

January 2022

Are You Engaged in a Healthier You in 2022?



As your Wellness Center, we are excited for the New Year ahead. As a team, we strive each and every day to continue to improve our service to you and to help you accomplish the health goals you have set for yourself (in 2022). If you have not yet set any health goals for this year, now is a great time to do so. Are you happy with your physical condition or where your health has headed in the last few years? Are you in fact healthier now than you were last year at this time?

If so, *Congratulations!* If not, you need to evaluate and make changes in your life. Where would you like your health to be next year at this time? The good news is, it's never too late, no matter how shaky your current circumstances may seem. You can't start from where you hope or thought you would be, the only place you can start from is where you are. No matter how dim it may seem, people have come back from worse places and you can too. Many of you are not in an especially bad place, but just not where you want to be, and this can be even more challenging- at least when things are lousy, there's a strong incentive to take action. It can be more difficult to break through mediocrity- when we are lethargic, apathetic, and disengaged, we usually don't read and understand the full benefits of living a wellness lifestyle. Interestingly, the resolution is the same- better engagement, more commitment and enhanced cooperation with your care, home exercises, and living a wellness lifestyle are the surest route to improved health and wellbeing.



Here at our office, we want to help you in every way possible, and we have systems and perspectives to help address most of what "comes up" in your everyday health challenges. The one thing we must count on is that you will bring to the table your willingness to improve yourself, to roll up your sleeves and do what is necessary, to hold yourself to higher health habit standards and break through to a new level of wellness. We cannot do this for you. Those of you who fully engage, commit congruently, and help us help you by being clear in communicating needs and wants and then responding with the right action, you will be assured more abundant health.

It's our intention, as your Wellness Team, to give you what you want and need. We are grateful for the opportunity to serve you, and we take our position seriously- but we can't want your success of improved, abundant health more than you do. You must be willing to do what it takes- make the necessary changes and commit to a new wellness approach of ***move well, eat well, think well***- you will be amazed and drawn forward to improved health and wellbeing, and this will improve all aspects of your life.

In order to make lasting changes in your health, you must raise your standards, change your habits and beliefs and implement winning strategies. Our office is based on these tenets- to help you notice where you need to invest, so you can expect better performance from yourself- to notice where your beliefs of health and wellness support your objectives and where they do not so you can make the necessary changes- and finally, to develop and apply time-tested methods of improved health, so you too can tap into the abundance of improved wellness and quality of life that is there for you to claim.

As a collective team of Wellness Professionals, we are totally dedicated to this proposition- that all of us have different past health challenges, but all of us are fully equipped to live a healthier longer life than the statistics we read, and as we begin 2022 with a fresh slate let us remind ourselves that improved wellness is achievable to all who are willing to learn how to live a wellness lifestyle.

**Make this your happiest, healthiest, most fulfilling year yet,
and share yourself with more people, it's the greatest gift you can give!**

15 Interesting Facts to Brighten Your New Year

- Fact #1:** At least 5 people in this world love you so much that they would die for you.
- Fact #2:** At least 15 people in this world love you in some important way.
- Fact #3:** The only reason anyone would ever hate you is because they want to be just like you.
- Fact #4:** A smile from you can bring happiness to anyone, even if they do not like you.
- Fact #5:** Every night someone thinks about you before they go to sleep.
- Fact #6:** You mean the world to someone right now.
- Fact #7:** Without you, someone would not be living today.
- Fact #8:** You are special and unique in your own way.
- Fact #9:** Someone you do not even know exists loves you very much.
- Fact #10:** When you make the biggest mistake ever, something good will come from it.
- Fact #11:** When you think the world has turned its back on you, take a closer look because you probably turned your back on the world.
- Fact #12:** Always remember the compliments you received and forget any rude remarks heard.
- Fact #13:** Always tell others how you feel about them. You will feel much better when they know.
- Fact #14:** If you have a great friend, take the time to let them know they are great.
- Fact #15:** You can have anything you want if you are just willing to go after it.