

## MONTHLY WELLNESS PLAN FOR PATRICK

### Introduction

This wellness plan was thoughtfully arranged for you by Richard, who wanted to share a little care and attention with you this month.

Patrick, your focus on strengthening bones, easing plantar fasciitis, and managing carpal tunnel symptoms while enjoying billiards, scratch cooking, and surfing shows a clear pattern of choosing activities that support steady physical improvement. Adding Bailey's need for consistent activity into that mix creates natural opportunities to weave movement and mindful routines into daily life. This month's plan builds on the progress you're already making by anchoring small, specific steps to the hobbies and health goals you've prioritized.

### Action Plan

- Schedule a 45-minute billiards session at a local hall mid-week, focusing on relaxed grip and stance to support wrist comfort; this ties directly to your carpal tunnel improvement by encouraging controlled hand positioning without strain, and anchoring it after dinner helps it become a consistent wind-down habit that reinforces the mobility gains you've noted.
- Prepare one from-scratch meal using calcium-rich ingredients like Greek yogurt and leafy greens on a weekend evening; this supports your bone health progress by giving you full control over nutrient-dense choices, and linking it to your existing cooking routine makes it easy to sustain without extra planning.
- Take Bailey on a 30-minute structured play session at a nearby park three times this week; this meets her exercise needs while giving your feet a gentle, even-paced activity that aligns with plantar fasciitis management, and doing it before your own billiards time creates a natural sequence that keeps both of you active.
- Review wrist-friendly bridging techniques during one billiards practice by watching a short instructional video beforehand; this builds on your improving carpal tunnel status through targeted awareness that prevents unnecessary tension, and pairing it with your primary hobby makes the habit stick as a quick pre-session ritual.
- Cook a simple surf-prep meal with fresh local seafood and vegetables the night before a planned outing; this connects your cooking hobby to foot and overall wellness by emphasizing anti-inflammatory ingredients that support recovery, and scheduling it on a consistent weekday evening turns it into a repeatable anchor for the week.

## Hobby Integration

Billiards offers a fresh angle this month by emphasizing controlled breathing and posture during longer sessions, which can ease wrist tension while supporting the focused mindset that complements your bone and foot care routines; try anchoring a shorter evening game at a local spot to your post-dinner wind-down so the controlled movements become a natural extension of daily habits rather than an added task. Scratch cooking gains depth when you experiment with bone-supportive ingredients like sardines or fortified yogurt in one new recipe each week, turning meal prep into a deliberate way to fuel the physical demands of surfing and billiards; fold it in by prepping components on the same evening you review any wrist techniques so the two hobbies reinforce each other without overlap. Surfing connects to your plantar fasciitis progress through its low-impact balance work on sand, which can strengthen supporting muscles around the feet when approached mindfully; link it to a short session at a familiar beach spot on a non-consecutive day from billiards so the activity stays refreshing and ties back to your overall mobility goals.

## Local Spotlight

Isle of Palms offers gentle wave conditions ideal for building surfing confidence while giving your feet a forgiving surface that supports plantar fasciitis recovery. The Washout at Folly Beach provides consistent breaks that let you focus on form without high impact, complementing your bone health focus through balanced full-body movement. A weekend visit to a local farmers market like the one on Folly Road lets you source fresh ingredients for scratch cooking, turning the outing into a practical extension of your meal-planning habits that directly feeds your wellness priorities.

## Pet Care Tips

Incorporate a quick dental check during Bailey's daily play session by offering a dental chew after activity; this rotates to preventive care and keeps her oral health aligned with the active lifestyle you're already supporting. Schedule a brief veterinary wellness discussion at your next routine visit to review exercise levels suited to her adult stage; this ensures her staying-active needs stay on track without adding extra steps to your week. Rotate in a simple water-based enrichment game like a shallow kiddie pool splash on a warm day to support her activity goals while giving both of you a low-stress bonding moment.

## Finds for You

- Book: "The Billiard Encyclopedia" by Victor Stein and Paul Rubino – a detailed reference on technique and history that aligns with your primary hobby and offers subtle insights into grip and stance that can support wrist comfort. Find it at major booksellers or libraries.
- Podcast: "Talking Pool with FX Billiards" episodes on player ergonomics – practical discussions that connect directly to managing hand and wrist demands during play. Listen on your preferred podcast app.
- Blog/Article: "Hot Tub Therapy for Carpal Tunnel Syndrome" from Cal Spas – explores warm-water benefits for wrist relief that pair well with your improving symptoms. Read on the Cal Spas site.
- Book: "Great Bones – Taking Control of Your Osteoporosis" by R. Keith McCormick – practical guidance on nutrition and movement that resonates with your bone health focus and cooking habits. Available at major booksellers.
- Recent development: Warm water immersion can relax forearm muscles and improve circulation around the wrist, potentially easing nerve compression in carpal tunnel cases. Search "hot tub therapy carpal tunnel syndrome" on Mayo Clinic.
- Recent development: Regular physical activity with dogs strengthens muscles and joints while reducing stiffness, supporting overall bone health for both owner and pet. Search "dogs exercise bone health benefits" on Mayo Clinic.
- Recent development: Calcium-rich recipes using ingredients like Greek yogurt and sardines help meet daily needs for bone maintenance when prepared at home. Search "calcium rich recipes bone health" on Bone Health & Osteoporosis Foundation.
- Recent development: Surfing on sand provides low-impact balance training that can strengthen foot-supporting muscles without high strain. Search "surfing benefits plantar fasciitis" on American Surf Magazine.
- Recent development: Controlled grip and stance adjustments during billiards can reduce unnecessary wrist tension when practiced consistently. Search "pool player wrist exercises" on YouTube physical therapy channels.
- Recent development: Adult dogs benefit from 30–60 minutes of varied daily activity to maintain joint flexibility and prevent issues. Search "adult dog exercise recommendations" on Small Door Vet.

Follow the trail on whatever catches your eye, drop what you like in your calendar, and you are GOOD TO GO!

## Travel Wellness

Your upcoming trip to New Smyrna Beach aligns closely with your hobbies and health goals: the coastal setting offers natural opportunities to continue scratch cooking with fresh local seafood, enjoy low-impact surfing sessions that support foot comfort, and maintain billiards practice at destination halls while keeping Bailey active through beach walks and play. Prioritizing gentle movement and nutrient-focused meals will help sustain the improvements you've seen in bone strength, plantar fasciitis, and carpal tunnel symptoms without disrupting your established routines. The short duration also makes it easy to fold in pet-friendly activities that keep Bailey engaged alongside your own wellness habits.

## History

New Smyrna Beach traces its name to a mid-18th-century settlement effort led by Scottish physician Andrew Turnbull, who brought colonists from the Mediterranean to establish a large indigo plantation in what was then British East Florida. The area developed around maritime trade and fishing, with its barrier island location shaping a resilient coastal community. Today it is known for its wide beaches, surf culture, and vibrant local food scene that draws visitors seeking both relaxation and active outdoor recreation.

## Happenings

- Flagler Avenue's Seaside Fiesta Music Festival runs as an annual summer event with live music, food vendors, and street activities that suit a relaxed evening after a day of surfing or cooking. Search "Flagler Avenue Seaside Fiesta New Smyrna Beach" on the Flagler Ave Business Association site to confirm this season's dates and details.
- New Smyrna Beach Farmers' Market operates as a recurring weekly market offering fresh local produce ideal for scratch cooking meals during your stay. Search "New Smyrna Beach Farmers Market schedule" on the City of New Smyrna Beach site to confirm this season's dates and details.
- Surfboard Hunt along Flagler Avenue is a recurring summer scavenger-style event that adds a light, playful element to your surfing hobby. Search "Surfboard Hunt Flagler Avenue New Smyrna Beach" on the Flagler Ave Business Association site to confirm this season's dates and details.

## Tips for You

- Surf Lounge provides a convenient billiards option near the beach where you can practice wrist-friendly techniques after a surf session. Search "Surf Lounge New Smyrna Beach billiards" on local maps or tourism sites.

- New Smyrna Beach Sports Complex offers open spaces for Bailey's activity needs alongside your own gentle movement routines. Search "New Smyrna Beach Sports Complex dog friendly" on the City of New Smyrna Beach site.
- Brown's Billiards offers a dedicated hall for focused practice that supports your carpal tunnel management through controlled play. Search "Brown's Billiards Holly Hill FL" on local directories.

## Inspirational Quote

"Peace comes from within. Do not seek it without." — Buddha

This quote fits Patrick because his steady progress with bone health, foot care, and wrist comfort comes from the consistent inner routines he builds through billiards focus, mindful cooking, and surfing balance.

## Reminders

For Your Calendar

- Mid-week billiards session with relaxed grip focus.
- Weekend scratch-cooking meal with calcium-rich ingredients.
- Three 30-minute play sessions with Bailey at a local park.
- Surf outing at Isle of Palms or Folly Beach Washout.
- Review wrist bridging video before one billiards practice.
- Source fresh ingredients at a Charleston-area farmers market.

## Closing

You're already showing up consistently for the routines that support your bones, feet, wrists, and Bailey's activity, and that quiet steadiness is what keeps everything moving forward. The care you bring to these choices reflects a grounded approach that sustains both your own progress and the well-being of those around you.

If this plan brightened your month, Richard would love to hear it — a quick thank-you would mean a lot.

## Blueprint Pool — Share Your Wellness Waves

*"I love being able to proactively assist with remote caregiving for my mom and dad, and the proxy appendix feature is helping me keep all the relevant and important care information in one place!"*

*"Super cool, showed me stuff right under my nose, and I had no idea it was out there for me!"*

*"I was so happy to see how much my organization cares about my wellness!"*

*"I had no idea how the objective blueprint view of my life elevates my spirit!"*

*"I am really enjoying the smart nudges in these plans! Some ideas I have had already but had not acted on, and others are fresh ideas I had not considered. Fantastic!"*

Share your own wellness wave with the community.