

# vurb wellness CLUB MEMBER

Sept  
2022



## FOR SLEEP

2 safe and effective sleep aids and one genius hack for insomnia

## SEASONAL AND GOOD TO EAT IN SEPTEMBER

## THIS MONTH'S

## FITNESS CHALLENGE

Planking for 1, 2, or 3 minutes every day for the month

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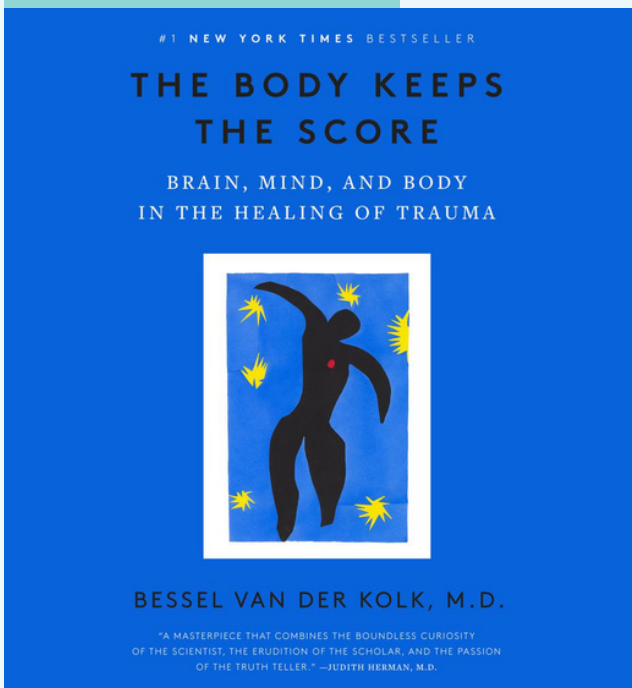
## GOOD WORDS FOR GREAT SOULS

We'll gather to listen to about 20 minutes of the audiobook, **The Body Keeps The Score**. This book beautifully articulates how overwhelming experiences affect the development of brain, mind, and body awareness, all of which are closely intertwined. There will be a discussion afterward. And for you great souls who are working on healing, you'll get worksheets to take home plus a list of resources.

**Date/Time:** Tuesday, Sept 13 at 4 pm Pacific

**Where:** Geneva app video room

**TUESDAY SEPT 13**



**FRIDAY, SATURDAY AUG 26, 27**

## SEPTEMBER FITNESS CHALLENGE

### 3 X 3 PLANKS

The challenge for September is to do a 1-, 2-, or 3-minute plank pose three times a day for 30 days. On August 26 and 27, personal trainer Cynthia Peake will demo how to do plank poses properly and share a couple of other abs-specific tips to help you crush this challenge.

**Beginner-level:** Hold for 60 seconds each time

**Intermediate-level:** Hold for 2 mins each time

**Advanced-level:** Hold for 3 mins each time



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# SAFE SLEEP AIDS



## SUBTLE ENERGIES SLEEP KIT

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## MAGNESIUM GLYCINATE

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**Fall asleep fast  
with this Sleep  
Hack:**



Turn off all the lights, get in bed... hold your..  
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fugiat nulla pariatur.



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# WHAT TO EAT THIS MONTH

## FRESH AND SEASONAL

Our produce picks for September are butternut squash and papayas. Click on the name below to be taken to the recipe on the web.

## VEGETARIAN:

[Stuffed Pepper Soup](#)

[Kale Garlic and Olive Oil](#)

[Mushroom Stew](#)

[Quinoa With Raisins + Pine Nuts](#)

## NON-VEGETARIAN

[Roast Chicken with Veggies](#)

[Mexican Baked Fish](#)

[Beef and Butternut Squash Stew](#)

[Korean Ground beef Stir Fry](#)

[Asian Turkey Lettuce Wrap](#)

## September

### SEASONAL PRODUCE GUIDE

#### VEGETABLES

ARUGULA  
AVOCADOS  
BELL PEPPERS  
BRUSSEL SPROUTS  
CELERIAC  
CELERY  
COLLARD GREENS  
CORN  
CUCUMBERS  
FENNEL  
POTATOES  
PUMPKINS  
SPINACH  
SUMMER SQUASH  
SWEET POTATOES  
TOMATOES  
TURNIPS  
ZUCCHINI

#### FRUITS

APPLES  
BLACKBERRIES  
CRANBERRIES  
FIGS  
GRAPEFRUIT  
GRAPES  
HONEYDEW MELON  
KIWI  
PLUMS  
PEARS  
WATERMELON



### RECIPES INCLUDED



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# COMMUNITY PAGE



## MEMBER PROFILE

Natalie is a new mom living in South Bend, Indiana. She's a college administrator and says it's work that can get pretty hectic. She credits her work-wife for making sure she eats on busy days and remarkably, doesn't have a sweet too. What is she enjoying about the Vurb Wellness Club? That it's helping her to pause more often and take more walks. A change she recently made was to start inviting close colleagues to take some of their 1:1 meetings while walking.

## BOOK RECOMMENDATION

This month's read was suggested by Dan Z in Los Angeles. **Counterfeit** by Kirstin Chen is a con artist story, a pop-feminist caper, and a fashionable romp. One reviewer said, "beneath its glitz and flash, [Counterfeit] is also a shrewd deconstruction of the American dream and the myth of the model minority."

Share:

Btw, if you're interested in hosting a community book club, let us know and we'll set it up for you.



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# CLUB CALENDAR

WED

THURS

FRI

SAT

SUN


## WORKSHOP: TBD

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