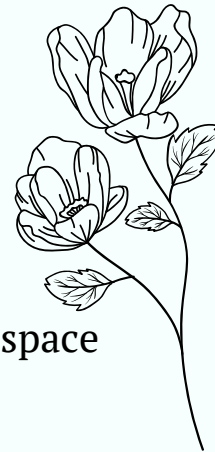


# Shine, stretch, flourish:

## How to recharge your wellbeing this summer!

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# Thriving season!

It's hard to believe summer is just around the corner – the time of year to truly flourish. Think vibrant salads, juicy berries, sun-kissed walks, and reconnecting with your natural rhythm.

With the sun rising higher in the sky and warmer days and evenings stretching ahead, the delicious prospect of summer makes me feel more energised and inspired to get outdoors, soak up the light, enjoy nature and nurture a deep sense of wellbeing.

Whether you've been feeling the effects of a hectic spring or just want to make the most of the sunshine, this is the season to really relax and enjoy life. Keep reading to find out how to make the most of it and support your body to thrive.





# Fuel your body with summer goodness ☀️

Eating with the seasons keeps your meals fresh and energising. Summer offers a bounty of delicious produce—think sweet cherry tomatoes, courgettes, cucumbers, broad beans, juicy peaches, berries, and crisp lettuce.

These foods are hydrating, full of antioxidants, and perfect for lighter eating.



One of my go-to nutrient packed summer breakfasts? Poached eggs on wholegrain toast with fresh rocket or watercress, sliced avocado, and a sprinkle of seeds—light, protein-rich and satisfying.

If you can take it outside, make time to sit and enjoy your food, savouring the flavours, eating slowly and mindfully which will help your digestion and you may even attract a sharp eyed robin for company!





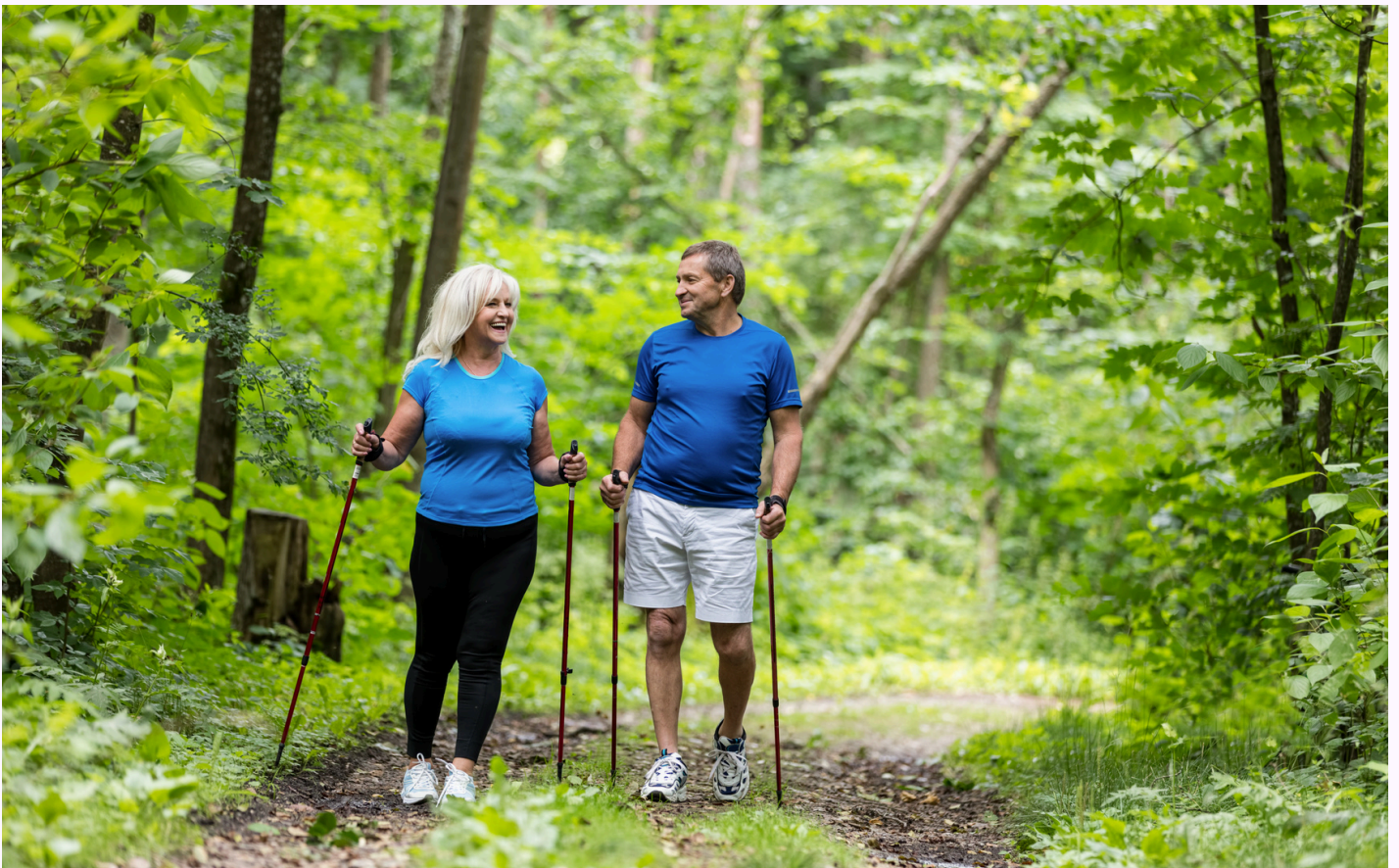
# Move more outdoors 🌳

Make the most of the warmth! Whether it's an early morning walk, a cooling swim, cycling, or a bit of yoga or stretching in the garden—moving outdoors has endless benefits.

Nature is fully alive: butterflies fluttering, bees buzzing, flowers in bloom, the scent of honeysuckle or freshly cut grass.

Tune in. Listen. Look up. The connection between nature and mental health is real—being outside reduces stress, improves focus and elevates your mood.

Even a short walk at lunch or stretching barefoot in the garden can help you feel grounded and recharged.



# Prioritise rest and balance

Longer days sometimes tempt us to overextend—social events, late nights, or scrolling in bed. But quality rest remains essential, even in summer.

Keep your room cool and dark, switch off screens early, and wind down with a calming routine. A journal by the bed can help release busy thoughts and prep your mind for rest. Journaling, meditation, or simply sitting quietly outside with a book and a calming mint tea can help you relax, rest and enjoy some 'me' time.



# Refresh your space, refocus your mind

Summer is a great time to simplify and get inspired again:

1. Declutter your workspace – Have a seasonal tidy up, maybe a geranium on your desk, let in more natural light
2. Set seasonal goals – plan a weekend away, a new garden project, or simply more time with friends such as a picnic.
3. Try something new – a festival, a food market trip, or finally booking that course you've had your eye on



# Feel energised, inspired, and enjoy the summer!

Summer invites you to live more expansively—with warmth, energy, and joy. Step outside, try something new, nourish yourself with seasonal foods, and soak up the sun (safely, of course!).

Let this season be your reminder that wellness isn't just about habits—it's a lifestyle of connection, movement, nourishment, and rest.



# Want support in creating your summer wellbeing plan?



## A health coach can help you:

- Define your health goals and get clear on what matters most
- Review your current habits and identify what's holding you back
- Create a tailored plan that fits your lifestyle
- Stay accountable and encouraged, every step of the way



## Book a FREE consultation

No cost, no pressure—just a friendly chat to see if coaching is right for you. Let's make this your most vibrant season yet.

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