

# 19 SELF-CARE ESSENTIALS FOR 2019

SARAHALEY.COM

## ESSENTIALS FOR MOVING YOUR BODY

1. **Smart Watch** for tracking fitness goals
2. **High-waisted leggings** to make you feel sleek and strong
3. **Kettlebells** and/or **sandbells** for making conditioning workouts more functional and taking them to the next-level
4. **Rebounder** (low-impact) and/or **digital jump rope** (high-impact) for switching up cardio workouts and getting new results



5. **Foam roller** or **massage roller** for tired and overused muscles

6. **Workout playlists** for pumping you up and motivating you to move
7. **New at-home workouts** to keep exercise fun and give you new results

If you're interested in my workouts, [click HERE](#) use code **SC2019** for 15% off.

## ESSENTIALS FOR FUELING YOUR BODY

8. **Crock pot** or **instant pot**, **blender**, and **spiralizer** for easy meal prep and nourishing food
9. Occasional **HelloFresh** or **meal delivery** to save you time and money in meal prep and planning
10. **Hint** (flavored) **Water** or **Hint Fizz** for keeping you more hydrated (since regular water can get boring)
11. **Yeti Tumbler** to keep drinks hot or cold until the last sip  
*I recommend hot water with lemon first thing in the morning.*
12. **Mason Jars** for portion control and keeping it green  
*You can find some of my favorite mason jar recipes and snacks [HERE](#).*



➤ Use code **SaraHaley80** for \$80 off your first month of HelloFresh meals, which is applied as \$20 off the first 4 boxes ordered.

## ESSENTIALS FOR HEALING (OR BEAUTIFYING) YOUR BODY

13. **Eye Gel** for tired puffy eyes and smoothing fine lines
14. **Mascara** and **bronzer** for brightening and giving color to your eyes and face
15. **Day** and **night facial serums** for minimizing lines and wrinkles
16. **Dry Shampoo** for quick and easy morning routines
17. **20 minutes of daily outdoor time** for fresh air and **vitamin D** (and maybe even some alone time)
18. **Lip Scrub** and **Balm** for lip renewal and hydration
19. **Coriander** and **Citrus Bliss essential oils** in a **diffuser** to help relax and destress



FOR MORE SELF-CARE RECOMMENDATIONS FOLLOW SARA ON INSTAGRAM @SARAHALEYFIT

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