



## SoulFIRE Community Resources

### Nutrition & Health Resources

[Healthy Living.](#) [Healthy Behaviors.](#)

Healthy nutrition and behaviors don't just happen by accident...or alone! We work, we play... and throughout life's journeys, we build community!

SoulFIRE Health provides that added help in promoting nutrition health and well behaviors. Make great resources available on your website for promotion, encouragement and education. Use links in your newsletters. Make it accessible for your employees, customers and more!

- COMMUNITY RESOURCES

- General nutrition and exercise content.
  - Blogs
  - Downloads
  - Videos
- Easy to understand.
  - Awareness
  - Promotion
  - Education
- Tips for the busy lifestyle.
  - Nutrition
  - Exercise
  - Meal Preparation
  - Recipes
  - Farmer's Markets
  - Positive encouragement
  - Motivation
  - Condition support
  - And, find more!

- GREAT WAYS TO USE COMMUNITY RESOURCES!

- Easy to find content for quick shares.
- Offer as part of your Employee Portal.
- Link it to your community website.
- Offer it as part of Workplace Wellness.
- Community education and awareness.





# Nutrition & Health Resources

Healthy Living. Healthy Behaviors.

STEP 1: Commit to the COMMUNITY RESOURCE SUBSCRIPTION.

STEP 2: Upload your Logo to SoulFIRE Health.

STEP 3: RECEIVE YOUR SECURE LINK, which is made available with your Subscription purchase.

STEP 4: SELECT YOUR DESIRED WEBSITE IMAGE.



STEP 5: PLACE AND LINK.

Place the Image on your website and link it to your secure link.

STEP 6: ENJOY THE BENEFITS!

If you have any issues during testing, please email us:  
[info@soulfirehealth.app](mailto:info@soulfirehealth.app)