

I started the month of April with a Made for More event entitled "Spring into Wellness." We focused on detoxing our bodies, minds, and souls. 6 ladies attended. We ate some yummy foods and had a wonderful time of fellowshiping and left feeling refreshed.



SPRING

I had a dear friend make some door signs for my events and I am in love with them. If you aren't already following Lauren Smith, please do. Her business is Cornerstone Creations. She is on Facebook and Instagram.



And, I know you are shocked to hear this, but we had baseball! Our SIL works for Fellowship of Christian Athletes. FCA sponsored a free baseball tournament for the community. At a certain time during the tournament the games all stopped and the young players gathered on fields and were able to hear the gospel being shared by former athletes. Both of our grand boys teams played in the tournament. It was a wonderful day!



We celebrated Easter weekend by cheering on our ball players, attending and serving at church, having lunch together and hunting eggs. However, no pictures were taken. Is it just me or can you get caught up in the day and forget to take pics, but then be sad because you forgot to take pics?



Had an after Easter party with some WW friends!

HOLISTIC WELLNESS JOURNEY



May reminds us that growth doesn't happen overnight – it's the slow, steady tending that leads to beautiful blooms.

This month, we're focusing on small daily habits that help us grow stronger from the inside out: body, mind, and soul.

body

When I first started my wellness journey, walking to the end of my street felt exhausting. And honestly, it was maybe a year into my journey before I began to incorporate intentional movement. You may be in that same spot. While we may not can walk miles, we can walk a few steps each day and build on that movement. Today, I can walk a few miles with ease – not because I forced it, but because I grew into it, one faithful step at a time.

So, this month I'm challenging all of us to:
Add one tiny movement habit to your day.

Example: 5 minutes of stretching in the morning, parking farther away, or dancing to one song after dinner.



mind

Each morning, speak one positive affirmation or scripture-based truth over yourself.

Do you start your mornings scrolling social media, comparing yourself to everyone else? Does it leave you feeling drained before the day even begins? What if you made one small shift? Replace 5 minutes of scrolling with 5 minutes of speaking truth over yourself. That tiny choice can change the atmosphere of your heart & mind.

"I am strong. I am capable. I am fearfully and wonderfully made."
(Psalm 139:14)



There was a time in my life when I thought I had to spend an hour in prayer to be "good enough" spiritually. But God doesn't ask for that. He asks us to allow Him to be apart of our lives, every minute of everyday. Now I know that I can meet with him in the car, on a walk, or while doing laundry. It's in those little conversations that He and I have built a deeper relationship. He's not just a part of my life on Sunday, but everyday.

Commit to 5 minutes a day in quiet time with God – prayer, worship, or reading a verse.

soul

the wellness collective



Recipe of the Month



click on the picture to go to the recipe



Skiny Mexican Street Corn Salad



Journal Prompt

Growth doesn't always look like blooming flowers or instant transformation. Sometimes, it looks like unseen roots – growing deeper, steadier, stronger beneath the surface.

This month, take a few minutes to sit quietly with this question:

Where is God inviting me to nourish my roots?

Maybe it's showing your body more compassion.

Maybe it's renewing your mind with His truth instead of fear.

Maybe it's tending to your soul with prayer, rest, or trust.

Write down what comes to your heart – no judgment, just gentle honesty.

Every little act of tending is an act of faith. Every small yes is a step toward a flourishing life.

Monthly Challenge

“3 for 5 Challenge”

Each day in May, commit to:

Move your body for at least 5 minutes

Renew your mind with 1 positive truth or Bible verse

Nourish your soul with 5 minutes of prayer, worship, or quiet time

That's it! Just 3 small steps a day – each one only 5 minutes or less.

Because small daily faithfulness leads to lasting transformation. 🌱

You don't need a perfect schedule or an hour of free time to care for yourself well.

You just need small, consistent steps.

This May, let's move, renew, and nourish – together!

soulful reflections

"Faithful in the Small Things"

Sometimes we believe that big change requires big moments
— grand gestures, perfect routines, or dramatic
breakthroughs.

But in God's Kingdom, it's the small, faithful steps that lead
to lasting transformation.

Every time you choose to nourish your body, renew your
mind, and seek Him with your soul — even in the tiniest ways
— you are planting seeds of strength, joy, and peace.

God honors the small beginnings.

He grows what we surrender.

He blesses the daily faithfulness that no one else sees.

This month, trust that every small act of wellness, every
prayer whispered in tiredness, every step you take toward
Him is not wasted.

It is building something beautiful.

*"Do not despise these small beginnings, for the Lord rejoices to see the work
begin."*

— Zechariah 4:10



Lord, thank You for reminding us that growth doesn't have to
be loud or perfect to be real. Help us to be faithful in the small
things — in our health, in our thoughts, and in our walk with
You. Strengthen our roots this month, and let our lives reflect
Your goodness. We trust You with every small beginning.

In Jesus' name, Amen.

Wellness Warrior

Every month in our Wellness Warrior spotlight, we'll celebrate a woman who is courageously walking her own health and wellness journey.

Each story is a reminder that real change takes time, heart, and a whole lot of grace.

As you read, may you be inspired to keep fighting for the life and health God has called you to — knowing that you are never walking this journey alone.

Here's to all the Wellness Warriors — including you!

MEET THIS MONTH'S WARRIOR

Lisa

To understand my story, you need to know that I was the carefree kid who never had a weight problem. I was comfortably me. In my early thirties, I started to gain weight as old habits became something my body didn't handle as well. I joined Weight Watcher in 2001, made lifetime, and thought how awesome the experience was. I maintained at goal for about 5 years, then I started falling, literally falling. My knees stopped holding me up. It was strange. I had a doctor tell me "you can't possibly be having the problem you're telling me about." I was falling for no apparent reason. I had limited steps in a day before my knees gave out. I was 38 when this started and one of the consequences was weight gain. I blamed the first 30 pounds on limited activity, the second 30 pounds on depression. I learned to eat my feelings.

Fast forward years, multiple doctors and physical therapists I was diagnosed with hyper mobility. My joints like to bend in ways they aren't supposed to. I had my first knee replacement at 49, my second at 50.

Why am I telling you all of this? Because it took me years to learn bad habits, years of stuffing my feelings and hiding behind my inability to do the things I wanted. The scale wasn't really the problem. Sure, gaining the weight was a symptom of the problem, but anger was at the heart. I was mad at myself for knowing the way I was eating wasn't healthy and not stopping myself. I rejoined Weight Watchers several times during all of this but never found my place or figured out how to treat myself with kindness.

More surgeries for other things had me at my highest weight in the fall of 2021 so I rejoined WW, determined to make it work this time. I had success. I lost about 20 pounds, and felt more comfortable in my body. Then it stopped. Nothing. Well, it was more like the same thing over and over again. 2 ½ years of bobbing up and down a few pounds on the scale, like a sailboat sitting in a calm sea with no wind.

I could have given up, but I chose to dig in and ask why. I've been looking for answers for a while now. I've learned a lot about myself, shed a lot of mental baggage and learned to have more grace for myself. A friend recently told me, it takes a moment to be hurt but years to heal. I didn't gain the weight in a moment. It took time and undoing it is taking time, way more time than I would like. It is a mental game with me, not just a physical one.

Recently the scale has started moving again. I'm glad for that but really more focused on how I feel in my own skin. Am I healthier now? You Bet! Am I slimmer? Somewhat. It's not always easy, but striving for the change is always worth it. When I'm frustrated and feeling like nothing is working, I take a deep breath and remember to take the next step, make the next

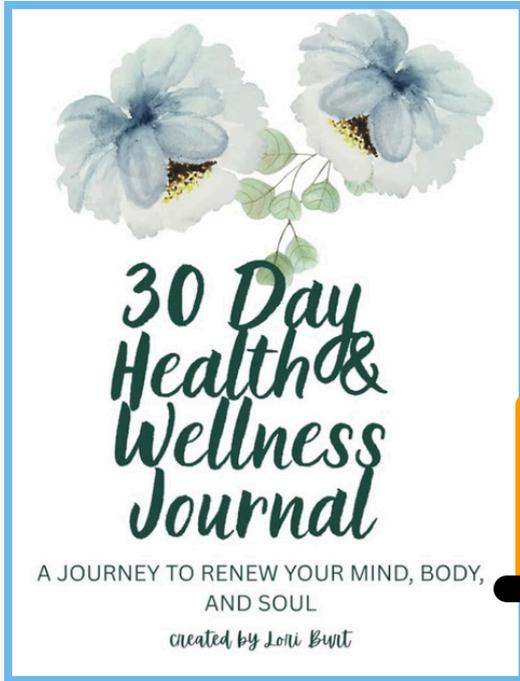
right decision. Enjoy the journey. This morning I walked my dogs for 2 miles before starting work, and I'm smiling because I can.



Living & Losing

with Lori

Coaching News!



So many of you have ordered my journal and I can't thank you enough! 
Click on the book cover and use the link to order your copy!



I send out daily text messages for encouragement on your health & wellness journey. They include a motivational message, a Bible verse, and a challenge for the day. To join, text me at 662-736-6186 or email me at livingandlosingwithlori@gmail.com



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