

Power of I Wellness News

Newsletter 1



January 01, 2020

Wellness Word

Welcome! Power of I Wellness is beginning the new year of 2020 with a new online presence in the Facebook world and our very first monthly newsletter. Our intention for this year is to provide a base for the community where we can consolidate wellness information in a variety of formats and collaborate as groups & individuals.


As we would like our content to reflect the needs & desires of our community, please feel free to send in suggestions or requests that may direct our attention for future research, posts, articles and/or presentations (via email or see [Facebook](#)).

We are excited to share this venture and journey with all of you and look forward to growing together throughout 2020!

What's New?

Check out the group Wellness Resource Board. Please feel free to share your stories, tips, information, questions, recommendations, articles/books/resources, suggestions/requests, etc. We are all seeking answers within our own wellness journeys and when we time share our brains we can provide more pieces to the bigger puzzle for everyone.


Wellness Bites: BEETS


 Root vegetable usually well-tolerated except for individuals prone to kidney stones.


 Folate, potassium, iron, vitamin C, fiber

 Lowers blood pressure (reducing risk of heart disease), improves oxygen use, stamina & exercise performance.

 Pigment in red beets can stain hands, clothing, table cloths, counters as well as other food that it is cooked with.

 Consumption of beetroot may cause your urine to become pink or red, which is harmless but often confused for blood.

 Instead of roasted or pickled, try it baked!! Place in aluminum foil jacket like you would for a baked potato. Wash beet, place on foil & add avocado oil or olive oil, salt and pepper. Bake at 400 for 50-60 minutes depending on beet size/oven. When baked, texture and taste changes slightly from more common pickled/roasted versions.

 **CONVENIENT!! TIME SAVY!! PRE-PLANNING TOOL!!** By baking several beets at a time, one can then cube, slice & save for use during the upcoming week as a topping to sprinkle over salads or power bowls, partner with cabbage in a slaw, combine with other favorites for a snack and/or portion out as an entrée side. Pigment will also be contained within the foil jacket to keep staining to a minimum.

Wellness Focus

What is this **WELLNESS** we are seeking?

Wellness starts with the mindset of investing in a healthier you for the long-term. It is carried through on a daily basis, practiced through habits of choice, habits of exploration and habits of the heart.

Wellness is not a spectator sport and it does not arrive with instant gratification.

Wellness requires acknowledgement of multiple opportunities in any given situation...whether we choose to act, to react, to proceed, to let go, to cave in or to carry through, to continue to be held back or to push through our boundaries and be unlimited. Wellness requires commitment to making small positive choices with these opportunities consistently and persistently over time.

Wellness requires the courage to face your current reality, to acknowledge your desire to change for the better and to make intentions to proactively transition towards those goals. Wellness requires patience to accept setbacks or paths that were not initially successful as simply part of the growing process and an attitude that seeks to learn, apply and forge ahead to always try again.

Wellness is eminently flexible and can shift to accommodate the ups, downs and unexpected surprises (Good or Bad) that transition through our lives. It is achievable by ANY individual at ANY stage of life, regardless of the starting point and regardless of any prior experience in seeking it.

Wellness is the ultimate gift you can give to yourself and cultivating it walks hand-in-hand in determining a life well-lived. If you are interested in some or many of the above ideas or would like more information about our program, we would love to have you visit our website, follow us on Facebook or join a seminar series.

~Choose to Live Well~

**FREE
Seminar!!**

The Case For WELLNESS



POWER OF 1 WELLNESS

ONE CHOICE, ONE ACTION, ONE GOAL AT A TIME

Where: Alamance Fine Arts Academy

335 South Main St., Burlington, NC 27215

When: Jan 25, 2020 from 2pm to 5pm

Come join us to begin your journey as a lifechanger in 2020!!

- ? Have you recently questioned if your life has gotten off track, fallen into a rut or taken stock of where you are with no idea of how you arrived?
- ? Have you recognized 1) destructive behaviors that always end in the same repetitive patterns and/or 2) barriers that prevent progression forward towards your ambitions?
- ? Are you frustrated with unreliable short-term solutions & seeking more permanent sustainable changes?



February 22: The Harm of Sugar

Practicum: Reading a Nutrition Label/Ingredients List.
Recognizing Names of Sugar. Good/Better/Best Choices

February 29: The Harm of Sitting

Practicum: Identification/Correction of Postural Misalignment,
Assistive Tools & Stretching

March 7: The Importance of Sleep

Practicum: Identifying Tools to Improve Sleep Hygiene &
Minimize Insomnia

March 21: Stress Recovery & MBIs (mind-body interventions)

Practicum: Practice of a Meditation Format (come in comfortable clothes)