

THE EVERYDAY

Glow and Energy Guide

Simple rituals for radiant skin, lasting strength, meaningful connection and a vibrant life after 50.

WITH CLAIRE BENNETT

Inspired by the Mediterranean: sunshine, nourishing food, everyday movement, laughter and the people who make life beautiful.

STRENGTH / ENERGY / CONNECTION / LONGEVITY

@MEINSANTORINI

A NOTE FROM CLAIRE

Your most vibrant chapter starts here

Hello, lovely. This guide is about making space for the things that help you feel energized, confident and comfortable in your own skin - without turning wellness into a full-time job.

Think of the sunshine and sea-blue calm of Santorini: enjoyable movement, colorful food, skin protection, restorative rest and moments that make life feel rich.

Choose one or two habits first. Small rituals are easier to sustain than a dramatic overhaul.

You do not need to turn back the clock to enjoy what comes next.

ABOUT CLAIRE

Claire Bennett is a fictional AI-created lifestyle persona. This guide shares educational wellness ideas, not Claire's personal health results or product experiences.

RITUAL 01 / MORNING VITALITY

Start your day with light and movement

Open the curtains and, when practical, spend a little time outdoors in daylight. Morning light can help anchor your sleep-wake schedule.

Take a comfortable walk, move to a favorite song or stretch gently. Even a few minutes of movement can make the day feel more active.

Drink water according to your needs. Add lemon or cucumber if you enjoy it; neither is required for a healthy routine.

Try tomorrow: daylight, a glass of water and a 10-minute walk.

RITUAL 02 / NOURISHMENT

Eat for strength, satisfaction and color

Build meals around protein foods, colorful fruits or vegetables, whole grains and satisfying fats. Think Greek yogurt with berries, salmon or beans with greens, and olive oil with vegetables.

Protein and resistance exercise help maintain muscle as we age. You do not need a perfect diet - focus on meals you enjoy and can repeat.

One easy upgrade: include a protein source at breakfast.

RITUAL 03 / STRENGTH AND ENERGY

Stay strong for the life you want

Walking supports activity, but muscles also benefit from strength work. Try sit-to-stands from a sturdy chair, countertop push-ups or light resistance exercises at a comfortable level.

Balance practice matters, too: stand near a stable counter and practice a brief supported balance exercise. Adapt movements to your ability, and ask a clinician about safe activity if you have relevant limitations.

A helpful general goal for adults is at least 150 minutes of moderate activity weekly plus muscle-strengthening activities on two days, adjusted for ability.

> Your goal is not to move like a 30-year-old. It is to keep doing what you love.

RITUAL 04 / SKIN CONFIDENCE

Protect your glow, morning and night

In the morning, moisturize as needed and use broad-spectrum, water-resistant SPF 30 or higher on exposed skin. Reapply at least every two hours outdoors and after swimming or sweating.

At night, cleanse gently and moisturize. Introduce new active skin-care ingredients gradually, and stop using products that irritate your skin.

Hydration, sleep and nourishing meals support general well-being; they are not substitutes for sun protection.

> Consistency is more valuable than a crowded bathroom shelf.

RITUAL 05 / REST AND RENEWAL

Give your evenings a softer landing

Make a little room between a busy day and bedtime: dim the lights, put the phone away, read, stretch or enjoy a quiet moment.

Most adults need about 7-9 hours of sleep. A consistent sleep schedule and a comfortable, dark bedroom can help support good sleep habits.

Your energy is influenced by many things, including sleep, activity, nutrition, medications and health conditions. New or persistent fatigue is worth discussing with a healthcare professional.

Tonight: trade five minutes of scrolling for five minutes of calm.

A LITTLE EXTRA / JOY

Make room for what lights you up

Call a friend. Plan a walk somewhere beautiful. Try a new hobby. Spend time outside. A vibrant life is about connection and purpose, not only a routine.

Choose something you genuinely look forward to this week - and put it on your calendar.

A CURIOUS LOOK AT NAD+

Understand cellular energy before you shop

NAD+ is a molecule your cells use in energy metabolism and other biological processes. NAD+ biology is an active area of aging research, but that does not mean an oral NAD+ supplement has been proven to improve energy, reverse aging or enhance skin appearance.

NAD+, NMN and NR are different ingredients. Human evidence for supplement benefits is limited, and a 'liposomal' label by itself does not prove superior results.

Before choosing any supplement, review the ingredient and dose, third-party quality testing, interactions, cost and whether it fits your personal health needs. Discuss it with your healthcare professional if you take medication or have health concerns.

EXPLORE NAD+ SHOPPING OPTIONS

Curious to learn more about the product featured in Claire’s community? These links open shopping pages. A purchase is always optional.

SHOP NAD+ | USA

SHOP NAD+ | WORLDWIDE

Affiliate disclosure: We may earn a commission from qualifying purchases at no additional cost to you. Availability and shipping vary by destination.

Make room for laughter and the people you love

Healthy aging is about more than what we eat or how we move. Friendship, belonging and shared experiences can make everyday life richer and help us navigate stress.

LAUGHTER COUNTS

Find moments that make you smile: a funny story over coffee, dancing in the kitchen or watching a comedy with someone you love. Laughter can lift your mood and bring people closer.

CONNECTION IS A DAILY RITUAL

Call a friend, plan a walk together, share a meal, join a class or volunteer. Even a short conversation can nurture a sense of belonging. Meaningful social connection is associated with better health and well-being.

TRY THIS WEEK

- Invite someone for a walk or coffee.
- Send a voice message to someone you miss.
- Make time for one activity that brings you joy.

The goal is not a packed social calendar. It is to make space for genuine connection in a way that feels right for you.

A little joy belongs in every longevity routine.

YOUR 7-DAY RESET

A simple glow and energy checklist

Choose a few of these actions to repeat this week. Progress is about consistency, not perfection.

☐ Morning daylight and a little movement

☐ Water available throughout the day

☐ Protein and colorful plants at meals

☐ A few strength or balance exercises

☐ Daily SPF 30+ and gentle skin care

☐ An evening wind-down routine

☐ One joyful connection or activity

My first habit this week: _____

What makes me feel vibrant: _____

There is still so much life to enjoy. Make caring for yourself part of it.

FOLLOW CLAIRE

Instagram: @meinsantorini | Claire’s free guide page

NOTES AND SOURCES

General guidance: CDC, Adult Physical Activity Guidelines; American Academy of Dermatology, Sunscreen FAQ; CDC, About Sleep; NIH Office of Dietary Supplements, Dietary Supplements: What You Need to Know. NAD+ research is evolving and supplement outcomes are not established.

Educational information only, not individualized medical advice. Claire Bennett is an AI-created persona, not a clinician or real product user. No cosmetic, energy or longevity outcome is guaranteed.