



A GROUNDWALKER WELLNESS GUIDE

WELLNESS 101

BUILD THE BASICS

The practical reference for whole-person wellness — twelve essentials, one place to start.

LUKE GROUNDWALKER

WELLNESS + PREVENTATIVE HEALTHCARE

This is the reference, not the story.

If you want to know why any of this matters to me personally, that guide already exists — Start Where You Are. This one is shorter, plainer, and built to be reused whenever you need it.

Whole-person wellness breaks down into twelve areas, covered on the next few pages. You are not behind because you have not mastered all twelve — almost no one has. Read through the list once. Notice which one is already pulling at your attention. Start there.

Move. Sleep. Eat reasonably well. Build strength. Create routines. Then optimize.

Four places to put your energy first.

01

MOVEMENT

Move most days, even briefly. A ten-minute walk counts as real movement. Add structure once daily movement feels automatic — not before.

02

STRENGTH

Learn the handful of patterns that cover most of what a body needs: squat, hinge, push, pull, carry. Two honest sessions a week beats a perfect program you never start.

03

CARDIO

Build a base you could hold a conversation through. Walking, biking, swimming — the mode matters less than showing up for it consistently.

04

MOBILITY

Maintain the ranges of motion your actual life uses. Chase usefulness, not a stretching routine that becomes its own chore to maintain.

What keeps the body running.

05 NUTRITION

Favor protein, plants, water and food close to its original form. Consistency with imperfect meals beats perfection you cannot sustain past a week.

06 SLEEP

Protect one wake-up time before you optimize anything else. Sleep is the recovery tool every other habit on this list quietly depends on.

07 RECOVERY

Treat rest as part of the training, not the absence of it. A good recovery day should leave you more prepared, not just less sore.

08 MENTAL HEALTH

Build small coping tools before you need them — a breathing pattern, a walk, a person to call. If something feels heavier than you can carry alone, a licensed professional can help. In the U.S., you can call or text 988 anytime.

What makes the rest worth doing.

09

CONNECTION

Protect the relationships and community that make the rest of this worth doing. Health that isolates you from people is not the goal here.

10

PURPOSE

Get honest about what better health is actually for. A real reason keeps a habit alive long after the initial motivation runs out.

11

PREVENTION

Keep up with routine medical, dental and screening care. Nothing on this list replaces an ongoing relationship with a qualified provider.

12

ENVIRONMENT

Make the healthy choice the easy one. Change your kitchen, your gym bag or your calendar before you try to change your willpower.

Build the basics first.

Optimization only helps once the essentials are repeatable. A precise macro split will not fix a sleep schedule that does not exist. A better supplement will not fix a movement habit you have not started yet.

Basics first. Always.

Everything on the pages before this one matters more than anything that could come after it. Get the twelve basics repeatable before you chase anything more advanced.

Your first 30 days.

You do not need to reinvent your life on day one. You need four weeks that build on each other, in an order that does not set you up to fail. This is the order I would use.

None of these weeks require perfection. They only require that you show up for the next one.

WEEK 1 — NOTICE

Track sleep, movement, meals, mood and stress without judging the results.

WEEK 2 — RHYTHM

Choose one wake-up time to protect. Add a short daily walk or movement block.

WEEK 3 — BUILD

Add two beginner strength sessions and one intentional recovery practice.

WEEK 4 — REFLECT

Keep what worked, adjust what did not, and choose one habit to carry forward.

MAKE IT YOURS

Choose one anchor.

Not four. Not a full reinvention. One habit you can still imagine doing on a bad day, plus one smaller habit to support it.

MY ANCHOR HABIT FOR THE NEXT 30 DAYS IS...

THE ONE SUPPORTING HABIT I'LL ADD IS...

I'LL KNOW IT'S WORKING WHEN...

START DATE

CHECK-IN DATE

Missing a day does not erase the habit. Return at the next reasonable opportunity.



BASICS FIRST. THEN KEEP WALKING.

This guide will not make you an expert, and it is not supposed to. It is the reference to come back to whenever you are not sure what to work on next. When you want the fuller story — why any of this matters to me personally — that is *Start Where You Are*.

Build what you can repeat. Keep walking.

ABOUT LUKE

Luke "Groundwalker" Jaeger is a NASM Certified Personal Trainer, NASM Certified Nutrition Coach, and NASM Group Personal Training Specialist, and a PSIA Level 1 ski instructor. He holds a B.S. in Biomedical Materials Engineering and Science and an M.B.A. focused on Sustainability and Healthcare, alongside more than seven years of experience in clinical research and quality assurance — including work as a Clinical Trial Associate at Synergy Pharmaceuticals and 9Meters Biopharma. His work combines fitness, nutrition, mindfulness and preventative health under the Groundwalking Way.

EDUCATIONAL NOTE

This guide shares personal experience and general educational information. It does not diagnose, treat or prevent disease and is not a substitute for individualized care from a physician, registered dietitian, licensed mental health professional or other qualified provider. If you are in the United States and experiencing a mental health crisis or thoughts of suicide, call or text 988. For an immediate life-threatening emergency, call 911.