

# VITAL 24

January 2020

## Make Your New Year One Of Health!

Take a look inside for our simple, motivating tips for the new year!

### INCLUDED WITHIN:

- EXERCISE OF THE MONTH
- TIPS FOR THE NEW YEAR
- GOOD TO KNOW
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# Exercise of the Month

## Goblet Squat to Overhead Press



### Recommended:

- **CARDIO:** 3 sets of 20 reps
- **STRENGTH:** 5 sets of 10 reps using heavier weights; make sure to stay slow and controlled for strength training.

**You can  
do this!**

1. This is a great place to begin when working to improve your squat.
2. Works multiple muscle groups as you can see from the diagram below.
3. Great for cardio when you use a lighter weight and high repetitions.
4. Easy to add to any workout plan and you can do it at home!



# Tips for the New Year

New Years resolutions can be motivating but how do you keep up the momentum? Read the following for key tips.

- **Identify what motivates you first. Use this as fuel when completing goals. If you are motivated by a food reward, then save a certain food or meal for only when you complete the goal. Or if you are motivated by a material reward, then use this as your end goal.**
- **Identify motivational interrupters. This interrupter could be a friend who always has and offers junk food, or an event that continually takes place when you scheduled to work out. Identifying these will let you know to stay away or prepare before hand. Two of the biggest motivation interrupters you'll find are your television and your smart phone. A fast from media may be in need if those two are your biggest problems.**
- **Just start. When it comes time for your workout routine, the task can feel daunting. The best way to overcome this is to just start. Start small with 10 reps of push-ups and five lunges. Once you get the ball rolling, the motivation will flow easier.**
- **Set mini and long-term goals remembering that the mini goals will be your steps to completing the larger goals. Accomplishing mini goals will give you confidence to reach the large ones.**
- **Focus on what you are doing right.**
- **Let go of the idea of perfection and instead embody persistence.**



# Good to Know!



Need some New Year motivation? We have the right thing for you! For the month of January we are offering Motivate from doTerra for **20% off**. This product will help you get motivated and get that New Year checklist off to a great start. Ask for details!

Ginger is a common natural remedy for an upset stomach and indigestion.

## To Fight The Winter Blues:

- Include flaxseeds, walnuts, and cold-water, wild-caught fish in your diet.
- Do 10-minutes of meditation daily
- Spend time with more people and animals (especially positive people).
- Get a massage.
- Exercise three to six times a week (even if it's a light workout).
- Eat nutritious, protein & fat packed meals and cut back on carbs(sugar).
- Eat organic dark chocolate (at least 75% cocoa).
- Pick up a new hobby and stay busy.
- Read more.

## Superfood of the Month: Eggs

- Often referred to as "nature's multivitamin"
- Packed with the brain nutrient "choline".
- Contain high-quality proteins.
- The yolks contain two powerful, eye-protective nutrients.
- High satiety due to being packed with good fats and protein. You'll feel fuller, longer.





# Three-Ingredient Stuffed Squash



This super simple stuffed acorn squash only requires three ingredients (*minus any seasonings of course*).

1. **Acorn squash**
2. **Kale**
3. **Turkey sausage**

You can purchase turkey sausage in the grocery store or you can choose to cook and season it yourself. You'll just need a few extra spices if you decide to make your own.

## **How to prepare acorn squash**

You will need to prepare the acorn squash first for this recipe.

- Slice the squash in half.
- Scoop out the seeds.
- Season with avocado oil, salt and pepper.
- Bake at 425 for 40 minutes.
- DON'T peel the squash.

## **How to make stuffed acorn squash**

While your acorn squash is roasting in the oven, you will need to make the sausage stuffing. Brown your sausage and then add the kale. This mixture will be stuffed into the squash, in the space where you scooped out the seeds. After stuffing it, bake the stuffed acorn squash for five more minutes. Let cool and enjoy!



# Office Announcements

- **February 4th** is the launch date for our Eight Weeks to Wellness program. Want to get your health onto the right course with ease? Eight Weeks to Wellness is what you need! We are accepting patients for this program to start in February. Ask for details!
- Due to global cost increases and the fact that we have not raised our prices in three years, our **prices will be increasing** this month.
- Excuse the mess! We are currently **going through renovations** so we apologize about any mess that comes with it!
- It's time to party! In spring 2020, we will be hosting a **patient appreciation party** in celebration of being in business for six years! More details to come.
- **HIRING:** We are currently accepting applications for a new massage therapist. Feel free to spread the word!

