



WELLORA

WELLORA Living

Starter Guide

7 Science-Backed Habits for a Healthier, Longer Life

By Dr. Shivaji Bachhav





Welcome to WELLORA Living

Your journey to a healthier, longer life starts here.

Hello Friend,
Welcome to WELLORA Living.

I'm Dr. Shivaji Bachhav, and I'm happy you're here.

This guide will help you start simple daily habits that support better health, more energy, and healthy longevity.

Everything in this guide is based on evidence-informed wellness and practical lifestyle habits that anyone can follow.

Let's begin.

“ Small habits. Big health. Lifelong wellness. ”

With care,

Dr. Shivaji Bachhav

Founder, WELLORA Living



Habit 1



Start Your Day with Morning Sunlight

A simple 10-minute habit that helps your body clock, energy, mood, and sleep.

Hello Friend,

Morning sunlight is one of the easiest science-backed habits for better health.

Spend **10–15 minutes outside within one hour after waking up.**

This simple habit can help:

- **Improve your sleep cycle.**
- **Increase morning energy.**
- **Support a healthy mood.**
- **Help regulate your body's internal clock.**

WELLORA Tip

Go outside for a few minutes in the morning if it is safe and comfortable.

Let natural daylight reach your eyes, but do not look directly at the sun.

Science note: Morning daylight helps regulate your body's circadian rhythm.



Drink Water Before Your Morning Coffee

A simple morning habit to hydrate your body before caffeine.

Hello Friend,

After 7–8 hours of sleep, your body wakes up slightly dehydrated.

Before drinking tea or coffee, **drink 1–2 glasses of water.**

This simple habit can help:

- **Rehydrate your body after sleep.**
- **Support digestion.**
- **Improve morning alertness.**
- **Help maintain healthy hydration throughout the day.**

WELLORA Tip

Keep a bottle or glass of water near your bed.

Drink water first, then enjoy your morning coffee or tea 15–30 minutes later.

Science note: Drinking water after waking helps replace fluids lost overnight and supports normal body functions.



Eat Protein with Your First Meal 🔍

A simple habit to support energy, muscles, and fullness.

Hello Friend,

Starting your day with enough protein helps your body stay energized and satisfied.

Try to include **a protein-rich food** in your **first meal**.

This simple habit can help:

- **Keep you full for longer.**
- **Support muscle health.**
- **Reduce unnecessary snacking.**
- **Maintain steady energy during the morning.**

WELLORA Tip 🌿

Choose simple protein foods like eggs, yogurt, paneer, milk, lentils, sprouts, tofu, or nuts.

Small daily choices create lasting health.

Science note: A protein-rich breakfast can improve satiety and help maintain muscle health as part of a balanced diet.

Habit 4



Move Your Body Every Day

A simple 20-minute habit for heart health, muscles, and mood.

Hello Friend,

Your body is designed to move every day. You do not need an intense workout. Even **a short walk** or **gentle exercise** can make a difference.

This simple habit can help:

- **Support heart health.**
- **Improve mood and reduce stress.**
- **Keep muscles and joints active.**
- **Increase daily energy.**

WELLORA Tip

Walk for 20–30 minutes every day.

If you're busy, take two 10-minute walks after meals.

Science note: Regular physical activity supports cardiovascular health, mobility, and overall well-being.

Habit 5



Sleep 7–9 Hours Every Night 🌙

A simple habit for better recovery, memory, and overall health.

Hello Friend,

Good sleep is one of the strongest foundations of good health.

Aim for **7–9 hours of quality sleep every night.**

This simple habit can help:

- **Improve recovery and healing.**
- **Support memory and concentration.**
- **Boost your immune system.**
- **Improve mood and daily energy.**

WELLORA Tip 🌿

Try to sleep and wake up at the same time every day, even on weekends.

A consistent sleep schedule helps your body sleep better.

Science note: Regular sleep supports brain function, hormone balance, and overall well-being.

Habit 6



Eat More Fiber Every Day 🥗

A simple habit for gut health, digestion, and long-term wellness.

Hello Friend,

Fiber is one of the most important nutrients for a healthy gut.

Try to eat a variety of fruits, vegetables, whole grains, beans, and seeds every day.

This simple habit can help:

- **Support healthy digestion.**
- **Feed beneficial gut bacteria.**
- **Help you feel full for longer.**
- **Support heart and metabolic health.**

WELLORA Tip 🌿

Fill half of your plate with vegetables or fruits whenever possible.

Small changes every meal add up over time.

Science note: Eating enough dietary fiber supports a healthy gut microbiome and normal digestion.

Habit 7



Take 5 Minutes to Breathe and Relax

A simple daily habit to reduce stress and improve focus.

Hello Friend,

Taking just five minutes each day to slow down and breathe can help calm your mind and body. Sit comfortably and take slow, deep breaths for **5 minutes**.

This simple habit can help:

- **Reduce daily stress.**
- **Improve focus and concentration.**
- **Support emotional well-being.**
- **Help you feel calmer and more relaxed.**

WELLORA Tip

**Take five slow deep breaths before starting work or before going to bed.
Small moments of calm create a healthier mind.**

Science note: Slow breathing helps activate your body's relaxation response and supports mental well-being.



Limit Screen Time Before Bed

A simple evening habit for better sleep and a calmer mind.

Hello Friend,

Bright screens at night can make it harder for your body to fall asleep.

Try to avoid phones, tablets, or laptops for **30–60 minutes before bedtime.**

This simple habit can help:

- **Fall asleep faster.**
- **Improve sleep quality.**
- **Reduce eye strain.**
- **Help your mind relax before bed.**

WELLORA Tip

**Keep your phone away from your bed.
Read a book, stretch, or practice deep
breathing before sleeping.**

Science note: Reducing screen exposure before bedtime supports your body's natural sleep cycle.



Thank You for Reading ❤️

Small daily habits create a healthier, longer, happier life.

Hello Friend,

Thank you for reading the WELLORA Living Starter Guide. I hope these simple habits inspire you to take one small step toward better health every day.

Remember, lasting wellness is built through consistent daily choices—not perfection.

Start with one habit today, then keep growing.

WELLORA Promise

At WELLORA Living, you'll continue receiving:

- **Evidence-based wellness articles.**
- **Gut health and longevity tips.**
- **Healthy lifestyle guides.**
- **Trusted wellness product recommendations.**

Stay healthy. Stay curious. Stay well.

With care,

Dr. Shivaji Bachhav

Founder, WELLORA Living



Evidence-Informed Wellness • Healthy Longevity • Gut Health • Recovery