

# CREATE YOUR WELLNESS JOURNEY



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## WELCOME!

We're excited to unveil the launch of something truly special, Create Your Wellness Journey. It's not just a program or a service; it's a philosophy—a way of life that prioritizes your health and happiness. At Create Your Wellness Journey, we believe that wellness is not a destination, but a personalized journey. It's about embracing individuality, nurturing the mind, body, and spirit, and empowering you to live life to its fullest potential.

Imagine a space where wellness isn't dictated by a one-size-fits-all approach. Instead, it's a roadmap tailored specifically to you—your goals, your preferences, your unique journey. Our vision is to guide individuals towards holistic well-being, embracing preventive care, promoting healthy habits, and fostering a sense of balance in every aspect of life.

Meet Our Experts: We, Layce and Lindsey, are nurse practitioners who bring over two decades of experience in healthcare. Our passion for preventive care, holistic health, and individualized wellness forms the cornerstone of Create Your Wellness Journey. With our guidance, expertise, and dedication, we're here to support and inspire you every step of the way.

We offer a comprehensive array of services designed to cater to your specific needs:

- Health and need assessments
- Wellness plans, challenges, webinars, and in person events
- Nutritional guidance and meal planning, healthy recipes
- Fitness routines to match your lifestyle
- Stress management techniques
- Mindfulness practices
- Holistic well-being approaches

Join us on this journey. Are you ready to embark on a transformation towards a healthier, happier you? Whether you're seeking to lose weight, boost your energy levels, manage stress, improve your overall health, or simply explore a more balanced lifestyle, Create Your Wellness Journey is here to support and guide you.

Stay tuned for insightful articles, expert tips, success stories, and upcoming events as we embark on this wellness journey together. Your wellness matters, and we're committed to being your partners in achieving your goals.

We invite you to connect with us, share your experiences, and join our thriving community. Together, let's create a wellness journey that's uniquely yours.

To your health and happiness,  
Layce & Lindsey, Create Your Wellness Journey Team



## RECIPE OF THE MONTH

The perfect meal for chilly winter days. You can create your own version by using the vegetables you enjoy most; there are endless possibilities. You can also make a large batch and freeze some to eat later. Share your photos and thoughts with the hashtag #20veggiesstew on our Facebook page.

**20 Vegetables with Beef Bone Broth Stew**

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## 20 Vegetables with Beef Bone Broth Stew

What you need: Large cooking pan, large stock pot, two long handle spoons, bowls for veggies, cutting board, sharp knife, vegetable peeler

### Ingredients...

#### Step One

- 1 Tablespoon avocado oil
- 2 medium yellow onions, sliced
- 2 cups carrots, sliced
- 1 celery stalk, chopped (entire bunch)
- 2 large green bell peppers, chopped
- 12 fresh garlic cloves, minced
- 2 cups green beans, cut

#### Step Two

- 1/2 large acorn squash, sliced, peel on, seeds removed
- 1 medium butternut squash, peeled, cut into chunks, seeds removed
- 2 medium zucchini, sliced
- 2 cups sliced radishes
- 3 cups cauliflower
- 2 cups broccoli
- 2 cups sugar snap peas
- 2 red sweet peppers, sliced
- 2 orange sweet peppers, sliced
- 2 yellow sweet peppers, sliced
- 2 cups beets, sliced
- 2 medium yellow squash, cut into chunks
- 2 cups bean sprouts

#### Step Three

- 6 medium Roma tomatoes, diced
- 48 oz homemade beef bone broth, include the separated fat (recipe posted soon) (may use more or less to achieve desired consistency)
- 3 pounds of organic grass-fed beef stew meat, cut into chunks or shredded
- 8 cups kale, chopped (include stems)
- 6 stems fresh parsley, chopped (throw away stems)
- Leaves from 10 stems of fresh thyme (throw away stems)

#### Directions

- Wash and rinse all vegetables thoroughly. Prepare each vegetable ahead of time, if possible.
- In a pan, sauté the celery, carrots, and onions in 1 teaspoon of avocado oil until the onions are clear. Add the garlic and green peppers and stir together, cook for 5 minutes then stir in green beans, cook together until soft, total 30-45 minutes.
- In a large stock pot, cook the ingredients from Step Two in 2 teaspoons of avocado oil until soft, 30-45 minutes. Add the tomatoes and beef bone broth, stir to combine.
- In a skillet, cook the beef stew meat, keep fat and add to the vegetable stew when cooked through. Stir to combine. Cook for 25 minutes on low.
- Add kale, parsley, and thyme, stir to combine, cook for an additional 5 minutes on low.

#### Optional:

- Add any additional vegetables you enjoy
- Sea salt and black pepper to taste in individual servings.





Raw vegetables and fruits are often considered healthier options for several reasons.

## EMBRACING HOLISTIC WELLNESS

### BENEFITS OF RAW PRODUCE

#### Nurture Your Mind, Body, and Soul

As we navigate the journey of life, it's crucial to prioritize our overall well-being. Wellness isn't just about physical health; it encompasses harmony in mind, body, and soul. It's about finding balance, vitality, and joy in every aspect of our lives. Mind Matters: Cultivating mental health is a cornerstone of holistic wellness. Taking time for mindfulness, meditation, or even a peaceful stroll in nature can do wonders. Embrace positive affirmations, seek moments of gratitude, and practice self-compassion—it all contributes to a healthier state of mind.

Nourishing the Body: Our bodies are our temples, deserving nourishment and care. Remember, a well-balanced diet isn't about restriction but about enjoying a variety of nutritious foods that energize and sustain us. Stay hydrated, prioritize quality sleep, and engage in physical activities that you genuinely enjoy.

Soulful Connection: Connect with the soul. Engage in activities that bring you joy—whether it's reading a good book, creating art, or spending time with loved ones. Cherish moments that ignite your passion and bring purpose to your life.

At Create Your Wellness Journey, we advocate for a holistic approach to wellness. Our programs are designed to support your journey to a happier, healthier you. Join us in embracing wellness as a lifestyle—a commitment to self-care, personal growth, and fulfillment.

Remember, wellness is not a destination; it's a continuous journey—a series of small, intentional steps towards a more vibrant life.

Here's to a journey of wellness!



**Nutrient Retention:** Cooking can lead to the loss of certain nutrients, such as water-soluble vitamins (e.g., vitamin C) and heat-sensitive enzymes. Raw fruits and vegetables retain these nutrients, providing a more direct and unaltered source of vitamins, minerals, and antioxidants.

**Fiber Content:** Raw fruits and vegetables are typically higher in dietary fiber, which is essential for digestive health, regular bowel movements, and maintaining a healthy gut microbiome. Fiber also helps control blood sugar levels and can contribute to a feeling of fullness, aiding in weight management.

**Antioxidants:** Many fruits and vegetables contain antioxidants that help protect cells from damage caused by harmful molecules called free radicals. Antioxidants play a crucial role in reducing the risk of chronic diseases such as heart disease, cancer, and neurodegenerative disorders.

**Enzymes:** Raw vegetables and fruits contain enzymes that can aid in digestion and other physiological processes. Cooking can destroy some of these enzymes, potentially impacting their beneficial effects on digestion and nutrient absorption.

**Hydration:** Raw fruits and vegetables have a high water content, which contributes to hydration. Staying hydrated is essential for overall health, as it supports bodily functions, helps regulate body temperature, and aids in waste elimination.

**Low Caloric Density:** Many raw fruits and vegetables are low in calories and high in volume due to their water and fiber content. This makes them a satisfying choice for those looking to manage their weight or increase their overall nutrient intake without excessive calorie consumption.

**Less Processing:** Raw fruits and vegetables are minimally processed, meaning they don't contain added sugars, salts, or unhealthy fats that can be present in processed or cooked foods.

It's important to note that while raw fruits and vegetables offer numerous health benefits, there are also potential drawbacks. Some nutrients in certain foods may be more bioavailable or easier to digest when cooked. Additionally, some individuals may have difficulty digesting raw vegetables due to gastrointestinal sensitivities.

A balanced diet that includes a variety of both raw and cooked fruits and vegetables can provide the best of both worlds, maximizing nutrient intake while also considering personal preferences and digestive needs.

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## PILATES: WORKOUT OF THE MONTH

PILATES IS A FORM OF EXERCISE THAT FOCUSES ON IMPROVING FLEXIBILITY, STRENGTH, BALANCE, AND BODY AWARENESS. IT WAS DEVELOPED BY JOSEPH PILATES IN THE EARLY 20TH CENTURY AND HAS GAINED POPULARITY AS A HOLISTIC APPROACH TO FITNESS AND OVERALL WELL-BEING. HERE ARE SOME WAYS IN WHICH PILATES CAN BENEFIT YOUR HEALTH:

**CORE STRENGTH:** PILATES EXERCISES EMPHASIZE CORE MUSCLES, INCLUDING THE DEEP ABDOMINAL MUSCLES AND MUSCLES AROUND THE SPINE. THIS HELPS IMPROVE CORE STRENGTH, STABILITY, AND POSTURE, WHICH CAN REDUCE THE RISK OF BACK PAIN AND INJURY.

**FLEXIBILITY:** PILATES INCORPORATES A RANGE OF MOVEMENTS THAT CAN HELP IMPROVE FLEXIBILITY AND JOINT MOBILITY. REGULAR PRACTICE CAN LEAD TO INCREASED MUSCLE AND JOINT FLEXIBILITY, REDUCING STIFFNESS AND PROMOTING BETTER RANGE OF MOTION.

**MUSCLE STRENGTH:** PILATES TARGETS VARIOUS MUSCLE GROUPS, INCLUDING THE MUSCLES OF THE ARMS, LEGS, BACK, AND GLUTES. THE EXERCISES USE BODY WEIGHT AND SOMETIMES RESISTANCE EQUIPMENT TO HELP BUILD MUSCLE STRENGTH AND TONE.

**POSTURE:** PILATES EMPHASIZES PROPER ALIGNMENT AND BODY AWARENESS, WHICH CAN LEAD TO IMPROVED POSTURE. STRENGTHENING THE MUSCLES THAT SUPPORT THE SPINE AND PROMOTING BETTER ALIGNMENT CAN HELP PREVENT OR ALLEVIATE POSTURE-RELATED ISSUES.

**BALANCE AND COORDINATION:** MANY PILATES EXERCISES REQUIRE BALANCE AND COORDINATION, WHICH CAN HELP IMPROVE OVERALL BODY CONTROL AND STABILITY. THIS CAN BE ESPECIALLY BENEFICIAL FOR OLDER ADULTS IN PREVENTING FALLS AND MAINTAINING INDEPENDENCE.

**MIND-BODY CONNECTION:** PILATES ENCOURAGES MINDFULNESS AND CONCENTRATION DURING MOVEMENTS. THIS FOCUS ON BREATH, ALIGNMENT, AND MOVEMENT CONTROL HELPS DEVELOP A STRONG MIND-BODY CONNECTION, PROMOTING BETTER AWARENESS OF HOW YOUR BODY MOVES AND FUNCTIONS.

**INJURY REHABILITATION:** PILATES IS OFTEN USED AS A PART OF PHYSICAL THERAPY AND INJURY REHABILITATION PROGRAMS. ITS LOW-IMPACT NATURE AND EMPHASIS ON CONTROLLED MOVEMENTS CAN AID IN RECOVERING FROM INJURIES AND IMPROVING MOBILITY.

**STRESS RELIEF:** LIKE OTHER FORMS OF EXERCISE, PILATES CAN HELP REDUCE STRESS AND ANXIETY BY PROMOTING THE RELEASE OF ENDORPHINS, THE BODY'S NATURAL "FEEL-GOOD" HORMONES. THE MINDFUL AND MEDITATIVE ASPECTS OF PILATES CAN ALSO CONTRIBUTE TO STRESS REDUCTION.

**CARDIOVASCULAR FITNESS:** WHILE PILATES IS NOT PRIMARILY A CARDIOVASCULAR EXERCISE, CERTAIN DYNAMIC AND FASTER-PACED PILATES ROUTINES CAN ELEVATE YOUR HEART RATE AND CONTRIBUTE TO IMPROVED CARDIOVASCULAR FITNESS.

**OVERALL WELL-BEING:** PILATES PROMOTES A HOLISTIC APPROACH TO HEALTH AND WELL-BEING. IT COMBINES PHYSICAL EXERCISE WITH MENTAL FOCUS AND STRESS REDUCTION, CONTRIBUTING TO AN OVERALL SENSE OF WELLNESS.

IT'S IMPORTANT TO NOTE THAT INDIVIDUAL EXPERIENCES MAY VARY, AND THE BENEFITS OF PILATES CAN DEPEND ON FACTORS SUCH AS THE FREQUENCY AND INTENSITY OF PRACTICE.

