

Bone Health ~ Strong Foundations

What activities or exercises make me feel strong? How do I notice my posture or balance after doing them?

Food & Bones Connection:

What foods do I eat that might support my bones (like leafy greens, dairy, nuts, or herbs)?

How do I feel after eating a nutrient-rich meal compared to a “fast-food” meal?

Daily Choices

When I think about my bones carrying me through life, what small choices can I make each day to care for them?

Lifestyle Check-In

Do I get enough sunlight, movement, or rest?

How do I think each of these affects my bone health?

Mind-Body Connection

When I stand tall with good posture, how does it change how I feel inside (confidence, mood, energy)?

Herbal Reflections

Which herb from class (like thyme, or horsetail) do I find most interesting?

Would I try it in my daily routine? Why or why not?

Do some research on your own for what herbs you want to learn more about...

Future Self

Imagine yourself at 40, 60, or even 80 years old. What do you hope your body feels like then?

What choices now could help you get there?
