

**Wellness and Career Success**  
**By Keylin Andrade**

In the pursuit of dreams we often forget  
That wellness and success are a duet  
For a healthy body and a peaceful mind  
Are the fuel that career and success will find.

When we take care of ourselves each day  
Our energy and focus will never sway.  
Exercise, rest, and nourishing food  
Fuel our ambitions and set the mood.

Wellness paves the path to career heights  
Reducing stress and igniting our lights.  
With balance and self-care as our guide  
Success in our career will coincide.