



DR. BARNES'
10 TIPS FOR

*Wellness &
Wellbeing!*

Who Am I?



- Board certified Family Medicine Physician
- Plant-based lifestyle advocate
- Owner, Veginar PLLC
- Wife & Mother of 4 boys

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Start your day with
mindfulness.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Secure a mental
health counselor.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Plan your self-care.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Identify your 'why'
for a plant-based
lifestyle.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Identify triggers
that can sabotage
your transition.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Perform a needs
assessment.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Eat less.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Move more.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Physical activity:
150-300 minutes/week

Strength training:
2 days/week

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing



Focus on cultural expressions of wellness that reclaim your heritage and address SDOH.

www.veginar.com

DR. BARNES' TEN TIPS FOR

Wellness & Wellbeing

Let's stay connected!

Tinka Barnes, MD

Veginar PLLC

dr.tinka@veginar.com

www.veginar.com



@theeveganmd



Dr. Tinka Barnes, MD