

# vurb wellness **CLUB MEMBER**

**November  
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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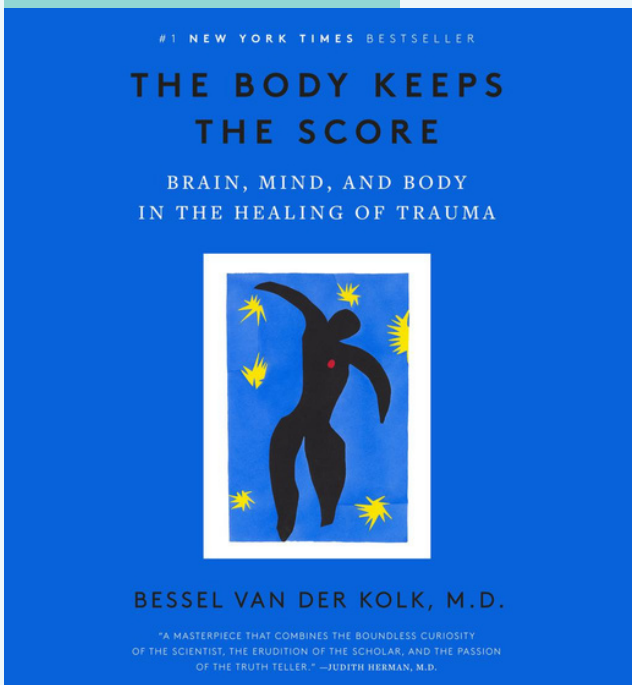
## GOOD WORDS FOR GREAT SOULS

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 OCT 22, 23**

## NOVEMBER FITNESS CHALLENGE

### 3 X 3 PLANKS

The fitness challenge for November is to do a 1-, 2-, or 3-minute plank pose three times a day for 30 days. On October 22 and 23, 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



## WHAT IS POLYPHASIC SLEEP

If you struggle to get a good night's sleep most nights and your lifestyle is a contributing factor, i.e., something you don't have a lot of control over, explore polyphasic sleep. Polyphasic sleep is breaking your sleep into two blocks instead of time.

**Block one:** At night, sleep for a solid 6 hours.

**Block two:** During the day, take a 15- to 90-minute nap.

Although not recommended long-term, a polyphasic sleep routine can help you feel alert and productive during the day instead of not.



## MAGNESIUM GLYCINATE

Magnesium, it turns out, is an important mineral for its role in regulating some of the neurotransmitters that are directly related to sleep. To help you fall asleep and stay asleep longer, doctors suggest taking between 310mg and 320mg of magnesium glycinate with food once a day for most women with insomnia. Please consult your doctor before using this or any other supplement.

### RAW HONEY FOR LONGER SLEEP



Raw honey, when taken before bed, converts into glycogen, energy for the brain. With this brain energy reserve throughout the night, the brain doesn't need to release stress hormones like cortisol and adrenaline to wake you up.



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# WHAT TO EAT THIS MONTH

## FRESH AND SEASONAL

Our produce picks for November 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](#)

November	
SEASONAL PRODUCE GUIDE	
VEGETABLES	FRUITS
BEETROOT	APPLES
BUTTERNUT SQUASH	BLACKBERRIES
BROCCOLI	CRANBERRIES
BRUSSELS SPROUTS	CLEMENTINES
CABBAGE	FIGS, GRAPES
CARROTS	GRAPEFRUIT
CAULIFLOWER	HONEYDEW MELON
CELERY	CANTALOUPE
COLLARD GREENS	KIWI
EGGPLANT	LEMON, LIME
FENNEL	ORANGES
KALE	PEAR
LEEKs	PLUMS
PARSNIP	POMEGRANATE
POTATOES	CHESTNUTS
PUMPKIN	WALNUTS
SPINACH	
SWEET POTATOES	
SWISS CHARD	
SWEDE	
TURNIPS	
WINTER SQUASH	



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# HEY, COMMUNITY



## 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."

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


## THE SLEEP WORKSHOP

Using **The Sleep Workbook** and Dr. Jason Ellis' **One-Week Insomnia Cure** as resources, we will workshop your sleep. Over the course of two 90-minute workshops and weekly bedtime routine sessions that we do together, we will try out CBT techniques, ASMR, VR therapies, self-hypnosis for sleep, meditation, yoga, to create YOUR perfect sleep plan.



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