



LIVING WELL *Weekly*

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What's Happening?

With Valentines Day less than a month away, love is in the air... In that same spirit, our community around us could use a little light, so let's do the little things to make a big difference.

Tell someone that you care about them by complimenting them. It can be a big compliment or a small one. The point is that you share what good you see in them. That will help them develop confidence and a stronger sense of self.



Fun Holidays this Week...

January 18: Winnie the Pooh Day – Today we celebrate the birthday of author A.A. Milne, the creator of Winnie the Pooh.

January 20: National Cheese Lover Day - Do you love cheese? Well, today is National Cheese Lover Day. Use today to savor and enjoy any of the hundreds of varieties of cheese.

January 21: National Hugging Day – Yeah! What a great thing to celebrate. Give your loved ones a hug today.



Hydration Recipe of the Week

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Strawberry Mint Water

Ingredients:

6 – 8 sliced strawberries

1 cup of mint leaves

Water

Instructions:

Wash and slice strawberries.

Wash mint

Fill a pitcher with water. Add strawberries and mint.

Refrigerate for 1 hour before serving.

Continue to fill up the pitcher with fresh water all day, discard herbs and fruit after 12 hours.



Featured Article

BETTER POSTURE.

Sitting at a desk for 9 hours or more can wreak havoc on your posture sending your whole body out of whack! One simple tip is to keep your ears in line with your shoulders. If you're leaning too far forward or backward, your posture is off-kilter. Use this trick whenever you're sitting at your desk and your neck and shoulders will thank you for it!



Yep, it's that time of the year again! Wait, didn't we just get done with Christmas? Well, don't wait until the last minute to get your special someone a great gift this year. Give the gift you know they will love - the gift of massage.

Go to my website, www.livingwellmassagetherapy.com to purchase and print at home gift cards. I look forward to seeing you soon.

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