



What You'll Need to Get Started

Welcome to The WellFit Club—we're so glad you're here.

The WellFit Club is designed to support you exactly where you are, not where you think you *should* be. You don't need fancy equipment or a perfect setup to begin—just a willingness to show up. Here's a simple guide to help you feel prepared and confident as you start.

For Move Well (Your Movement Practice)

These items will support your workouts, but remember—**start with what you have**. You can build over time.

Essentials

- **Exercise or yoga mat**
For comfort, grounding, and joint support.
- **Water bottle**
Hydration is part of the practice—always have water nearby.

Strength Training Tools

- **Light pair of dumbbells**
Great for building form, control, and consistency. Used mostly for Upper Body Workouts but can be used where needed.
- **Heavier pair of dumbbells**
Used as you progress and feel ready. This can increase over time—no rush.
- **Skipping rope**
For cardio, coordination, and quick energy boosts.

Optional (But Helpful)

- **Resistance bands**
Useful for mobility, strength, and travel-friendly workouts.

You don't need everything on Day One. Many members begin with just a mat and water bottle.

For Eat Well (Your Nourishment Practice)

We keep food simple, nourishing, and realistic.

Essentials

- **A blender**
For smoothies, soups, sauces, and quick gut-supportive meals.

Optional (Recommended, Not Required)

- **A juicer**
Helpful for fresh juices and hydration support, but not essential — whole foods always come first.

Our Eat Well program is plant-forward and gut-focused, designed to fit into real life—not take it over.

For Drink Well (Your Hydration Practice)

- Your **water bottle**
- Optional: access to **herbal teas, citrus, or mineral-rich add-ins** you enjoy

Drink Well is about **awareness and rhythm**, not perfection.

What You Really Need (Most Important)

Beyond tools, here's what matters most:

- A willingness to start where you are
- Openness to building habits slowly
- Grace with yourself on busy days
- Trust in the process

WellFit is not about doing everything at once. It's about creating **a rhythm you can return to**.

A Gentle Reminder



You don't need:

- A perfect schedule
- All the equipment
- Motivation every day

You just need support, structure, and consistency—and that's what this space is here to provide.

Welcome home 🍀

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