BODY • MIND • SOUL



This is the inaugural issue of the ""Living & Losing" newsletter. I am so excited to start this new venture. It is an extension of the health and wellness journey I have been on since 2021. My hope is that it will encourage, uplift, and enhance your own health and wellness. Thanks for joining me!

Let me introduce myself

Hi! My name is Lori. I am a wife to Tim, a mother to Lara, a mother-in-law to Kiel, and a Lolli to Jett and Lake. My family is my greatest blessing. They are a big reason I began this health and wellness journey. I retired from teaching after 28 years in May 2021. The next month I joined Weight Watchers and vowed to never quit. Since that time I have lost 80 pounds, made Lifetime, and now coach local in-person workshops. One of the components that has given me the ability to keep going and not give up is the WW community, whether in person, at online workshops, or through social media. Starting this newsletter is one way I hope to bring new friends into my circle. We cannot do this alone. We need support and encouragement.







Other Fun Facts About Me!

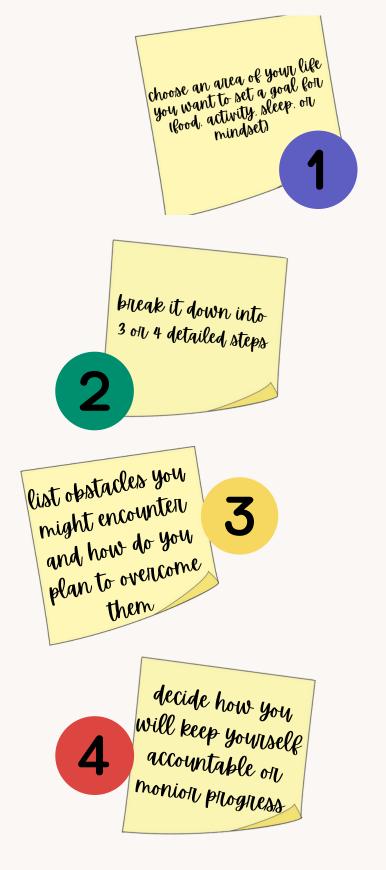


Goal setting might cause you a little angst especially if in the past you felt unsuccessful when it came to reaching your goals. Over the next few months we will work on setting goals for our body, mind, & soul. However, today I want to share some tips to help you set goals that fit "your" life.

- set a goal that fits you~if you aren't a morning person don't plan a workout at 5AM.
- think about habits you already. have~sleep, exercise, morning routine, nutrition (lean into those, don't try and change your entire routine)
- focus on one area at a time~food, activity, sleep, mindset (which area do you want to focus on first?)

There should be a balance between allowing a goal to push you toward the outcome you want & what you can realistically do.

In the next section I'll share a way to narrow down a goal to make it truly doable and attainable.



"IF YOU SET YOUR GOALS RIDICULOUSLY HIGH AND IT'S A FAILURE, YOU WILL FAIL ABOVE EVERYONE ELSE'S SUCCESS." ~JAMES CAMERON



September brings an end to summer, while also ushering in a new school year and football. Changes in our schedule and routines can complicate our health and wellness journey. Planning and preparing are two important elements we must do.

Looking for a yummy dinner idea? Check out my friends Oven Roasted Chicken Thighs! (can use chicken breast)



click on the picture for link to recipe



Jalapeno Poppers

With football season starting I wanted to share a yummy snack to carry to all of your tailgate events while still eating healthy! WW members check out this recipe

<u>click for link to</u> <u>recipe</u>

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Anxiety

Teachers, how's your stress level? Regulating the nervous system is essential for maintaining balance and promoting overall health. Chronic stress and an overactive sympathetic nervous system can lead to issues like anxiety, insomnia, digestive problems, and weakened immune function. By learning to regulate your nervous system, you can enhance your ability to handle stress, improve your mood, and support your overall well-being. from Katelyn at the Positive PA

Guide to Decrease Anxiety WITH FOUR EASY PRACTICES

Practice Deep Breathing



Ja comfortable seated position, close your a, allowing your abdomen to expand fully, a, allowing your abdomen to expand fully. Your breath for a few seconds, then exhale wy through your mooth, releasing any tension uot do so. Repeat this process for several utes, focusing solely on the rhythm of your tues, second your activates the body's aution response, helping to lower stress levels so ti instantly.





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Easy Lunch Ideas for Busy Teachers





A simple greek-inspired lunch is a delicious go-to. Not only is this adult lunchable idea easy to make, but it's also so delicious and nutritious. Made with seasoned grilled chicken, mini pita bites and a side of hummus. This is packed with protein and little carbs. YUM!

re at ease

If you've been around for awhile you know I am a Weight Watchers member and in-person coach. I believe in the program. It works. It's sustainable. I can make it fit my life. Will all of our journeys look exactly the same? No. But I hope to share some foods, ideas, and strategies that will help you on your quest for health.

My September COALSK

For the past year I have really tried to see my "weight loss" journey as a "health" journey. I want to be the best version of myself, my WHOLE self, that includes body, mind, and soul. So I like to set a goal for each area. I want to encourage you to think of a goal you might want to meet in each of these 3 areas.

body-plank, wall sit, and arm weights 3xs a week

- mind-journal a "win" on NSV each night
- soul-choose 1 Bible verse to meditate on each week What goals do you have?

"Monthly Challenge"

Dub

Dub

Club

aka weight watchers

Tracking is one of the strongest predictors of weight loss. It helps us be more aware of our food choices and can help us identify changes we want/need to make. So this month, I am challenging you to track at least 1 meal per day.

My low point breakfast foods:

*Oscar Meyer Center Cut Bacon (1 pt. per slice) *100 Calorie Thomas English muffins (2 pts. each) *Pure Protein Chocolate shake (1 point) *eggs (0 points) *Legendary Foods Protein Pastries (3-4 points each)





6 points and well worth the points



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