

Ms. Erica's Healthy METM

My Recipe to Health

CHOOSE YOU.
LOVE YOU.

Live it! ♥

Your **Personal Journey**
to Becoming Your Best Self



MINDSET & DAILY HABITS

Small choices each day
create a healthier you.



HAIR & BODY CARE

Nourish, protect & love
the skin you're in.



STRESS LESS, LIVE MORE

Protect your peace.
Manage stress & create
a life that feels good.



FAITH & ENCOURAGEMENT

Strengthen your faith.
Find hope, gratitude &
daily inspiration.



FITNESS & SELF-CARE

Move your body.
Love your body.
Prioritize YOU.

Stronger. Healthier.
UNSTOPPABLE.



BE STRONGER.
HEAL DEEPER.
LIVE BOLDER.



REAL STORIES

Real people.
Real transformation.



REAL SOLUTIONS

Practical tips for
real life.



REAL RESULTS

Health, confidence
& purpose.



REAL YOU

Because the best
investment is YOU.

SECTION ONE



Your WELLNESS JOURNEY



EVERY GREAT TRANSFORMATION
BEGINS WITH ONE DECISION.



CHOOSE YOURSELF

Your health is not a luxury.
It is one of the greatest
investments you will ever make.



PROGRESS OVER PERFECTION

Every healthy decision
matters.



CONSISTENCY CREATES RESULTS

Small habits practiced daily
create lasting change.



GIVE YOURSELF GRACE

Some days will be easier
than others. Keep going.



CELEBRATE EVERY VICTORY

- ♥ Every walk.
- ♥ Every stretch.
- ♥ Every workout.
- ♥ Every moment of rest.
- ♥ Every positive choice.

It all counts.



One healthy choice today
creates a *healthier* tomorrow.

—Ms. Erica 



HAIR Journey

HEALTHY HAIR
STARTS WITH YOU.

Strong, beautiful hair begins
with healthy habits, self-care,
and consistency.

Love your hair. Nourish it.
Protect it. Watch it grow.

Healthy Hair Habits



HYDRATE

Drink plenty of
water. Hydrated
hair starts
from within.



NOURISH

Eat a balanced
diet rich in
vitamins and
minerals that
support growth.



CARE CONSISTENTLY

Use quality
products that
strengthen
and protect
your hair.



BE GENTLE

Avoid harsh
chemicals and
excessive heat.
Treat your hair
with love.



PATIENCE & CONSISTENCY

Healthy hair
takes time. Stay
consistent and
trust the process.

Daily Reminders

- ♥ Detangle with care
- ♥ Moisturize daily
- ♥ Protect your ends
- ♥ Scalp care matters
- ♥ Rest and reduce stress



Consistency today.
Growth tomorrow.





PROTECT YOUR *Peace*

STRESS MANAGEMENT

You can't pour from an empty cup. Protecting your peace is how you protect your purpose. When you manage stress, you create room for healing, clarity, and the life you deserve.

Peace is not found.
IT'S CHOSEN. 

YOUR PEACE
IS YOUR
POWER.



WAYS TO PROTECT YOUR PEACE



LEARN TO SAY NO

Not every opportunity deserves your energy. Protect your time.



REST IS PRODUCTIVE

Rest is not lazy. Rest is where your body, mind, and spirit restore.



PROTECT YOUR PEACE

Guard your space. Limit what drains you and be intentional with what uplifts you.



REDUCE OVERWHELM

You don't have to do it all. Focus on what matters most and take it one step at a time.



LET GO OF GUILT

You are allowed to choose yourself. You can't heal what you keep carrying.



CREATE HEALTHY BOUNDARIES

Boundaries are not walls. They are protection for your peace and your progress.



CHOOSE YOURSELF

You matter. Your health, your dreams, your peace—they matter. Every single day.

DAILY PEACE CHECK-IN

- ♥ How am I feeling today?
- ♥ What can I release?
- ♥ What do I need more of?
- ♥ What will I do just for me?
- ♥ What am I grateful for?

*Small moments.
Big peace.* 

“

Protecting your peace is not selfish.

It's necessary. You can't live your best life stressed out, overwhelmed, or depleted.

*Choose peace.
Choose you.*

”

REMEMBER

- ♥ Your peace is worth protecting.
- ♥ You are allowed to slow down.
- ♥ Not everything needs a response.
- ♥ You don't have to earn rest.
- ♥ Healing happens in peace.
- ♥ Peace today. Power tomorrow.

*Take care of your mind,
and your body will follow.* 



You deserve peace.

Protect it.

Live it.



EXERCISE & SELF-CARE

MOVE YOUR BODY. LOVE YOURSELF.

Exercise is more than just movement—it's a way to honor the body God gave you. It builds strength, lifts your mood, and helps you live a longer, healthier life.

Start where you are.

Use what you have.

Do what you can.

You are worth the effort.

MOVEMENT THAT WORKS FOR YOU



WALK IT OUT

A simple daily walk can improve your mood, boost your energy, and support your heart. Start small—stay consistent.



STRETCH & MOBILIZE

Stretching improves flexibility, reduces stiffness, and helps prevent injury. Your body will thank you.



BUILD STRENGTH

Strength training helps build lean muscle, boost metabolism, and keep your body strong as you age.



LISTEN TO YOUR BODY

Rest when you need to. Push when you can. Your body knows what it needs—listen to it.



RECOVER & REST

Recovery is part of the process. Rest, sleep, and proper recovery help your body heal and get stronger.



HYDRATE & FUEL

Drink water. Eat nourishing foods. Fuel your body with what it needs to perform well.

Self-Care Matters

Taking care of yourself is not selfish—it's necessary. When you care for your body and mind, you show up better for everyone and everyone.

- ♥ Take time for YOU daily
- ♥ Do something that brings you joy
- ♥ Get enough sleep
- ♥ Practice gratitude
- ♥ Protect your peace
- ♥ Celebrate your progress



“

You don't have to be extreme. Just consistent. Small steps every day lead to big results.



Keep going. You're doing great!

”

QUICK HOME WORKOUT IDEAS



WALKING
15–30 minutes a day



STRETCHING
5–10 minutes daily



BODYWEIGHT MOVES
Squats, lunges, push-ups, planks



LIGHT WEIGHTS
2–3 times a week



YOGA OR PILATES
Great for mind + body connection



There is no perfect time. *Make time.* Your health is your wealth.



Strong body.

Calm mind.

Happy life.



SECTION FIVE

FAITH & Encouragement

STRENGTH FOR TODAY.
HOPE FOR TOMORROW.

Faith anchors the soul and gives us the strength to keep going. No matter what you face, you are not alone. God is with you every step of the way.

Trust. Believe. Receive.

DAILY FAITH HABITS



READ HIS WORD

Let God's Word speak to your heart and guide your steps every day.



PRAY WITHOUT CEASING

Talk to God about everything. He cares about the small things and the big ones.



PRACTICE GRATITUDE

A grateful heart changes your mindset and shifts your focus to joy.



START YOUR DAY WITH GOD

Invite Him into your plans and trust Him with your day.



TRUST HIS TIMING

What's meant for you will never miss you. Be patient and keep the faith.



WALK IN FAITH

Even when you don't see it, keep believing. You are being led.

SCRIPTURE TO ENCOURAGE YOU

- ♥ "I can do all things through Christ who strengthens me."
PHILIPPIANS 4:13
- ♥ "The Lord will fight for you; you need only to be still."
EXODUS 14:14
- ♥ "For I know the plans I have for you, declares the Lord, plans to give you hope and a future." JEREMIAH 29:11

YOU ARE...

- ♥ Chosen
- ♥ Loved
- ♥ Forgiven
- ♥ Strong
- ♥ Capable
- ♥ More than a conqueror
- ♥ Never alone
- ♥ Made for purpose

*God is with you.
You've got this!*

FAITH REMINDERS

- ♥ God is in control.
- ♥ Worry cannot change tomorrow, but prayer can.
- ♥ When you feel weak, He makes you strong.
- ♥ Your season will change.
- ♥ Keep your head up. Your breakthrough is coming.

Today I choose faith over fear and hope over doubt.

Hold on to your faith.
Better days are ahead.

NAIL Journey

**STRONG NAILS.
BEAUTIFUL YOU.**

Healthy nails are a sign of self-care and confidence. With the right care, habits, and nutrition, your nails can grow stronger, longer, and beautiful.

It's in the details. 



MY NAIL JOURNEY

I used a **protective overlay** on my nails to help them grow stronger and longer.

Healthy Nail Habits



PROTECT

Wear gloves when cleaning or doing chores. Protect your nails from breakage.



MOISTURIZE

Keep your nails and cuticles hydrated with oils or creams daily.



NOURISH

Eat foods rich in biotin, protein, and vitamins for strong, healthy nails.



KEEP IT CLEAN

Maintain good hygiene and keep your nails clean and trimmed.



BE GENTLE

Avoid using your nails as tools. Gentle care keeps them strong and long.

NOURISH YOUR NAILS

from the inside out. 

Adding more fruits and vegetables to your diet gives your body the vitamins and minerals it needs to support nail growth.

FOCUS ON FOODS RICH IN:

- ♥ Biotin
- ♥ Protein
- ♥ Iron
- ♥ Zinc
- ♥ Vitamin A, C & E
- ♥ Omega-3 Fatty Acids



Consistent care. Healthy choices.
Stronger nails. *Beautiful you.* 

Ms. Erica's HealthyME™

— My Recipe to Health —

YOU HAVE THE POWER TO CHANGE YOUR LIFE.

Healthy living isn't about perfection—it's about progress. It's the small daily choices, the right mindset, a little faith, and the courage to keep going.

This is your journey. Your recipe. Your time.

You are worthy of a healthy, happy, and purpose-filled life.

*Choose You. Love You.
Live It. ♥*



WHAT YOU'LL FIND INSIDE



WELLNESS

Practical tips for mind, body & spirit wellness.



FITNESS

Simple workouts and movement for every level.



SELF-CARE

Nourish your mind, body & soul.



FAITH

Encouragement and inspiration to keep you faith-strong.



GROWTH

Personal development for the life you desire.



YOU

Because the best investment you can make is in yourself.

PART OF THE MS. ERICA COLLECTION™



The Healthy Plate™

COOKBOOK
Nutrition that fuels your life.



She Not Salty™

SEASONINGS
Flavor with purpose.



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WELLNESS & EMPOWERMENT

Coaching. Community.
Confidence.



ONE DAY AT A TIME. ONE CHOICE AT A TIME.

ONE BETTER YOU. ♥

LET'S CONNECT!



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“ You don't have to be perfect to be healthy. You just have to be committed. ”

— Ms. Erica

**BUILT ON FAITH.
DRIVEN BY PURPOSE.
FOCUSED ON YOU.**



A FEW EXTRA Reminders

FOR YOUR MIND, BODY & SPIRIT

These simple reminders are here to encourage you on the days you need a little extra push, a little extra grace, or just a reminder that you are doing better than you think.

Keep going, beautiful. 



REMINDERS FOR THE DAYS YOU NEED THEM MOST



IT'S OKAY TO HAVE HARD DAYS.

Healing isn't linear. Give yourself grace and keep choosing yourself, even on the tough days.



YOU CAN'T POUR FROM AN EMPTY CUP.

Take care of you first so you can show up as your best for everyone else.



YOUR INNER VOICE MATTERS.

Speak to yourself like someone you love. You deserve kindness, too.



FOCUS ON WHAT YOU CAN CONTROL.

You can't control everything, but you can control your choices, attitude, and effort.



CELEBRATE EVERY VICTORY.

Big or small, each win is building the life you're creating.



WORDS TO LIVE BY

- ♥ I choose me.
- ♥ I am becoming everything I prayed for.
- ♥ I release what no longer serves me.
- ♥ I attract peace, love, and blessings.
- ♥ I am strong. I am worthy. I am enough.



I am that girl. 

DAILY CHECK-IN

Take a moment each day to ask yourself:

- ☒ How is my body feeling?
- ☒ What does my mind need?
- ☒ What brings me joy?
- ☒ What am I grateful for today?
- ☒ What is one healthy choice I will make tomorrow?

*Small steps. Big changes.
One day at a time.* 

YOU ARE ALLOWED TO...

- ♥ Take breaks
- ♥ Say no
- ♥ Start over
- ♥ Outgrow people and situations
- ♥ Put yourself first
- ♥ Choose peace
- ♥ Want more for your life

And still be amazing. 



YOU ARE NOT BEHIND.
You are right on time. 

Keep showing up for you. Your future self is so proud. ♥ *Love, Ms. Erica* 



ONE DAY at a Time

PROGRESS, NOT PERFECTION.

Keep showing up for you.

Healing is not a race and wellness is not about being perfect. It's about making better choices, one day at a time. Celebrate the small wins. Learn from the hard days. And never give up on you.



You are becoming everything you prayed for and more. 

DAILY REMINDERS



YOU ARE WORTH IT

Your health, your peace, and your happiness matter. Never feel guilty for choosing you.



KEEP GOING

Discipline today creates a better tomorrow. Stay consistent and trust the process.



CELEBRATE PROGRESS

Every healthy choice is a step forward. Small steps daily lead to big transformation.



GIVE YOURSELF GRACE

Some days will be hard. That's okay. Be kind to yourself and keep going.



GOD IS YOUR STRENGTH

Lean on Him. He will carry you when you feel like you can't carry on.

Journal Prompt

WHAT IS ONE HEALTHY CHOICE I WILL MAKE TOMORROW?

Small choice. Big impact.
I CHOOSE ME. 



A MESSAGE FROM MS. ERICA

I know what it feels like to battle your health, your mind, and life all at once. I've been there. But I also know this—you are stronger than you think, and your comeback is already in motion.

Keep taking care of you. Keep walking. Keep praying. Keep believing.

One day at a time,
we heal, we grow, and we thrive.



THIS IS JUST THE BEGINNING...

Your wellness journey is ongoing. Keep turning the page.



Thank you for allowing me to be part of your journey.



Love, Ms. Erica 

COMING NEXT ISSUE...

Ms. Erica Healthy Bodyazine™

VOLUME 2



BUILDING STRENGTH



BETTER SLEEP



HEALTHY HABITS AFTER 50



WOMEN'S WELLNESS



SPECIAL GUEST STORIES



One day at a time. One choice at a time. One step at a time.

You've got this!



Before You Go...♡

A FEW EXTRA REMINDERS
JUST FOR YOU



YOU ARE WORTHY.

Your past does not define you.
Your health does not limit you.
You are enough—exactly as you are.



PROGRESS IS ENOUGH.

You don't have to be perfect.
Every healthy choice is a
step in the right direction.



PROTECT YOUR PEACE.

Choose what feels right.
Let go of what drains you.
Guard your heart and mind.



GIVE YOURSELF GRACE.

Some days will be hard.
Some days will be amazing.
Be kind to yourself through it all.



KEEP YOUR FAITH.

God sees you. He hears you.
He will carry you through
every season.



CELEBRATE EVERY VICTORY.

Big or small, every win matters.
Celebrate how far you've come
and keep going!



Your wellness journey doesn't end
when you finish this magazine.

It begins when you close it.



Keep shining.
Keep growing.
Keep choosing YOU.



Thank you for allowing me to be part of your wellness journey.

Remember... every healthy choice matters.

Keep believing. Keep growing. Keep choosing YOU.



With Love, *Ms. Erica*

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