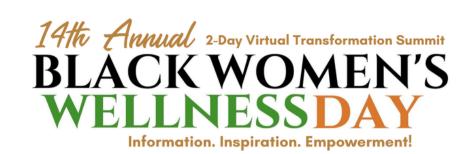




#### DR. BARNES' 10 TIPS FOR

Wellness & Wellheing!

### Wellness & Wellbeing



### Who Am I?



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

## Wellness & Wellheing



# Start your day with mindfulness.

## Wellness & Wellheing



## Secure a mental health counselor.

## Wellness & Wellheing



Plan your self-care.

## Wellness & Wellheing



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

## Wellness & Wellheing



Identify triggers that can sabotage your transition.

## Wellness & Wellheing



# Perform a needs assessment.

## Wellness & Wellheing



Eat less.

## Wellness & Wellheing



Move more.

## Wellness & Wellheing



### Physical activity:

150-300 minutes/week

### Strength training:

2 days/week

## Wellness & Wellheing



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

## Wellness & Wellheing



Let's stay connected!

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