

TriVita's 10 Essentials for Health and Wellness improve thousands of lives

[TriVita](#)® is more than a company; it is a community for wellness seekers, dedicated to helping everyone achieve the health and well-being that they desire in life. TriVita created the 10 Essentials for Health and Wellness to help others experience greater health physically, emotionally and spiritually. You can follow these 10 Essentials to help improve your life.

Physical

- 1. Breathe Deeply** – Expel harmful toxins by taking at least five deep breaths from your abdomen several times a day.
- 2. Drink Water** – Drink at least eight glasses of water each day to detoxify and hydrate your body.
- 3. Sleep Peacefully** – Strive to get eight hours of sleep every night so your body can rejuvenate and repair itself.
- 4. Eat Nutritiously** – Nourish and energize your body with a balanced diet of whole foods combined with quality nutritional supplements.
- 5. Enjoy Activity** – Make an investment in at least 10 minutes of moderate activity, like walking, every day to strengthen your body and spirit.

Emotional

- 6. Give and Receive Love** – Every day, look for ways to express love for the special people in your life. Meaningful lifelong relationships can bring purpose to your life and improve your health.
- 7. Be Forgiving** – Make a point to consciously forgive anyone who has offended you. Letting go and moving forward allows you freedom from negativity and guilt.
- 8. Practice Gratitude** – Make a list of the people, things and blessings for which you are grateful. When you recognize and appreciate all that you have, you can find and express pure joy.
- 9. Develop Acceptance** – Accept the circumstances in your life you cannot change, and instead, focus on positive changes in yourself and others to help you find peace and hope.

Spiritual

- 10. Develop a Relationship with God** – Take at least 15 minutes each day to spend in prayer, meditation and inspirational reading to enhance your sense of well-being.

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