

AUGUST 2023

WELLNESS MATTERS

NATIONAL WELLNESS MONTH



LESSONS FROM WORKING OUT

Working out teaches you:

1. **Discipline:** sacrifice current pleasure for a bigger reward to come. Discipline is the strongest form of self-love. It is loving yourself enough to give yourself everything you've ever wanted.
2. **Courage:** show up, even if you don't feel like it.
3. **Focus:** exercise helps you block out distractions. Nothing will stop you from reaching your goals.
4. **Patience:** It's a lifestyle, not a 30-day challenge.



FIND YOUR WHY

Everyone's reason for exercising is going to be different, but it shouldn't be one-dimensional and should be part of a wider picture of personal development.

A great exercise is to write down the first goal that comes into your head when you think about your reasons for exercising.

The key is not to stop at your first reason. Essentially, introspection is key. Keep asking until you come to your ultimate reason.



- **Brain Health:** improves focus & cognition.
- **Sleep:** improves sleep quality.
- **Lifts mood:** reduces anxiety, stress & depression.
- **Heart Health:** lowers risk of heart disease, stroke & type 2 diabetes.
- **Blood Pressure:** lowers blood pressure.
- **Healthy Weight:** reduces risk of weight gain.
- **Boosts Energy:** increases energy & reduces fatigue.
- **Boosts Immunity:** lowers inflammation & improves immune cell performance.