, not miracle products.

Join a Wellness Community in 200+ Countries

Here's something people don't talk about enough: wellness is so much easier when you have good people around you. People who cheer you on, share what's working and keep you going on the days you'd rather not. That's what the **Zilara Power Team** is all about.

Zilara is a health & wellness company available in **200+ countries**. It's debt free, and in 2026 two established companies (founded in 2011 and 2017) came together as one, bringing their experience under one roof.

Start as a customer, completely free

- **Free account.** No associate, monthly or annual fees.
- **Save as you go.** A 5% autoship discount and up to 30% back in product rewards.
- **A monthly treat.** A 100 CV autoship unlocks a free product every month from the Vault.

Share it from home, if you'd like to

Some people enjoy the products so much they want to share them with friends and family. Zilara lets you do that from home, wherever you are in the world. Customers who introduce just one person become a consultant at no cost.

- **Free to join** with no monthly fees.
- **Commissions paid daily** through a hybrid matrix + binary plan.
- **A supportive team** to help you get started at your own pace.

> **Your choice, your pace:** Whether you join for the products, the community or to explore the business side is entirely up to you. There's no pressure either way.

Your next step is free

Create your Zilara account: $0 to join, no monthly fees.

Sign Up Now For FREE!

Or click here to create your free account

Earnings are not guaranteed and individual results vary. These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Independent member resource; not the official Zilara website.