



September was a fun filled month. Both of our grand boys started fall ball with their baseball teams. Jett's team (our oldest) won 2 tournaments! Lake's team (youngest) had their first 2 tournaments and they were awesome. Tim and I love watching them play.

My bff, Vicki, and I got to have a glamping weekend. We attended the Holiday Market on Friday night for the Margaritas and Mistletoe Extravaganza. Then on Saturday she visited my WW workshop and we went to watch Lake play ball. We enjoyed some shopping, yummy food and talked ALL night! This weekend was much needed!

September also brought a time of focus. During the summer months I did not set goals for my health journey and once school started back I struggled to set goals and reach them. Honestly, I just didn't want to set goals. I had gotten lazy, but there was a part of me that missed the rush of setting and meeting goals. So I set a body, mind, and soul goal and began to slowly, but surely meet them. I wasn't perfect at them, but with each passing day I got more and more into the routine of reaching my daily goals. If you aren't a goal setter, let me encourage you to simply start. Pick and goal and go after it! If I can do it, you can too!



*friends*



We celebrated Symon's 12th birthday!



Some of my WW friends came over for supper and game night!



# HOLISTIC WELLNESS JOURNEY

Holistic wellness is a way of looking at health and wellbeing that considers the whole person, including their physical, mental, emotional, social, intellectual, and spiritual aspects.

## Body

One way of taking care of your body is by making sure you are moving your body intentionally everyday. My activity of choice is walking. It's free, it takes limited equipment, and I can make it fit into my schedule at some point during the day.

Over the years we have heard that a target goal is 10,000 steps a day. However, according to Mayo clinic, most Americans average 3,000 to 4,000 steps per day. So before you set a lofty goal, find out your personal baseline. Then try to add 1,000 steps per day each week or two until you reach your desired goal.

Here are a few ways to add steps to your day:

- Take the dog for a walk. If you don't have a dog, volunteer to walk dogs at an animal shelter. Or combine your activity with social time by joining a friend to walk his or her dog.
- Try music. A bouncy tune or something with a strong beat can make activity more enjoyable and help motivate you to walk farther or faster.
- Include the family. Instead of an afternoon movie, go for a walk or hike together.
- Go in person. Instead of sending a work email, walk to your colleague's desk.
- Walk while waiting. Take a walk instead of sitting when you're early for an appointment or waiting for a flight.
- Schedule workday walks. Put reminders in your calendar for short walking breaks to ramp up your energy throughout the day. Have a one-on-one meeting? Plan to walk and talk.
- Park farther away. Choose parking spots farther away from the entrance. If you take the bus, get off a stop early and walk the rest of the way.
- Take the stairs. Even going down the stairs counts as steps and burns calories.

## Mind

Today life is busy!

There's a never ending to-do list, dinners to cook, practices to take kids to, work, and on and on. Usually we do for others and rarely have time for ourselves.

Then we feel exhausted, burned out, and we are not as productive in our day-to-day lives.

This month let's focus on some simple steps we can take to unplug and reset our minds.



Take a 60 minute digital detox.



Spend time outside



Do a self-care power hour



Set an intention for the day



Write down a gratitude list

Nourishing my soul is vital for me! It makes me more at peace and better able to handle whatever the day brings. Here are a few practices I do daily:

\*I write in my journal and include the day's happenings, wins, and spiritual words of wisdom from my time with God.

\*I have an intentional quiet time. It is during this time that I spend in God's Word and in prayer. If you are interested in starting this as a part of your day, You Version Bible app has a lot of great devotions to choose from.



## Soul

*"Love the Lord your God with all your heart and with all your soul and with all your strength. Deuteronomy 6:5*



# Hello October

October brings cooler temperatures, falling leaves, and cute kiddos dressed up for trick or treating. With the shorter days and cooler temps, we can begin to change up our menus and start including some soup recipes and of course, with soup comes cornbread.

Here are a few of my favorites along with some new recipes to try!

Add this Apple Cider Sangria to your next fall gathering! Click on the picture for the link to the recipe.



**CORNBREAD**  
muffins

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**Ingredients:**

- Del Monte Sweet Corn Cream Style, Golden (2 cups)
- Self rising white cornmeal (1 cup)
- eggs (2)
- onion (1/2 cup)
- jalapeno pepper (1/4 cup)

**Directions:**

- Preheat oven to 400 degrees.
- Combine all ingredients until moist. (can leave out jalapeno if you don't like it hot)
- Pour into muffin pans sprayed with non-stick spray.
- Fill each muffin 3/4 full.
- Cook on 400 for about 15 mins.

*Enjoy!*

One muffin is 2 points on WW or 2 muffins for 3 points



**WW members check out this recipe**



click the picture for the link to the recipe

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# Teacher's Corner

## Transforming your mornings!

I don't know about you, but I am not naturally a morning person, but my life dictates that I must be.

I love to hit the snooze button as many times as I can before finally rolling out of bed at the last minute.

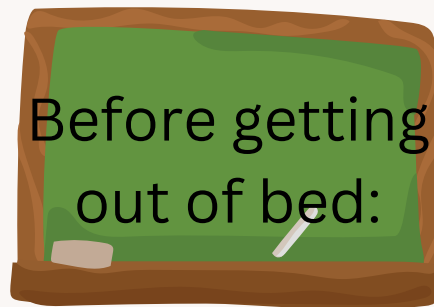
Too many snoozes can make my day start off feeling stressed and rushed.

Here are a few helpful tips from The Positive PA that can transform our morning and help us get things off to a better start!

from Katelyn at the Positive PA  
@thepositive\_pa  
on IG



Easy Pasta  
Salad



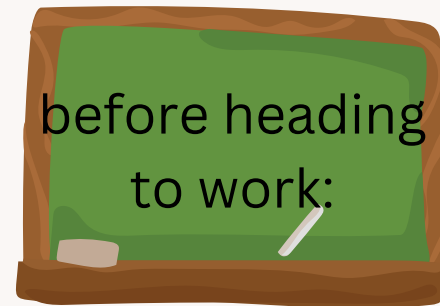
Before getting out of bed:

- \*take some deep belly breaths
- \*turn your head from side to side and then massage the side of your neck
- \*tap the center of your chest with your palm 5-10 times
- \*roll your shoulders and shake out your arms



In the shower:

- \*hum or sing a whole song
- \*tap between your eyebrows or your cheekbones



before heading to work:

- \*drink water before coffee
- \*get direct sunlight to your face
- \*don't check your phone for the first 30 mins out of bed

## Easy Lunch Ideas for Busy Teachers

Click on the picture to get the recipe for this delicious pasta salad!

# Dub Dub Club

aka weight watchers

September was a successful month for me! I am pleased with how well I reached my goals, I have several wins from the month, and I had a tiny weight loss. Whoop, whoop!

GOALS



## My October Intentions

body~stay within points budget & move  
mind~read everyday

- soul~choose 1 Bible verse to meditate on each week

I have decided to use the word "intentions" instead of goals. For some reason I like saying "I intend to do \_\_\_ today." It feels more like a promise to myself. I am keeping my intentions simple. No elaborate goals to meet, just simply doing things to shape my day into exactly what I want it to look like.

### "Monthly Challenge"

Let's face it, October feels like the beginning of the holiday season and many times we can just "give up" and restart in January. This year I don't want to have that mindset. So let's commit this month to staying within our point budget. If we want Halloween candy, let's pretrack it and make it fit within out budget.

My low point lunch foods:

- \*Marketside Natural Sliced Oven Roasted Turkey (0 points)
- \*Great Value 100% Whole Wheat Round Top Bread (2 slices for 2 points)
- \*La Banderita Carb Counter Tortilla (1 point for 1 tortilla)
- \*Laughing Cow Creamy Garlic and Herb (1 point per wedge) I use this as a spread for my sandwiches

One of my favorite products:



One for 1 point or three for 4 points. These would make a yummy, sweet treat for Halloween season.



Interested in giving WW a try?  
Click on the logo and follow link.