

Pisgah Wellness Center Newsletter



**SLEEP WELL
EAT SMART
MOVE MORE
CHILL OUT**



June Special! *Spread the word!*

All through the month of June we will be waiving the registration fee worth \$25.00 for all membership purchases.

Important Dates:

June 18 is Father's Day!

Viburnum It Is!

We have confirmed with our amazing grounds keeping crew that the shrubs outside our back windows are viburnum. These are beautiful all times of year! Here are a few tidbits about this showy, often-fragrant, and versatile shrub:

- A genus of more than 150 evergreen, semi-evergreen, and deciduous woody plants. Many are native to North America, but their range extends to South-east Asia and South America.
- Most flower in spring. The flowers range from white and cream to pink-flushed or wholly pink.
- Many species bear ornamental fruits in late summer or fall. They may be red, yellow, blue or black.

Learn more about viburnum from Fine Gardening at: <http://>





“Clutter is not just the stuff on your floor- it’s anything that stands between you and the life you want to be living.” ~Peter Walsh

Driving Directions from Asheville: From Asheville, follow the Blue Ridge Parkway North 18 miles past the Folk Art Center. Pass the Craggy Gardens Picnic Area and Visitor Center; go under the Craggy Pinnacle tunnel. Turn left into the Craggy Dome overlook just past the tunnel. Park in the upper parking lot.



Ready, Set, Simplify

Are you feeling crowded by clutter? Simplifying can not only help clear your physical space, it can also free up mental space and time, giving you less stuff to clean and making it easier to find items. Three creative ways to start minimizing:

1. Wear it or lose it.

Turn all your clothes hangers away from the closet door, then turn each back once you’ve worn the item and put it away. Eventually, you’ll have a clear picture of what to keep and what to lose.

2. See what sparks joy.

The bestseller *The Life-Changing Magic of Tidying Up* by Marie Kondo recommends holding each household item and asking if it sparks joy. If the answer is no, donate or toss it.

3. Share the wealth.

Give away one item a day for the next year.

Source: uhcmedicareolutions.com.AARP_renew_newsletter

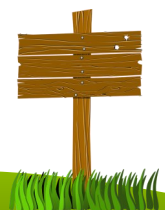
Get Out in the Great Outdoors

Craggy Gardens

Due to the elevation, the temperature atop Craggy Gardens is 5-20 degrees cooler than it is in Asheville. Slabs of slate gray rock and bright pink rhododendron blooms create a vivid landscape, surrounded by panoramic 360° views of Asheville, Mt. Mitchell, and the endlessly undulating Blue Ridge Mountains. A mere 1.4 mile loop, this is a great starter trail for beginners: quick, steep without being overly demanding, with a dramatic mountain top finale that's perfect for picnics. This hike could be combined with other attractions on the Blue Ridge Parkway such as Graveyard Fields and Skinny Dip Falls for a full day of warm weather exploration.

Safe Hiking Checklist:

- Hiking Boots
- Water
- Map & Compass
- Food
- Rain Gear & Extra Clothing
- Flashlight with Fresh Batteries
- First Aid Kit
- Firestarter & Matches
- Knife or Multi-tool



Why Stress Management Is So Important For Your Health

Reducing stress in your everyday life is vital for maintaining your overall health, as it can improve your mood, boost immune function, promote longevity and allow you to be more productive. When you let your stress get the best of you, you put yourself at risk of developing a range of illnesses— from the common cold to severe heart disease. Stress has such a powerful impact on your well being because it is a natural response that is activated in the brain.

The Science of Stress

When you become stressed, the brain undergoes both chemical and physical changes that affect its overall functioning. During periods of high stress, certain chemicals within the brain, including the neurotransmitters dopamine, epinephrine and norepinephrine begin to rise, causing larger amounts of these and other “fight or flight” hormones such as adrenaline to be released by the adrenal glands. The release of these chemicals contributes to certain physiological effects, including rapid heart rate, higher blood pressure, and a weakened immune system. When left unmanaged over time, chronic stress can lead to the development of other serious problems.

GUARD YOUR HEALTH
My Mission. My Health.

Five Minute Mini Meditation

Relax on the go with this quick and easy breathing exercise

1 Get Prepped

- Find a quiet spot where you won't be distracted
- Sit or lay down in a comfortable position
- Uncross your arms and legs
- Rest your hands on top of your legs or at your sides
- Close your eyes or focus on a single point in front of you
- Listen to your body inhale and exhale
- Break from thinking about sources of stress and focus on breathing alone

2 Count Your Breaths

Breathe in Breathe out 1st count

Breathe in Breathe out 2nd count

Breathe in Breathe out 3rd count

Continue until you complete 10 rounds of breathing in and out

If your mind wanders (and it will!) and you lose count, patiently start back at 1

www.GuardYourHealth.com

Stress Management Techniques

So, what can you do to shift yourself into a healthier pattern and reduce stress? One of the most effective and rewarding techniques is meditation, which encourages you to relax your mind and examine your inner self with a sense of honesty and compassion. Meditation teaches that change comes about by taking small steps and making them a part of your life rather than making drastic leaps that you cannot sustain over time. Committing to just 15 minutes of daily meditation and breathing is a simple step that has profound benefits.

In addition to meditation, engaging in regular moderate exercise such as walking, yoga, or swimming has proven stress-reducing benefits, as exercise releases positive stress-busting endorphins and can increase self-confidence and lower the symptoms associated with anxiety and depression. Regular exercise also helps to improve your sleep, which can be comprised by stress, depression, and anxiety. Daily activity and eating a healthy whole foods diet rich in vitamins and minerals are helpful for treating stress.

Getting adequate sleep is also imperative to reducing stress. Stress can physically wear out your body, and without sleep, you will feel the effects of stress much more. Finally, work to reduce stress by learning to think differently. Knowing when to let something go and thinking positively about your life will help prevent you from being upset about minor things and worrying.

Source: [mindbodygreen.com//why-stress-management-is so important to your health](http://mindbodygreen.com//why-stress-management-is-so-important-to-your-health)

“Peace of mind is not a goal I need to achieve. It is a place inside I never want to leave. Close my eyes. I still my thoughts and then I say I will choose to live in peace today.” ~Robert Alan



Watermelon Green Tea Refresher

You'll need:

- 1 1/2 cups green tea, brewed and chilled
- 4 cups watermelon, cubed and seeded, chilled
- 1/2 tbsp fresh lemon juice (use lime if you'd prefer)

To make: A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1 1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended. Pour into a glasses and serve with a slice of lemon!

Primary Muscles of Lateral Plank

-Abdominal & Back Muscles

Particularly -

Transversus Abdominis

Rectus Abdominis & Obliques

Quadratus Lumborum

-Gluteus Medius & Gluteus Minimus

-Adductor muscles located in the inner thigh

Secondary Muscles (helpers to stabilize)

Gluteus Maximus, Quadriceps & Hamstrings



•Beginner Modification



•Work up to this

Lateral Plank

Turn onto your right side with your legs extended and your feet and hips resting on the ground and stacked on top of each other. Place your right elbow directly under your shoulder to prop up your torso, and align your head with your spine. Gently contract your core and lift your hips and knees off the floor; this strengthens your sides and deep ab muscles. Repeat on left side.

