

Affluent

Monthly Newsletter



Mindset Reset:

Start your week by writing down one thing you're proud of—momentum builds when you recognize progress.

Hydration Check:

Aim to drink half your bodyweight in ounces of water daily—your joints, skin, and muscles will thank you.

Cut the Noise:

Silence your phone during your workout—distractions delay growth.

The First Edition

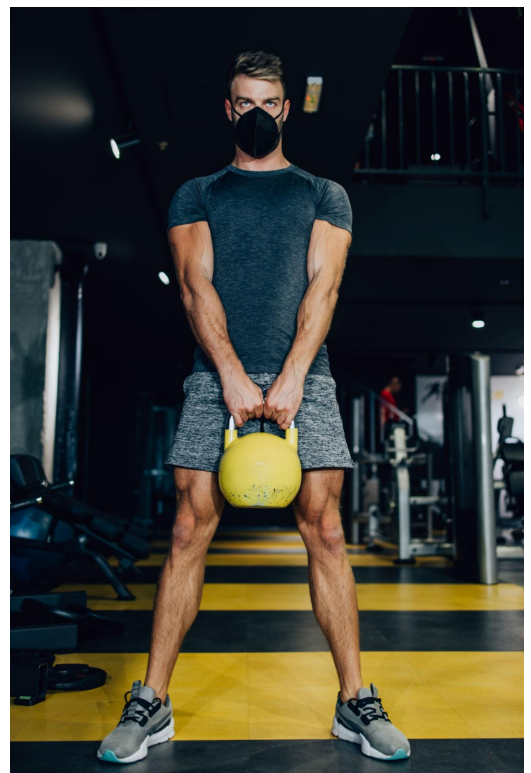
Whether this is your first workout or your hundredth, we're glad you're here. This isn't just about getting fit—it's about building discipline, confidence, and forward momentum.

We're a community that supports you, pushes you, and celebrates every win—no matter how small.

Start where you are. Show up as you are. We'll grow together from here.

QUICK TIPS:

- **Water solves more problems than you think.** Hydration helps recovery, digestion, and even mood.
- **Sleep is non-negotiable.** Aim for 7–9 hours. It's the cheapest, most effective performance enhancer.
- **Eat slow.** Give your body time to register fullness. This alone can reduce overeating.





A Thank You.

First Off—Thank You

We're genuinely grateful to have you here as part of this growing wellness community. Your effort, your energy, and your decision to show up—it means everything.

This is the first of many newsletters created just for you. Inside, you'll find practical health tips, simple nutrition ideas, updates on upcoming group challenges and events, and exclusive discounts from local wellness-focused businesses.

Our mission is to help you feel supported, connected, and never alone on your journey. Progress takes time—but it comes to those who keep moving.

We're excited for what's ahead. Let's build momentum—together.

Stay strong,
— The Health & Wellness
Committee

Protein Peanut Butter Bites

- 1 cup oats
- 1/2 cup natural peanut butter
- 1/4 cup honey
- 1/4 cup chocolate chips

Mix everything in a bowl, roll into bite-sized balls, and refrigerate for 20 minutes before eating.



Sun, Aug 3, 2025

Naperville Sprint Triathlon

Start time: 7am

Centennial Beach &
Downtown Naperville, IL

**Aug 23–24, 2025
(Sat–Sun)**

Tough Mudder – Chicago

Multiple Start Times

Rockford Int'l Airport,
Rockford, IL

**Aug 23–24, 2025
(Sat–Sun)**

Chicago Triathlon

Start time: 9:45am

Downtown Chicago (Monroe
Harbor swim; bike on Lake
Shore Drive; run to Grant
Park)