

Welcome to the Health Warriors Tribe!

We're thrilled you've chosen to embark
on your health journey with us!

A decorative border at the bottom of the slide featuring a row of stylized roses in various colors (blue, pink, green, yellow, purple) with black outlines and thin stems. The roses are set against a background of soft, glowing circles in matching colors.

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What You Can Expect

- **Monthly Missions:** Focused objectives to guide your path.
- **Daily Check-Ins:** Accountability and friendly competition.
- **Bi-Monthly Zoom Calls:** Join Sj and our Dietitian, Alisa Bloom, for insights and support.
- **Open Forum:** Share your challenges, triumphs, and connect with understanding peers.
- **Resources:** Access a wealth of courses and materials tailored to your journey.
- **Community:** Connect with people who get you.

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Getting Started

- **Log In:** Visit tribe.healthwarriors.me.
- **New Members Tab (on the left):** Introduce yourself to the group—who you are, where you're from, and how we can support you.
- **Explore Resources:** Visit the “Member Resources” tab to find materials that interest you.
- **Read Blogs:** Engage with our blog content at blogs.healthwarriors.me.
- **Questions?** Contact us at hello@healthwarriors.me.

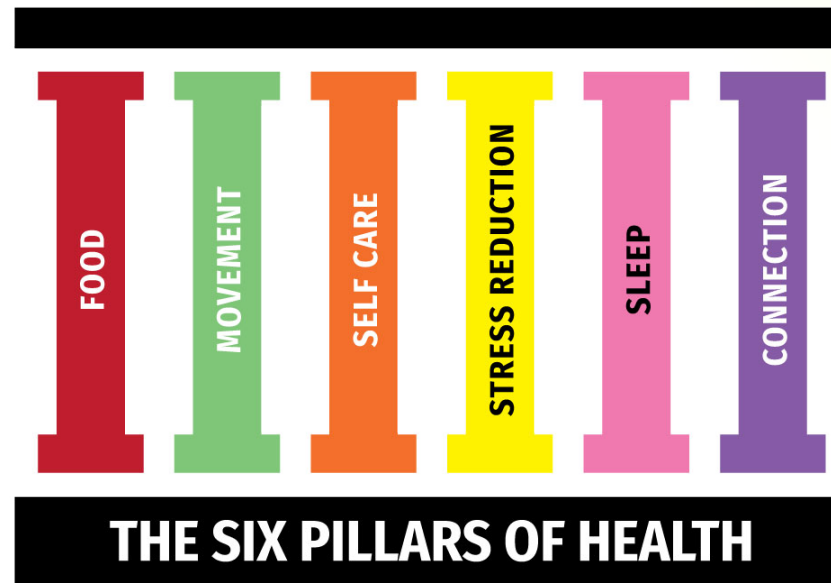
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Our Program

Our six pillars guide the program:

- Food
- Movement
- Self-Care
- Stress Reduction
- Sleep
- Connection



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Our Program

- Each month we will highlight a different pillar.
- We will provide educational materials to support the pillar
- We will share these materials in emails, and they can be found in the community portal under “Member Resources” on the left.

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Our Program

Start Wherever You Are

- **Monthly Focus:** Pick a personal mission from the current or any pillar.
- **Set Intentions:** Choose your focus and plan your weekly commitment.

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Our Program

Examples

- Achieve a specific daily step count.
- Drink a set amount of water.
- Increase your daily fiber intake.
- Exercise for a set duration.
- Meditate regularly.
- Spread kindness through meaningful interactions.
- Maintain your caloric goals.

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Challenge Yourself

Throughout the month, stretch yourself by:

Increasing the quantity of your focus.

For instance, add 10% more to your steps once a week, or drink an extra cup of water.

Increasing the number of days focusing on your goal.

For instance, walking 2000 steps two days in the first week and three days in the third week.

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Community Engagement

- **Check-Ins:** Share your progress. Use pillar-specific hashtags like #food, #movement, etc.
- **Zoom Meetings:** Connect twice monthly to foster community ties and get live support.

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Zoom Meeting Dates

- **Second Thursday, 7 PM Central:** Address community queries with Sj and Alisa.
- **Last Thursday, 7 PM Central:** Introduce next month's pillar with Alisa and Sj.

You'll receive an email with a link to the Zoom meeting

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Support Network!

We're in this together!

That's the mission of this community -

- To cheer each other on
- Offering advice and being a listening ear.
- Building friendships with understanding peers.

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Have questions?

Sj is active daily! For more assistance,
email hello@healthwarriors.me.



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