

@atircommunity

Move Stronger, Together!



SCRAMBLED LEGS & ACHIN'



The Winners Themselves: "Between a Walk and a Hard Pace"

Ben Bell
Urith Wong
Nicole Ramsey
Jazzmine Dixon
Brianna Pope
Veronica Hunter
Tania Appling
Janice Simpson-Young
Shelia Williams
DrChristiana Deloach



Join our Move Challenge and take the first step towards a healthier, more active lifestyle! Push your limits, compete with friends, and discover the strength and resilience within you. Embrace the challenge and let's move forward together!

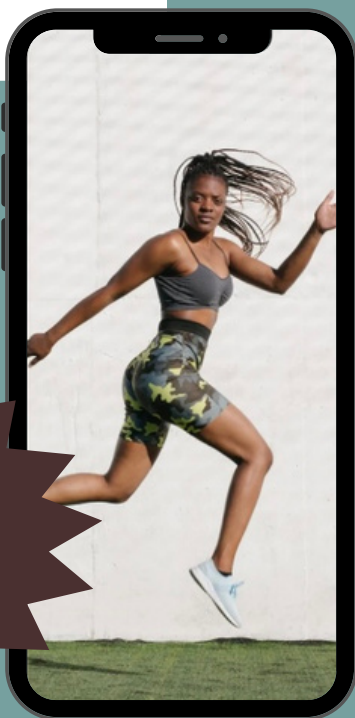



January 1, 2024, we recruited 20 participants to commit to a 6 month Move Challenge!

We were looking for individuals who were willing to download a fitness app to their phone device that tracks their daily miles. We split them up into teams of (2) and encouraged them to recruit "cheerleaders" to help them compete for the most miles walked.


The goal was to help as many as possible develop the habit of moving more for their health.

Join NOW!





So, what do you do when you lose the woman who gave you life and loved you through every bad decision, every birth, and with every fiber of her being? Hell, I don't know. I'm still trying to figure it out using every tool in my wellness arsenal. This is the chapter of my life where I find myself. Heartbroken, dazed, and confused. Let me tell you, books have been written, but until it's your turn, you won't get it. Don't get me wrong, your friends and family are a massive source of comfort, but the loss of a mother hits different.



continue reading



Why You Should Write Your Grief

Writing your grief will help you, and it might also help someone else. Movement is medicine. "We know that the goal isn't to "move on from" or "get over" our grief, but rather to begin to move forward with it. Writing is a way to organize the chaos while gaining clarity and perspective."

~Jessica Fein



EAT WITH ATIR

STIR FRY OR SALAD?

Chicken Cabbage Stir Fry

Colorful chicken cabbage stir fry is a healthy and fast one pan recipe that's great for when you need a light, delicious meal on a busy night. Eat it as is or serve it with whole grains to make a quick dinner, lunch, or get meal prep ready for the week.



Delicious Salad Dressing Recipes

from "Weight Loss Professors" !

Be sure to follow Amanda and her team on Facebook!

Peanut Thai:

- 1/2 cup creamy peanut butter
- 1/4 cup coconut aminos
- 1 lime, juiced
- 1 tbsp honey
- 1 tsp minced garlic
- 1 tsp grated ginger
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp water

Honey Mustard:

- 1 Tbsp olive oil
- 1/2 lemon, juiced
- 1 tsp apple cider vinegar
- 2 Tbsp dijon mustard
- 1 Tbsp honey
- Salt and ground pepper to taste

Strawberry Vinaigrette:

- 1 cup strawberries sliced
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- salt and pepper to taste

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Enjoy or refrigerate for later!

Avocado Filantro:

- 2 small avocados
- 2 lemons, juiced
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1/4 cup cilantro
- 1 tsp grated ginger
- 1.5 tsp garlic powder
- salt to taste

Email us some of your traditional CLEAN meals/recipes @ atirwellness@gmail.com We would LOVE to feature you!

Join our fun-filled health & wellness activities

Join the ATIR Wellness Community Facebook Group for a supportive space to share fitness journeys, goals, and achievements without judgment. Connect with like-minded individuals for overall health and wellness support, regardless of where you are in your fitness journey.



FOLLOW US...

Instagram: @atircommunity

Facebook:

The ATIR Community

Facebook Group:

The ATIR Wellness Community

Website: Atirinc.com

4 Month Move Challenge

Starting August 4, 2024!

Join a team or support a team as a cheerleader as teams compete in a 4 month challenge to see who can move the most...

Walk, Run, Bike, Etc.

Make your steps count by donating to a team of your choice weekly, Saturday Evenings

Virtual Strength Training

Are you a morning person? Well, get up and get fit with our fitness group.

When: Monday, Wednesday, Friday @6am

Where: In the comfort of your own home on ZOOM

Duration: 30 - 40mins
Bring a Friend!

Morning and Evening Check Ins

Morning post - share the number of steps you have made before noon. **Evening post** - share the number of steps you made all day with milestones being

2,500 | 5,000 | 10,000 | 15,000

How many steps can you get? Encourage others while reaching new milestones yourself.