



Embod y Wellness

CLINIC

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Embod y Wellness
Newsletter

October is here. Does that feel spooky and scary, or warm and welcoming?

Maybe you're looking at the end of the year and thinking about everything you said you'd do. You were going to be the mom who meal preps. The person who gets up at 5 a.m. to work out. The one who somehow makes it to every soccer game with snacks, matching socks, and a fully charged phone.

Or maybe this year has been hard, and you're proud just to have made it this far. Every time you got your feet under you, another wave came crashing in.

Maybe you did do the things you set out to do, and you're freaking proud. You should be.

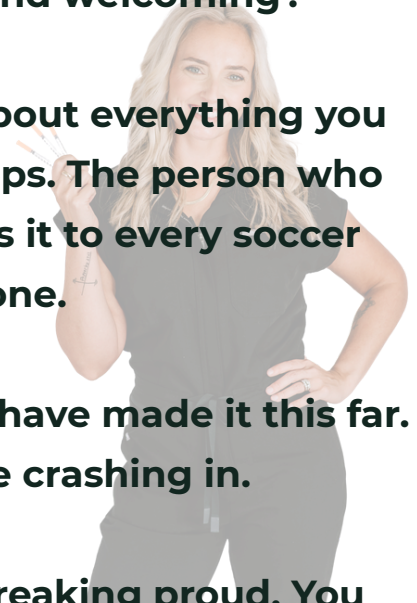
Wherever you are, I see you. Life keeps moving. The schedules stay full, the laundry keeps appearing, and rest doesn't magically show up on the calendar. You're doing the best you can. Keep going.

There are about 13 weeks left in this year. A few years ago, I would have told myself, "I'll take my health seriously after the holidays." Between travel, extra spending, and everything else, I thought I needed to wait for the right time. That was me four years ago, so I'm holding exactly zero judgment candles here.

But when is the right time? Kids happen. Sports happen. Family emergencies and financial stress happen. I'm grateful I started caring for myself while life was still messy, because those habits help me get through the seasons when the waves keep coming.

Your health journey doesn't have to move in a straight line. What works in one season might need to change in another. And it definitely doesn't have to be all or nothing. So for the next 13 weeks, pick a few things from this list that you and your family can actually make room for. You don't need to tackle all 13.

*Let's live embodied.
Brittany*



Brittany's 13

- **Protect your sleep.** Aim for a consistent bedtime that gives you a chance at seven or more hours. The doom scrolling, the chores that can wait, and the quest to wrap the perfect Christmas present can all take a back seat.
- **Make one more meal at home.** Yes, PB&J counts. It does not need to be a gourmet, 83-ingredient dish. One meal at home instead of takeout is a win.
- **Try something new.** A recipe, a hobby, a book, an exercise, a skill—anything that breaks up the blur of doing the same things over and over.
- **Add more fruits and vegetables.** Two fruits and two vegetables a day could be a goal to work toward. Frozen and canned count, too.
- **Drink water throughout the day.** Keep a bottle where you'll see it and refill it. Your needs may be different from someone else's, especially if you've been told to limit fluids.
- **Have a date night with your spouse or your friends.** Yes, you can go out and enjoy people while you're on a "health journey." Joy and connection belong in the picture.

Brittany's 13 cont.

- **Go on more walks.** Even if you only have five minutes before making dinner, take the walk.
- **Make the appointment you've been putting off.** The dentist, a routine checkup, a screening, or the visit to talk about that symptom you keep hoping will disappear on its own.
- **Add protein to a meal that usually doesn't have much.** Breakfast is an easy place to start. Think eggs with your toast or Greek yogurt with your fruit.
- **Say no to one thing that's draining you.** You don't have to fill every open hour just because it's open.
- **Get outside for a few minutes.** Take your coffee onto the porch, walk around the block, or sit outside while the kids play. Yesterday's sweatshirt is acceptable attire.
- **Strength train twice a week.** It doesn't have to be a 90-minute gym session. Lift weights, use resistance bands, or do a few movements at home. Give your muscles a reason to stick around.
- **Let yourself rest without earning it first.** You're allowed to have a quiet evening even if the laundry isn't folded and your inbox is acting feral.

My picks? Rest without earning it, date nights with my husband and friends, and trying something new.

Lately my life has been work, studying, advertising, kids' sports, driving kids to sports, and coaching sports. My husband and I don't get much time alone or with our friends, and I keep doing the same things on repeat. I also know I need to let rest back into my life before I'll have the mental space to enjoy any of those other things.

Let's hold each other accountable. Reply to this email, send me a Facebook DM, or text me your picks. I want to hear them!

And speaking of the appointment you've been putting off: **on Friday, November 6, Nyla Villars of The Vital Link will be at Embody Wellness offering thermography appointments.** Nyla is a Certified MyoKinesthetic Practitioner.

Thermography uses an infrared camera to capture temperature patterns at the surface of the body. It's contact-free and does not use X-ray radiation. If you're curious about what the appointment involves and whether it's right for you, you can learn more and book here:

<https://thevitalinkllcwellnesscenter.as.me/embodywellness>

You do **not** have to be an Embody Wellness client to book. Thermography does not diagnose a medical condition or replace recommended screenings, including mammograms. If you have a new symptom or a breast concern, please contact your healthcare provider rather than waiting for a thermography appointment.