

Living in Balance

Fall in love with taking care of yourself

Monthly Read:

Living Life as a Thank You

by Nina Lesowitz, Mary Beth Sammons, Lee Woodruff

"Whatever is given- even a difficult and challenging moment-is a gift."

Instant Stress Relief Tip:

Dig in the Dirt.

According to a Dutch study published in the Journal of health Psychology, 30 minutes of gardening reduces stress levels more effectively than 30 minutes of reading quietly in a room. The researchers say it's the result of physical activity. But perhaps the secret lies in the dirt itself. A few studies have shown a link between a common bacterium found in garden soil and increased serotonin levels, meaning less anxiety and better concentration. Gardeners may inhale this bacterium while digging in the soil.

July Observances

Independence Day
July 4th

Eye Injury Prevention Month

Hemochromatosis Screening and Awareness Month

Cleft and Craniofacial Awareness and Prevention Month

National Childhood Obesity Week
July 3rd-July 9th

Hepatitis Awareness Week
July 28th-Aug. 3rd

World Hepatitis Day
July 28th

Drop
and
give me
Zen



Cobra Pose

Chest expanding forward and up
Hands are shoulder width apart, fingers spread wide
Shoulders rolling down the back away from the ears
Elbows bent
Pelvis & thighs grounded
Kneecaps lifted
Tops of feet pressed firmly down into the floor

A Healthy Indulgence

Peanut Butter Protein Bites

1 1/2 C. Oatmeal
1/2 C Peanut Butter
1/3 C Honey
1/4 Cup Mini M&M's
1/2 Tsp. Vanilla

1. Add all ingredients to a bowl and stir until everything is combined
2. Roll into balls and let refrigerate for 20 minutes (or toss them in the freezer)