



ELEVATED WELLNESS ME

Your Health Guide

Nourish your foundations. Strengthen your faith.

A gentle, practical guide for whole-person wellness, intentional reflection, and a sustainable Bible-in-a-year rhythm.

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YOUR FOUNDATIONS

A Gentle Whole-Person Rhythm

Progress grows from consistent, realistic support.

Use this guide as an educational reflection tool. Choose one or two supportive actions at a time, notice what helps, and adapt with compassion. Your needs may change with seasons, health conditions, medications, pregnancy, age, and access.

Nourish

Build balanced meals: include protein, fiber-rich plants, nourishing fats, and enough food for your needs. Hydrate regularly and notice hunger, fullness, energy, digestion, and satisfaction.

Restore

Protect recovery: support a consistent sleep window, calming evening cues, daylight exposure, and restorative pauses. Seek licensed care for persistent sleep problems or concerning symptoms.

Move

Choose sustainable movement: walking, mobility, strength, balance, and joyful movement all count. Begin gently and follow medical guidance when symptoms or limitations are present.

Connect

Support your whole person: relationships, boundaries, prayer, time outdoors, meaningful work, and community can strengthen resilience. You do not have to do everything alone.

A simple weekly check-in

- What felt nourishing this week?
- What drained or overwhelmed me?
- Which one foundation needs gentle attention next?
- Who or what can support my next realistic step?

EXPLORE COACHING

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FAITH AND CONSISTENCY

Bible in a Year Protocol

A flexible rhythm for reading, reflection, and prayer.

The goal is not perfection. The goal is faithful return. Most Bible-in-a-year plans average three to four chapters each day. You may follow a chronological, canonical, or blended plan in the Bible translation you understand best.

1. Prepare

Choose a regular time and a welcoming place. Bring your Bible, a pen, and a small notebook. Begin with a brief prayer for wisdom, humility, and understanding.

2. Read

Read the day's assigned chapters at a sustainable pace. If attention is limited, listen to an audio Bible while following the text or divide the reading into two shorter sessions.

3. Reflect

Write one sentence: What does this passage reveal about God, people, wisdom, hope, or faithful living? Note one verse you want to revisit.

4. Respond

Close with prayer. Choose one small response - gratitude, repentance, courage, service, forgiveness, or rest - that fits what you read.

Your weekly rhythm

Days 1-5 Read the scheduled passages and capture one brief reflection.

Day 6 Read, catch up, or revisit the week's most meaningful passage.

Day 7 Rest, worship, review notes, and prepare for the week ahead.

Missed days?

Resume with today's reading, use the weekly catch-up day, or extend the plan. Grace and consistency matter more than racing to finish.



MAKE IT YOUR OWN

Monthly Faith & Wellness Check-In

Notice what is growing without turning reflection into pressure.

1. Which passage, truth, or theme stayed with me this month?

2. Where did I notice hope, courage, peace, or conviction?

3. Which wellness foundation felt most supported?

4. What felt difficult, rushed, or unrealistic?

5. What one adjustment will make next month more sustainable?

Continue Your Wellness Journey

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