

THRIVING TIMES; Your Health and Wellness Dispatch

August Edition - Wellness for All Ages

Welcome to my August edition of "Thriving Times" with the theme of wellness for all ages. As the warm days of summer are finally in full swing, there's no better time to focus on family health and wellness.

Additionally, this month, we're celebrating National Allotment Week (August 12-18th) – the perfect opportunity to get outside, connect with nature, and cultivate a garden together. Gardening can be a wonderful way for families to bond, stay active, and maybe even enjoy fresh, homegrown produce.



Before we start, I'd like to bring to the front of your mind the need to be kind to yourself. What do I mean by that? Well, with the best will in the world you can't be all things to everyone, nor can you do everything at once. In practical terms that means look for just one thing in this newsletter that really speaks to you, that you can connect with and be inspired to embrace it, and its benefits.

So, let's start with creating healthy habits for the whole family

Establishing healthy habits is crucial for long-term wellness, so I'm delighted to be sharing some tips to help your family develop routines that promote health and happiness:

- ❖ As I already mentioned start with small changes: Introduce one new healthy habit at a time. For example, add a serving of vegetables to each meal or take a 10-minute walk after dinner.
- ❖ Lead by example: Children mimic their parents' behaviours. You can show them the importance of health by practicing what you preach.
- ❖ Make it fun: Turn healthy activities into enjoyable family time, they needn't and shouldn't be a chore. Dance together, play sports, or explore new parks or outdoor spaces.

By building healthy habits into a child's lifestyle it is the best way to preventative health care.

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Now for some family-friendly activity ideas, but remember... start small

Keeping active is easier when you do it together, because you can all help motivate each other. Here are some family-friendly activities to try this summer:

- ❖ Hiking and nature walks: Explore local trails and nature reserves. It's a great way to enjoy the outdoors and get some exercise at the same time.
- ❖ Cycling: Go for a bike ride as a family. It's a fun way to cover more ground and see new places. Don't forget the puncture repair kit though!
- ❖ Gardening: Participate in National Allotment Week by starting a family garden. Growing fruits and vegetables together can be a rewarding and educational experience. This year's theme is biodiversity, so maybe start a wildlife garden to help bring in more pollinators for the fruit and vegetables. If you don't have space for growing vegetables, I'd invite you to check out my blog post on seed sprouting which even has a 20% discount and "no", I'm not on commission!

Now let's take a look at cooking healthy meals together

Cooking as a family not only fosters healthy eating habits but also creates lasting memories. Fill the kitchen with joy, happiness and the aromas from healthy AND tasty meals.

Here are some tips for getting everyone involved in the kitchen:

- ❖ Plan meals together: Let everyone have a say in the weekly menu, well, unless it's chicken nuggets and chips all round! This encourages kids to try new foods and makes meal planning a fun activity.
- ❖ Assign age-appropriate tasks: Give each family member a role in meal prep, whether it's washing vegetables, stirring, or setting the table.
- ❖ Experiment with recipes: Try new, healthy recipes together. Use fresh, seasonal ingredients, especially those you've grown in your garden, or maybe some seeds you've sprouted on the worktop.



If you'd like some inspiration then here's a simple, nutritious recipe to try with your family:

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Rainbow veggie wraps

Ingredients:



- Whole wheat tortillas
- Cream cheese (softened) or Hummus
- Shredded carrots
- Chopped cucumber
- Sliced red bell pepper
- Spinach or lettuce leaves
- You can add chicken or any other leftovers - great toasted with left over roast carrots, butternut squash, aubergine, mushrooms etc! You are only limited by your imagination.

Instructions:

- Spread the cream cheese or Hummus on a whole wheat tortilla.
- Arrange shredded carrots, cucumber slices, and red bell pepper strips.
- You can add an extra dollop of hummus if you like and a few spinach or lettuce leaves.
- Roll up tightly and enjoy!

Get creative with mix-ins! These colourful wraps are an easy way to sneak in veggies! Shhh!

If you like to listen to ideas, then here's a podcast I'd sign post you to:



Sadly, we lost Michael Mosley recently in tragic circumstances, his legacy lives on and I'm delighted to be able to invite you to have a listen to one of his podcasts about the benefits of gardening to complement this month's topic:

<https://www.bbc.co.uk/programmes/m001x4v8>

<https://linktr.ee/uniquewellth.coach>

More about me....



I'm on a mission to help anyone struggling with low energy, stress or health challenges. Is that you?

Know that by implementing simple changes through the powerful process of whole person health and lifestyle coaching you CAN feel happier and healthier. Regaining hope and the control to live your life to its fullest, personally and professionally, both now and beyond.

I take a stand in helping you make sustainable changes and I want you to really step into the new you! I can help you create the change that you've been wanting and trying to create for a very long time. I know that working together is going to give you a new strategy and a new way to think.

I'm super passionate about health coaching and what it can give you and I would love to speak with you about how you can benefit.

I warmly invite you to book a free WELLth check with me to discover the first steps you can take to get back on track, which you can do through my [website](#) or this link:

Accept my gift of a complementary WELLth check

Please don't ever regret not taking care of your health.

What clients say...

"I feel like my old food habits don't have a hold over me. Foods I would have missed before I don't miss, and it's the first time I've ever felt that before."

Yours in good health,

A handwritten signature in black ink that reads "Samantha".

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