



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

December 2023



Ho, Ho, Holy Holiday Stress!

From the hustle and bustle of preparations to expectations around social gatherings and gift-giving, there are many challenges that can impact our mental health during the holidays. Learning ways to safeguard your mental health during the holidays can help you navigate the season with resilience and enjoy this time of year.

- **Surround yourself with support** -- Surround yourself with people who affirm, support, and love you. A good support network can remind you there's still goodness even when there's stress or loss.
- **Start new traditions** -- Changing the way you celebrate the holidays can be helpful for lots of reasons, but particularly if you're grieving a loved one and the traditions you shared or if you're in a new phase of life. Doing things differently helps us not ruminate on what was, what could be, or what "should" be. Build new traditions that can be cherished for years to come.

- **Hold boundaries** -- Boundaries serve as protective shields around holidays and mental health for our limited resources like money, time, energy, and emotional capacity. They nurture and support us and help us foster healthier relationships. Boundaries aren't just about others; sometimes it means saying no to yourself, like limiting your time or spending. For example, "I will only stay one hour at this event," or "I'm not spending money on gifts that aren't in my budget."
- **Set realistic expectations** -- You can't do everything, so avoid overcommitting or putting pressure on yourself to make the holidays "perfect" for others. This allows you to actually enjoy the holiday season in meaningful ways for yourself. Try not to get caught up in what's not happening, what needs to get done, what you don't have, and what standards you're not meeting. Practice self-compassion, know your emotional, financial, and energy capacity, and bring yourself back to the present moment when you feel like you're not enough.
- **Practice self-care** -- Check in with yourself regularly to take stock of your mental health during the holidays. Engage in activities that promote your well-being like eating nutritious food, exercising regularly, and socializing with people you enjoy.



Monthly Motivation >>>

"YOUR SUCCESS IS AS GOOD AS YOUR MINDSET."

www.fit.health

BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 7:30-8:30 & 11:30-12:30

Where: Royal Palm/Grand Cypress Rooms

Cost: \$5 - payable by cash, check, or Venmo at time of class



*Some classes will not meet due to Town Center Events.

For up-to-date calendar, visit www.fit.health/groupfitness

Join US!

Is your nervous system dysregulated?

Here are the signs to look for:

YOUR DIGESTION IS TRASHED

- In stress, your body shuts off non-essential bodily functions, including digestion. Unfortunately, most of our stress is not temporary. It's prolonged. When you eat, your body can't process it. Under stress, your body doesn't produce the correct enzymes and acid to break it down, leaving food to damage your digestion, including your gut microbiome, making it difficult to absorb the necessary nutrients.

YOU EXPERIENCE MUSCLE TENSION & CONSTANT PAIN

- Rest and digest state produces a healthy, balanced muscle tone that creates optimal strength. But tone under stress turns into tension. And this tension over time leads to adhesions, which develop imbalances or pain. Of course, this doesn't happen overnight but through consistent and prolonged periods of stress.

YOU'RE OVERLY SENSITIVE

- When your nervous system gets pulled out of balance through prolonged stress, your resiliency diminishes, and you become overly sensitive. When you're overly sensitive, you really don't feel well. Not to mention, it feels like everything in life is against you.

YOU CAN'T SLEEP AT NIGHT BUT FEEL EXHAUSTED ALL DAY

- It's the typical "wired but tired" phenomenon common in a dysregulated nervous system. When your nervous system is heightened or frozen, you shift your circadian rhythm. Stress stalls the release of hormones like melatonin that help you reach deep sleep, keeping you in a foggy haze of exhaustion. It becomes more difficult to rest your mind because it's always working to fixate on something that might harm you.

YOU'VE TURNED INTO A HOMEBODY

- There is certainly a time and place to create space. In fact, this can be a really healthy boundary. But if you want to stay in all the time to avoid human connection, this is a sign your body is overwhelmed. Human connections and contact can be a lot of work. But it's also a necessity for human health. Under stress, you have a pull towards isolation as a means of self-protection. If you've turned into a homebody or dread human connection, it could be a sign your nervous system is out of balance. Yes, even for the introverts. You should want to be social, at least occasionally.



HAPPY
Holidays

From Meghann + Damian
FIT Health + Wellness



Needing to re-regulate? Focus on:

- *Deep Breathing / Meditation / Morning Sun*
- *Eating Whole Foods*
- *Surrounding Yourself with Supportive Friends & Family*
- *Daily Exercise*



Ingredients

- 2 med/large russet potatoes peeled and shredded
- 1 Tbsp avocado oil or olive oil
- Sea salt and pepper for potatoes
- 8 slices bacon
- 2 Tbsp bacon fat reserved, or other cooking fat
- 1 small yellow onion chopped
- 3 cloves garlic minced
- 1 large red bell pepper chopped
- 1 1/2 cups mushrooms chopped
- 5 oz bag fresh baby spinach
- Sea salt and pepper to taste
- 10 large eggs
- 1/3 cup whole milk
- 1/3 cup parmesan cheese
- 1/2 tsp sea salt fine grain
- 1/4 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder



Instructions:

make the crust:

1. Preheat your oven to 450 degrees. Squeeze excess water out of the shredded potatoes and place them in a bowl. Toss with the oil and sprinkle with salt and pepper.
2. Transfer to the bottom of a 9 x 13 casserole dish, pressing down firmly. Bake in the preheated oven for 25 mins or until crisp and browning.

make the casserole:

1. Meanwhile, heat a large skillet over medium high heat to cook the bacon. Cook until crisp, then drain on paper towels.
2. Reserve 2 Tbsp bacon fat and heat over medium. Add the onions and cook until translucent. Add the peppers, mushrooms and garlic and sauté until soft - about 2-3 mins. Add the spinach in batches to wilt, then sprinkle with salt and pepper to taste and remove from heat. Crumble the bacon and add to the veggie mixture.
3. In a large bowl, whisk together the eggs, milk, parmesan, salt, pepper, garlic and onion powder until smooth.
4. Lower the oven temperature to 400 degrees. Top the baked crust with the veggie/bacon mixture, then pour the egg mixture all over evenly.
5. Bake in the preheated oven for 22-25 mins or until the center is set and the casserole puffs up. Do not bake so long that the top turns brown - it should be yellow with light brown around the edges.
6. Cut casserole into 9-12 squares or as desired and serve right away, or refrigerate to reheat later on. Enjoy!

Did You Know...?

- **Analysis of 15 studies found that exercise, particularly vigorous exercise, is effective in alleviating symptoms of anxiety.** Vigorous exercise forces the muscles to produce lactate, which then travels to the brain, triggering the production of key neurotransmitters like serotonin and norepinephrine. Low levels of these neurotransmitters are linked to anxiety as they hinder our capacity to manage stress, often resulting in a state of learned helplessness.
- **Magnesium decreases DNA damage.** Magnesium is a cofactor in hundreds of enzymes included those involved in DNA metabolism, replication and repair, and protection from oxidative damage. Unfortunately, magnesium deficiency or insufficiency is common. Approximately 45% of the US population has insufficient dietary magnesium intake. When left unchecked, DNA damage can impair cellular function and lead to chronic diseases such as cancer, autoimmune diseases, cardiovascular disease and more. A few top foods high in magnesium are: avocados, spinach, pumpkin seeds, almonds, black beans, salmon, or dark chocolate.
- **Tea and coffee offer a host of health benefits that may contribute to longevity.** The underlying reason for the health benefits of tea and coffee comes from the fact that they are both rich in polyphenols, which are plant compounds known for their antioxidant and anti-inflammatory properties, which can counter the aging hallmark, “inflammaging”. These compounds can help prevent and improve many of the hallmarks of aging, play a vital role in overall wellbeing, and when consumed in moderation, can provide a plethora of health benefits -- from reducing the risk of all-cause mortality to promoting brain and heart health. Delicious too!



recommendations & referrals are the core of our businesses and always greatly appreciated!

THE VILLAGE WATCH
— Home Watch | Handyman Services —

www.thevillagewatch.com



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www.fit.health

Our Services:



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Jumpstart Your Health
... with one of our new wellness packages!

PERSONAL TRAINING (30 MIN.)*	PRICE
1 Session	\$30/session
5 Sessions	\$28/session
10 Sessions	\$26/session

PERSONAL TRAINING (60 MIN.)	PRICE
1 Session	\$50/session
5 Sessions	\$48/session
10 Sessions	\$46/session

PHYSICAL THERAPY (60 MIN.)	PRICE
1 Session	\$65/session
3 Sessions	\$60/session

***Some personal training clients may require a 60 min. integrated evaluation to assess movement capabilities PRIOR to beginning their exercise program **(\$50)**

*Wellness packages are non-refundable, with payment due by the first scheduled session

Getting Started:

- Schedule your 60 min. initial consultation -- FREE!
- From there, we can recommend a program above that addresses your specific needs & fitness goals.



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— MAKE YOUR HEALTH A PRIORITY —