



November started with my 60th birthday and I survived it! There were times when I was doubtful. LOL! It did hurt a little, but overall it was a great day!



Our daughter and son-in-law went on a cruise and the boys got to stay with us for a few days while they were gone. We did all the fun things. I cooked their favorite foods, we went to the park, attended birthday parties, watched football and played and played and played. I love when they get to spend the night!



Jett had an out of state ball tournament and Tim and I didn't get to go. We have only missed one of his tournaments when we were on vacation. Jett was a little sad that all of his fan club wouldn't be there, so I came up with a way we could be. Our daughter "carried" us along even if it was just in photo form.



I had a surprise visit from one of my former students. Her mom and one of my Little's mom are friends and she rode with her to my house one afternoon. It was so great seeing her!



Then we celebrated Thanksgiving with our daughter, Lara, and her family and Kiel's mom and sister. We ate some delicious food and played Thanksgiving Pictionary!





# HOLISTIC WELLNESS JOURNEY

'Tis the season to be overwhelmed! Our schedules are full, our children (and grandchildren) get overstimulated, and our to-do list never seems to end. Here are some simple ways to take care of yourself, as well as, help your littles relax and calm down.

## Holiday health tips



### Change your mindset

The holidays are a time for relaxation, family, and indulgence. It's all about your mindset and having a **BALANCED** one. Allow yourself to have a great time and indulge without feeling guilty.

### stay hydrated

Dry air, alcohol and a busy lifestyle all contribute to dehydration. Staying hydrated is optimal for the body to function fully, especially this time of year.

### stay active

This time of year is usually very busy, but do your best to fit in some daily activity. If you can't fit a full workout in, try squeezing a few 10 minute walks or energy breaks throughout your day.

### connect with others

Focus your time and energy on connecting with the people around you. Cultivating both old and new relationships can have a huge effect on your mental health.

## CHRISTMAS MINDFUL ACTIVITIES for kids or grandkids (or kids at heart)

### \*breathe like Santa

to practice deep breathing, which is calming, have the children take a deep breath in, hold 4-5 seconds, then slowly exhale out like a cheerful "HO, HO, HO!"

### \*mindful coloring

have kiddos sit down and color freely, no rules, but ask them to pay attention to the colors, the lines, and the way the colors feel in their hands

### \*hot cocoa meditation

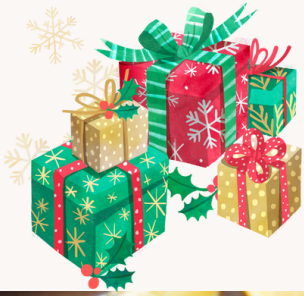
sit in a comfortable spot with your child and some warm cocoa. Set a timer for 5 minutes and ask the child to focus on their mugs and ask them to think about how the mug feels, smell the aroma, take a slow sip and ask how it makes them feel

*Christmas is not a story of hope.  
It is Hope!  
~ Craig D. Lounsbrough*

"For unto us a child is born, unto us a son is given, and the government shall be upon his shoulder, and his name shall be called, Wonderful, Counselor, The Mighty God, The Everlasting Father, The Prince of Peace." Isaiah 9:6

# Hello December

Christmas parties and family gatherings keep us busy this time of year. Here are a few recipes to take along that are easy and will help you stay on your health journey.



## Marinated Asparagus

A delicious side to add to your holiday meal. Click on the picture for the recipe link.



## Rudolph Tippy Spritzer

Prep Time : 5  
Servings : 4

### Ingredients :

2 cups diet cranberry juice  
12 cups diet ginger ale  
1/2 cup vodka



### Procedure :

1. In a pitcher, combine cranberry juice, ginger ale, and vodka.
2. Stir gently to combine.
3. Serve over ice, garnished with fresh cranberries and a sprig of rosemary.

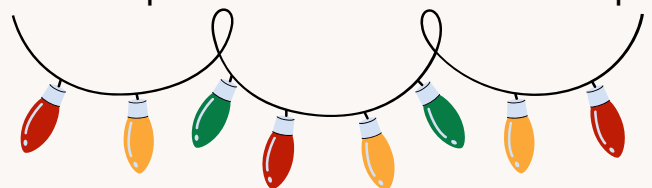
Weight Watchers Points : 1

WW members check out this recipe



## Spiced Apple Breakfast Casserole

click the picture for the link to the recipe





# Dub Dub Club

aka weight watchers

November was full of celebrations!

From birthdays to anniversaries to Thanksgiving, we celebrated it all! And I have enjoyed all of them without going off the rails with my eating. I have stayed within my daily and/or weeklies everyday this month. I'm not sure I've been able to say that before. Typically I would've used all of these events as an excuse to EAT without any boundaries. I'm so proud of how much I've grown in this area.

## My Core Values

**body**~ to be physically strong & healthy, to honor my body by eating nutritious food & getting in movement  
**mind**~to have a positive mindset, to create new pathways of life-giving thoughts  
**soul**~to grow in my relationship with God, to honor Him with my life, to love & serve others

## Intentions

I didn't do great meeting my intentions in November and I know why. I did not keep them in sight. This month I will keep the same ones, but I will write them on an index card and keep it out and visible.

- \*to enjoy seasonal treats without binging on them by balancing my points budget in a way that allows treats to fit
- \*to intentionally move 3-5 days a week
- \*to put my phone away each night and spend some time reading
- \*to daily spend time with God and in His Word

## "Monthly Challenge"

Using your Core Values that you wrote out last month, set your monthly intentions. Set an intention(or goal) for each value:  
body, mind, & soul



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

One of my favorite products:



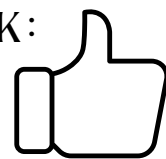
These have a little kick and make a great afternoon snack. I also love having snacks I can keep in my car in case of a hunger emergency.  
3 points per bag

# Living & Losing

Where to find me?



FOLLOW ME ON INSTAGRAM & FACEBOOK:  
@LIVINGANDLOSINGWITHLORI



WEBSITE:

WWW.LIVINGANDLOSINGWITHLORI.NET

My website is improving and coming together. I have added a meal plan and will add more soon. I have also added a place to send me your prayer requests if there is anyway I can pray for you.



click on the pic above to send email

## Coaching News!

I am still on track to begin my holistic wellness coaching in January. I am busy preparing contracts, an information packet, and planning for my first “Made for More” event.

I appreciate all of you and the support you have provided!

LATEST  
NEWS