

**FROM THE DESK OF:** Sage & Well Wellness Coaching

**SUBJECT LINE:** The one thing your body is asking for this spring 🌿

**PREVIEW TEXT:** *It's not another supplement. Promise.*

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**Hello, [First Name],**

Can you feel it? That particular quality of light in the late afternoon, the way the air smells different when you step outside in the morning — spring is arriving, and honestly, I think our bodies feel it before our minds do.

Last week, standing in front of my jumbled and neglected closet, I was overcome by the urge to clean it out. Empty everything to the floor and start with a clean slate. Hang only the skirts and dresses that actually fit and organize it all by length and color.

While pondering the closet re-do project, I caught sight of myself in the full-length mirror. I immediately sucked in my stomach beneath my XL Michigan State sweatshirt and thrust my shoulders back. I thought of the yoga class that I had been putting off all winter.

“It’s time,” I thought. “Let’s go.”

This time of year, I notice something interesting in my clients that I also feel in myself. After months of hunkering down, eating heartier meals, and moving a little less, there’s a collective restlessness. An urge to *do*. To overhaul everything at once, sign up for the 6 a.m. boot camp, clean out every closet, and swap every comfort food for a green smoothie — all before April.

I completely understand the impulse. But I want to offer you something gentler this season.

**The one thing I'm inviting you to try this spring: get outside within 30 minutes of waking up.**

That’s it. No gear required. No special route. Just you, a few minutes, and the morning.

Here’s why this simple habit carries so much weight. When your eyes are exposed to natural light early in the day, your brain gets a clear signal that it’s time to be awake — which means your body will also know, more reliably, when it’s time to wind down at night. Better mornings *and* better sleep, from one small habit.

Beyond the science, there’s something else that happens when you start your day outside. You arrive at everything that follows — your work, your relationships, your own inner dialogue — a little more settled. A little more *you*.

I've been doing this myself through the cooler mornings we've had lately, coffee in hand, five minutes on the back porch. Some days it's glorious. Some days it's just fine. But it always feels like a small act of care for myself before the day has a chance to ask anything of me.

When you have a few minutes to relax and take in new information, read [this article](#) on the 7 types of rest that your body is craving. It will give you sparks and inspiration of ways to embrace the springtime season that is before us.

**A gentle challenge for you this week:**

Step outside tomorrow morning before you look at your phone. Notice one thing — the temperature, a sound, the color of the sky. That's the whole practice. See how it feels.

I'd genuinely love to hear how it goes. Just hit reply and tell me — these notes from you are truly the best part of my week.

Wishing you a soft and hopeful start to the season,

**Maggie Miller, Sage & Well Wellness Coaching**

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*P.S. Spring tends to be when my coaching spots fill up quickly — if you've been thinking about working together one-on-one, now is a lovely time to reach out. Just reply to this email and we'll have a chat.*

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