



A WELLSTYLES NEWSLETTER



SEPT 2021

# GET BACK TO BASICS

## SAVE THE DATE

SEPT. 8

WED @ 3:30PM

MINDFUL MOVEMENT

YOGA SCULPT

[CLICK HERE TO REGISTER](#)

SEPT. 15

WED @ 3:30PM

TAKE 10

TAKE A BREATH MEDITATION

[CLICK HERE TO REGISTER](#)

SEPT. 29

WED @ 3:30PM

WELLNESS WINDOW

TAKE CONTROL OF YOUR HEALTH

[CLICK HERE TO REGISTER](#)

## HABIT CHALLENGE

IN TODAY'S MODERN WORLD, WE ARE CONDITIONED TOWARDS BEHAVIORS THAT UNDERMINE OUR HEALTH. FROM AN EARLY AGE, WE OBSERVE THE PRIORITY PLACED ON PRODUCTIVITY AND QUICKLY BECOME INDOCTRINATED INTO THE FAST-PACED WESTERN LIFESTYLE. WE WEAR EXHAUSTION, LIKE A BADGE OF HONOR, SETTLE FOR FOOD THAT DOES NOT NOURISH US, AND LIVE IN AN ENVIRONMENT RIDDLED WITH TOXICANTS THAT HARM US. TO LEAD A HEALTHY AND FULFILLING LIFE IN OUR WORLD TODAY, WE MUST GET BACK TO THE BASICS AND THE WELLSTYLES PILLARS OF HEALTH REPRESENT YOUR ROAD MAP.

[LEARN MORE ABOUT HOW TO GET BACK TO BASICS HERE!](#)

## GET BACK TO BASICS

DID YOU EXERCISE, EAT HEALTHY, AND GET GOOD SLEEP TODAY?

CHALLENGE: MON. SEPT 13TH - FRI. SEPT 24TH

JOIN THE GET BACK TO BASICS CHALLENGE ON WELLSTYLES. TRACK EACH DAY YOU PRIORITIZE EXERCISE, HEALTHY FOOD CHOICES, AND ADEQUATE SLEEP. TRACK AT LEAST 6 DAYS OUT OF THE 12 DAYS TO EARN AN ADDITIONAL 200 WELLSTYLES POINTS TO YOUR PROGRAM!

REGISTRATION OPENS MONDAY, SEPTEMBER 6TH

[CLICK HERE TO REGISTER](#)

ARE YOU SIGNED UP FOR WELLSTYLES?



[SCAN OR CLICK HERE TO REGISTER](#)

## mindful movement

YOU ARE INVITED TO A WELLSTYLES YOGA SCULPT CLASS

WEDNESDAY, SEPTEMBER 8TH AT 3:30 PM

Join Riley in a 30-minute workout that combines body-weight strength training, cardiovascular exercise, and yoga to strengthen bones and muscles, improve cardiovascular health, flexibility and balance.

[REGISTER HERE](#)

## Take 10

Breathing intentionally is one of the most basic things you can do to balance stress in your body. When you breathe deeply into your belly, your body shifts from a stressed fight-or-flight state to a relaxed, rest-and-restore state.

JOIN MIKAYLA TO RECONNECT WITH YOUR BREATH AND EXPERIENCE THIS POWERFUL SHIFT. SEPTEMBER 15TH @ 3:30 PM

[REGISTER HERE](#)

## WELLNESS WINDOW

## TAKE CONTROL OF YOUR HEALTH

WED, SEPTEMBER 29TH @ 3:30 PM

HEALTH ISN'T A DESTINATION BUT A LIFELONG JOURNEY.

### JOIN NATHALIE SIMMONS JORGE

to learn what you can do today to look and feel your best no matter your age. Spoiler alert: Grab the steering wheel because YOU are in the driver's seat!

[REGISTER HERE](#)



Nathalie Simmons Jorge is the CEO and co-founder of Companion Health, a primary care practice based in Charlotte, NC that combines the best of Western medicine with functional medicine. As a health coach and mother, she understands firsthand the complexities of juggling it all and the necessity of becoming your own healthcare advocate. AND she walks the talk by being proactive with her health, recognizing that genetics load the gun but lifestyle pulls the trigger.



The majority of the foods readily available to us and that make up our Standard American Diet are the same foods that promote disease.

It's no secret that the western lifestyle isn't exactly recognized for its healthy eating patterns.

## REGISTER FOR THE BETTER BITES NEWSLETTER

TO GAIN INSIGHT ON THE PITFALLS OF THE STANDARD AMERICAN DIET AND LEARN THE COMPONENTS OF A HEALTHY EATING PATTERN.

In this month's episode of Better Bites, we are bringing you back to the basics with recipes inspired by countries with food systems far healthier than ours.

DON'T MISS THIS OPPORTUNITY TO MAKE A DELICIOUS MEAL AND EARN 200 WELLSTYLES POINTS WHILE DOING IT!

[SIGN UP HERE](#)

## TECH TIP

## HOW TO SET HEALTHY HABITS

### DID YOU KNOW

YOU CAN HOLD YOURSELF ACCOUNTABLE BY TRACKING HEALTHY HABITS ON WELLSTYLES?

#### STEP 1

LOG IN TO YOUR WELLSTYLES ACCOUNT

#### STEP 2

CLICK ON THE HOME TAB AT THE TOP OF YOUR SCREEN

#### STEP 3

CLICK ON "HEALTHY HABITS" IN THE DROP-DOWN

#### STEP 4

NEXT, YOU WILL BE SENT TO THE HEALTHY HABITS PAGE- YOU WILL SEE 3 TABS AT THE TOP OF THE SCREEN. CLICK, ON BROWSE ALL

#### STEP 5

HERE YOU WILL FIND ALL OF YOUR HEALTHY HABIT OPTIONS WHICH CAN BE FILTERED OUT BY PILLAR TOPIC ON THE LEFT SIDE OF YOUR SCREEN.

#### STEP 6

LASTLY, FIND A DESIRED HEALTHY HABIT AND CLICK ON THE X-SWITCH SO THAT IT TURNS TO A GREEN CHECKMARK.

#### CONGRATULATIONS!

YOU ARE NOW TRACKING THAT HEALTHY HABIT!

TRACK 3 HEALTHY HABITS PER DAY FOR 30 POINTS PER DAY!

# STOP!

DON'T LEAVE 600 POINTS BEHIND!

## DID YOU MISS AUGUST'S EVENTS?

MOVE THROUGH STRESS YOGA

[CLICK HERE](#)

CALM THE MIND MEDITATION

[CLICK HERE](#)

HOW TO TRAIN A PUPPY WELLNESS WINDOW

[CLICK HERE](#)

