



A GROUNDWALKER WELLNESS GUIDE

YOUR WELLNESS MAP

FIND YOUR STARTING ORBIT

Whole-person wellness, mapped in one place — so you always know where to look next.

LUKE GROUNDWALKER

WELLNESS + PREVENTATIVE HEALTHCARE

You are the center of this map.

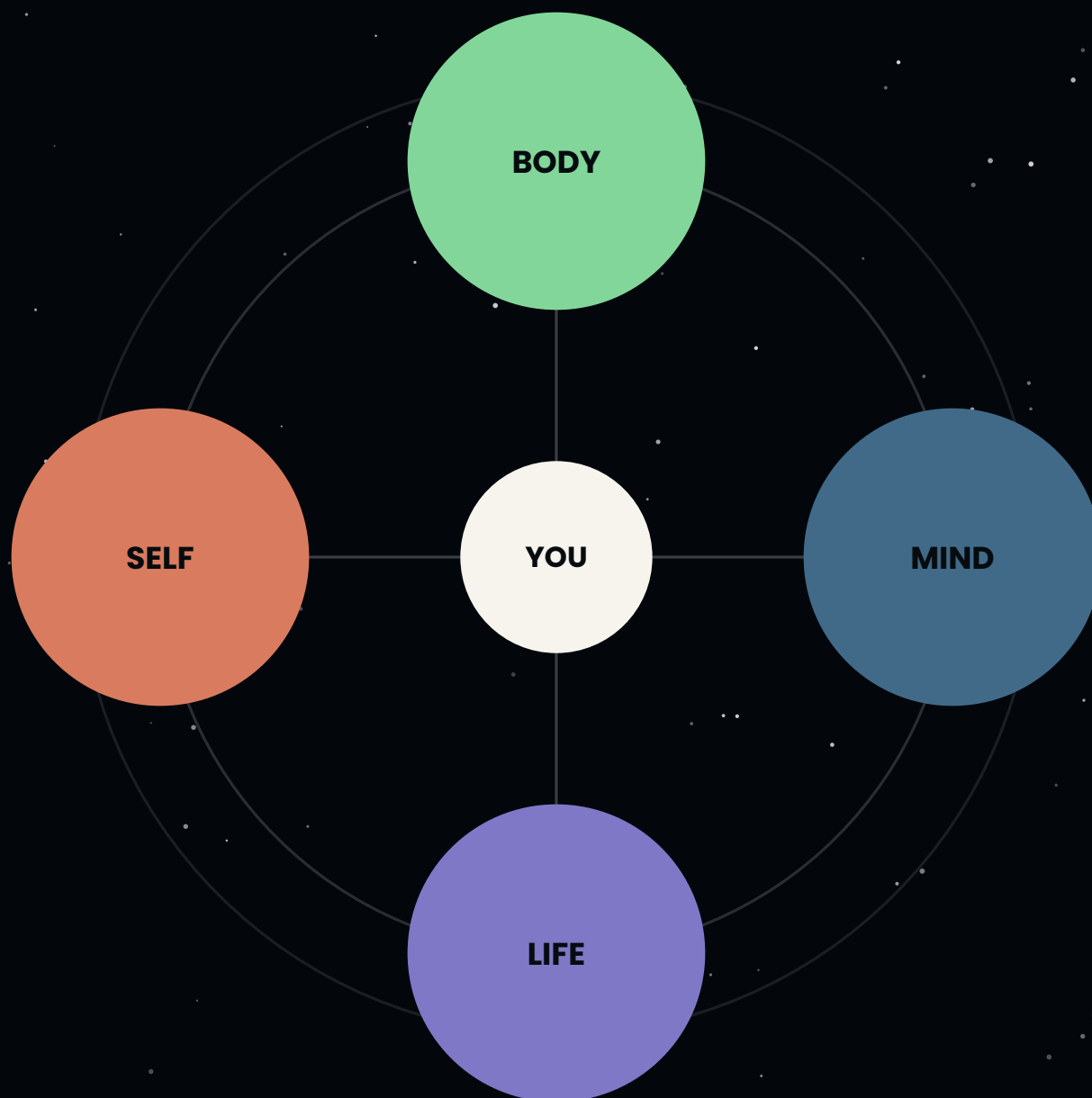
Wellness is not one habit or one number. It is four connected areas orbiting the same center — you. Change one, and the others move too.

This guide will not make you master all four at once. It will show you where each one lives, how they pull on each other, and how to pick the section worth walking first.

Keep the whole map. Walk one section.

All connected to the same center.

Move one orbit and the others feel it.



Poor sleep (Body) shortens patience (Mind). A missing routine (Life) makes purpose feel distant (Self). None of the four work alone — which is why this guide treats them as one map, not four separate projects.

What each orbit actually covers.

BODY

The physical capacity to participate in your own life.

Movement

Strength

Cardio

Mobility

Nutrition

Sleep

Recovery

What physical task do you want to feel easier, safer or more confident doing?

MIND

The space between what happens to you and how you respond.

Mental health

Meditation

Mindfulness

Stress response

Attention

Learning

Which thought, emotion or stressor keeps taking more attention than it deserves?

What each orbit actually covers.

LIFE

The conditions around you that make good choices easier or harder.

Relationships

Community

Environment

Habits

Work & time

Preventative care

Which relationship, environment or routine consistently supports you — or drains you?

SELF

The reason the other three orbits are worth tending in the first place.

Purpose

Identity

Values

Spirituality

Philosophy

Personal growth

What do you want better health to make possible in the life you actually care about?

One system. Two directions.

THE DOWNWARD LOOP

● Poor sleep



● Low energy



● Training feels harder



● Stress rises



● Choices narrow

THE UPWARD LOOP

● Better sleep



● More energy



● Training improves



● Mood lifts



● Life expands

The practical move is not to find one perfect cause. It is to interrupt the loop at the point you can actually influence today.

PICK YOUR STARTING POINT

High impact. High repeatability. Start there.



Most people start in the top-left quadrant and wonder why it does not stick. Start top-right instead — something small enough to repeat on a bad day.

One orbit a week.

Cycle through all four orbits. Pick one small action for that week's orbit, and mark a star for each day you follow through.

● WEEK 1 — BODY

THIS WEEK'S ACTION _____



● WEEK 2 — MIND

THIS WEEK'S ACTION _____



● WEEK 3 — LIFE

THIS WEEK'S ACTION _____



● WEEK 4 — SELF

THIS WEEK'S ACTION _____





KEEP THE WHOLE MAP. WALK ONE SECTION.

A map can show direction. Your actions still have to walk the ground. If you want the practical reference for each orbit, that is Wellness 101. If you want the fuller story of why this map exists, that is Start Where You Are.

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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.