

# Integrated Bodyworks Weekly Newsletter

Week of December 30, 2018

**What's Happening:** HAPPY NEW YEAR! Start 2019 out right by “releasing your shoulders from your ears, unclenching your jaw and removing your tongue from the roof of your mouth. We physically tend to hold onto stress in least noticeable ways. RELAX!”-Devyn W.

## Fun Holidays this Week:

January 1 New Year's Day – Happy New Year!

January 3 Festival of Sleep Day – Take the opportunity to sleep in, snooze, doze, nap, and catch 40 winks.

January 4 National Spaghetti Day – Try this delicious recipe. <http://www.geniuskitchen.com/recipe/jo-mamas-world-famous-spaghetti-22782>

January 6 Cuddle Up Day – Here's an opportunity to snuggle up to a special someone and enjoy the warmth and love. Of course you don't have to cuddle up with someone. Cuddling up with a good book or a favorite movie counts too.

## Hydration Recipe

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:

### Hot Lime Water

Cut a freshly washed lime into four wedges. Boil some water and pour the boiled water into a mug. Lightly squeeze the lime wedge into the mug and then pop the wedge, skin and all, into the mug. You can enjoy it hot or it's equally nice when left to cool down a little. The lime wedge can be used for a couple of drinks - simply top up the mug with more boiled water.

## Prepare for the New Year

Can you believe this year is coming to an end? With it comes the idea of new beginnings. Not a surprise, but why don't you start early and pave the way for success in the new year of healthy habits now?

There are so many things you can do now to prepare you for your ultimate success. Start small. Here are just a few ideas:

- Take a minute to pass out the last of the candy and cookies and then don't look back.
- Before things get busy, schedule some “me” time once a week for the next month. Make it a habit. What can you do? Take a walk, listen to music, book lunch with a friend, or schedule a massage. Anything that makes you feel joyful.
- Drink a lot of water. A good rule of thumb is to drink half of your body weight in ounces of water every day. It's hard to remember to do that sometimes, so invest in a water bottle and carry it with you everywhere. Look for our hydration recipes every week on fun ways to liven up your water intake.

**Special Offers:** Ask about our package deals.