

Living in Balance

Fall in love with taking care of yourself

Wellness App:

Couch to 5k



The free eight week program gives users three workouts per week that get you ready for the local "Flash Your Feathers" 5k

Instant Stress Relief Tip:

Lavender for Fatigue

Add 5 drops of lavender oil to a hot foot bath and relax while your feet soak in it. The soles of the feet are very porous, allowing lavender to reach your bloodstream quickly.

September Observances

Ovarian Cancer Awareness Month

National Childhood Obesity Month

Fruits & Veggies- More Matters Month

September 27
National Women's Health and Fitness Day

Snack Hack

Chocolate Dipped Pineapple Slices with Toasted Coconut

1 Fresh Pineapple
1 12oz bag Dark Chocolate chips
1 cup coconut flakes, toasted

1. Slice pineapple into large circles
2. Microwave dark chocolate chips for 30 seconds or until melted
3. Dip pieces of pineapple in melted chocolate and place on baking sheet.
4. Sprinkle with toasted coconut
5. Let fruit sit on tray until the chocolate hardens.

Drop
and
give me
Zen

*Balāsana
(Child's Pose)*

Fingers point forward, press palms flat on the ground
Relaxed jaw.
Belly rests between thighs.
Big toes touch.
Knees as wide as mat
Breathe
Rest forehead on the ground
** helps release tension in the chest, back, and shoulders.