

Wellness News



January 2023

Happy & Healthy 2023!

We are excited for the healthier New Year ahead of you. Our goal each and every day is to continue to improve our service to you and to help you accomplish the health goals you have set for yourself. If you haven't set your health goals yet, now is the time. Ask yourself: 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? Do you want to actually be healthy instead of just dropping a few pounds to look good?

If so, *Congratulations!* If not, time to evaluate and make changes. 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 health status 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.

Our wellness team is geared up and excited to help you in every way possible. We will help you address what health concerns come up in you and your family's world. Those of you who fully engage by communicating your wants and needs and doing those proper things that need to be done (YES, you CAN workout everyday!!) you will be assured a healthier life!

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 improve your quality of life, physically, mentally and spiritually!

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 skilled to help you- To 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 to improve your health, so you too can tap into the abundance of an improved, healthier life!

Make this your happiest, healthiest year yet, filled with happiness, satisfaction and fulfillment and share yourself with more people- it's the greatest gift you can give.

Please utilize us as your wellness coaches to help you in all aspects pertaining to health so that you can live your life to your healthiest and fullest potential, each and every day.

Forgiveness: The Gift You Give Yourself

Virtually every religion recognized the health benefits of forgiveness. Even so, many of us walk around with anger or resentment from the way others have treated us in the past. We justify these feelings because we have been wronged. But holding on to these feelings hurts us, not the wrongdoer. Not only does keeping your anger alive consume a lot of energy, it's like drinking poison in the hopes of hurting someone else.



Forgiving others doesn't mean accepting unacceptable behavior. Forgiving isn't excusing another's inexcusable actions. Forgiving is for us. Forgiveness is a way to move on so the hurt no longer controls your future life experiences and interactions with others.

Create a list of all the people in your life that you hold a grudge against or harbor resentment towards. Then, take some time to visualize each person and forgive him or her. The goal is to forgive everyone for everything. It is the act that unleashes true freedom.

HEALTHY HANGOUT IDEAS

1. EXERCISE: TRY A NEW CLASS TOGETHER!
2. VOLUNTEER: GIVING BACK OFFERS MANY BENEFITS SUCH AS LOWERED STRESS AND A CONFIDENCE BOOST!
3. COOK: TRY A NEW RECIPE THAT EVERYONE WILL LOVE!
4. LAUGH: LAUGHTER HELPS BOOST THE IMMUNE SYSTEM, LOWERS STRESS, AND RELAXES THE BODY!
5. TAKE A WALK: GET OUT AND GET MOVING!
6. TRAVEL: TOUR YOUR OWN TOWN OR PLAN A FUN TRIP TOGETHER!
7. DANCE: DANCE IN YOUR HOME OR FIND A LOCAL CLASS TO TAKE TOGETHER!
8. RELAX: GO SOMEWHERE QUIET AND MEDITATE!
9. PAINT: ART THERAPY IS SHOWN TO HAVE MANY HEALTH BENEFITS!
10. TALK: SIMPLY ENGAGING IN HEALTHY CONVERSATIONS IS A BIG BRAIN BOOSTER!