

A birthday card is placed inside a light blue envelope. The card has a white background with black text. The text reads: "Happy Birthday!" in a cursive font, followed by "Every step forward matters." in a bold sans-serif font, and "Congratulations from Totum Nutrition!" in a regular sans-serif font. The envelope is set against a light blue background decorated with colorful balloons (yellow, pink, blue, green, purple) and confetti (gold, red, purple, blue). A lit candle with a blue and white striped pattern is positioned at the bottom center of the envelope.

*Happy
Birthday!*

**Every step
forward matters.**

Congratulations
from Totum
Nutrition!

A HEALTH AND WELLNESS REBOOT
FOR YOUR NEW YEAR OF LIFE

Birthday Reset Guide

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This is your day, a reminder that every year is a new opportunity to care for your body, mind, and spirit. Think of this guide as a simple way to hit “reset,” reflect on your progress, and create space for the healthiest version of you.

We believe that a healthier and more respectful diet **it is possible.**

www.totumnutrition.com

THIS IS YOUR DAY

A FRESH START TO CELEBRATE YOUR HEALTH, HAPPINESS, AND NEW GOALS THE TOTUM WAY.

REFLECT WITH GRATITUDE

Before thinking about what to change, take a moment to celebrate what you've already done.

Ask yourself:

What's one thing I'm proud of about my health this past year?

What did I learn about my body or habits?

What small change made a big difference?

Tip: Write these down, reflecting builds motivation and confidence.



NOURISH TO THRIVE

Birthday Reset Nutrition Tips

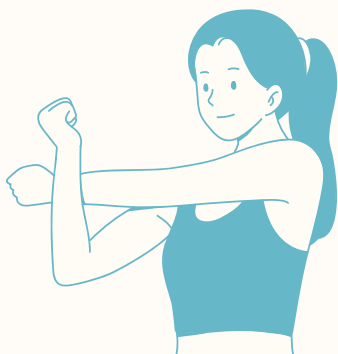
Focus on protein at every meal (helps stabilize energy, mood, and appetite).

Eat colorful vegetables daily for fiber, antioxidants, and gut health.

Stay hydrated, aim for ½ your body weight in ounces of water daily.

Limit ultra-processed foods and sugary drinks, save treats for mindful occasions.

Birthday bonus challenge: Try one new nourishing recipe this week!



01



02

RENEW YOUR GOALS

Let's set intentions for your new year of life, keep them simple and realistic.

Examples:

"I will add a vegetable to two meals each day."

"I will move my body for 20 minutes most days."

"I will drink more water and get better sleep."

Choose 1-3 focus goals that feel doable and inspiring, not overwhelming.

03



04

MOVE WITH JOY

You don't need a gym or strict routine, just movement that feels good.

Stretch in the morning.

Walk after meals.

Dance to your favorite song.

Try strength or resistance exercises 2-3 times weekly to build lean muscle.

Remember: consistency beats perfection.

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REST & RESTORE

Your body repairs, balances hormones, and supports immunity during sleep.

Aim for 7-9 hours nightly.

Create a calming bedtime routine (dim lights, no screens 30 minutes before bed).

Consider magnesium glycinate or herbal teas (like chamomile) to support relaxation.



CELEBRATE PROGRESS, NOT PERFECTION

05



06

RECONNECT WITH YOURSELF

Practice 5 minutes of mindfulness or prayer each morning.

Journal about your goals or things you're grateful for.

Spend time in nature or with loved ones who make you feel supported.

07

Your birthday marks another year of wisdom and resilience.

This isn't about dieting or restriction, it's about renewing your energy, confidence, and joy. Each day is a chance to feel a little stronger and more centered than the one before.





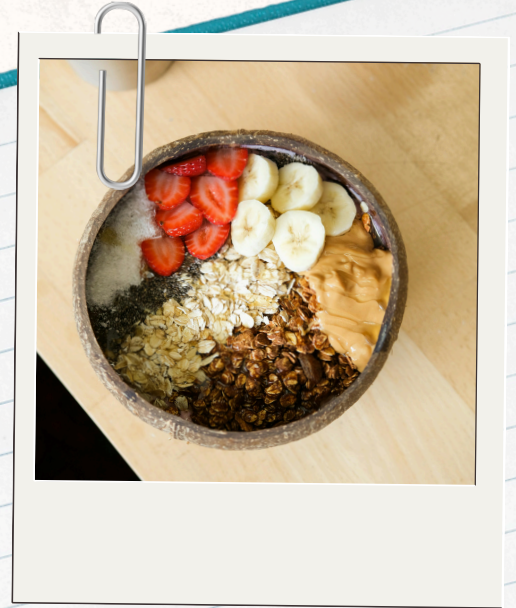
OPTIONAL SUPPLEMENTS FOR YOUR BIRTHDAY RESET

Supplement	Why It Helps
Vitamin D3	<i>Boosts mood, immunity, and energy often low in adults.</i>
Magnesium (glycinate or citrate)	<i>Aids relaxation, digestion, and sleep quality.</i>
Omega-3 (fish oil)	<i>Reduces inflammation and supports heart and brain health.</i>
Probiotic	<i>Supports digestion, gut balance, and immunity.</i>
B-complex	<i>Improves energy, mood, and metabolism.</i>

(ALWAYS CONFIRM WITH YOUR HEALTHCARE PROVIDER
BEFORE STARTING NEW SUPPLEMENTS.)

My Birthday Reset Promise

"This year, I will honor my body by nourishing it with intention, moving it with gratitude, and resting it with kindness."



Happy Birthday! You deserve
to feel your best, this year
and every year. I'm so proud
of you for continuing to
invest in your health.



*From Your Dietitian at
Totum Nutrition*