

Q & A



Shelly Crossman

DCNP, FNP-C, OWNER,
DERMATOLOGY & SKIN CARE
BY SHELLEY

HOW DO YOU DEFINE A HEALTHY LIFESTYLE?

You have to keep all aspects of your health in check. This includes the obvious eating well and exercising. But taking care of your mind is just as important. Balance your relationships, and get rid of what's not good for your soul.

HOW DID YOU COME TO PRACTICE IN YOUR CAREER FIELD?

I have experience in oncology, medical ICU and as a SWAT nurse (aka rapid response) at Upstate Medical University in NY. Part of that job was in burn unit. I realized just how amazing our skin really is. It's our largest organ, our first line of defense, a cooling system, an organ that senses, pain, pleasure, temperature, touch, etc.

WHAT DOES YOUR EXERCISE SCHEDULE LOOK LIKE?

My husband and I get up at 4:30 a.m. We sit, have a cup of coffee, then out to our

gym. I usually do 30 to 40 minutes of weights program or Pilates then hop on the treadmill, sometimes with ankle weights for about 1 to 2 miles or the max trainer (BowFlex).

WHAT ARE YOUR PRACTICES TO KEEP YOURSELF AND YOUR FAMILY HEALTHY?

I plan my meals every week. I meal prep breakfast, lunch and dinner. This way I can prevent eating fast foods on the fly.

HOW DO YOU DEFINE SELF-CARE?

I make sure at the end of a day I spend a little time alone to check in, relax maybe, and I never compare that to what someone else's vision of self-care looks like.

WHAT IS YOUR FAVORITE HEALTHY FOOD/SNACK?

I do not really snack. But when I do, it is either nuts or maybe apples or carrots and almond butter.

WHAT IS YOUR BIGGEST HEALTH AND WELLNESS TIP?

Take care of your body, your skin, your mind, your thoughts, and love yourself the way you are.

WHAT IS YOUR NEXT GOAL IN YOUR HEALTH, WELLNESS JOURNEY?

I want to get back into yoga and possibly get a static bike, such as a Peloton. Spend more time learning to meditate. Oh, and read more books I have accumulated.