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Social superglue

Teaching others what you know doesn't just help them. It creates a ripple effect of wellness, boosting your own mental health and strengthening your community.

SHARING SUPERPOWER

- Explaining concepts to others reinforces your own understanding and keeps your cognitive gears turning, which is vital for long-term mental sharpness.
- Recognizing that you have valuable knowledge to offer improves self-esteem and helps provide a sense of purpose.
- Engaging in collaborative learning fosters social connections that lower cortisol levels and provide a protective buffer against the pressures of daily life.
- Sharing a skill—whether it's a healthy recipe or a tech tip—builds trust and deepens relationships with friends, family, and coworkers alike.
- When we share resources and talents, we create a supportive network that is better equipped to solve problems and face collective challenges.
- Acts of “prosocial” behavior, like mentoring, are linked to higher levels of happiness and a decreased risk of feelings of isolation.

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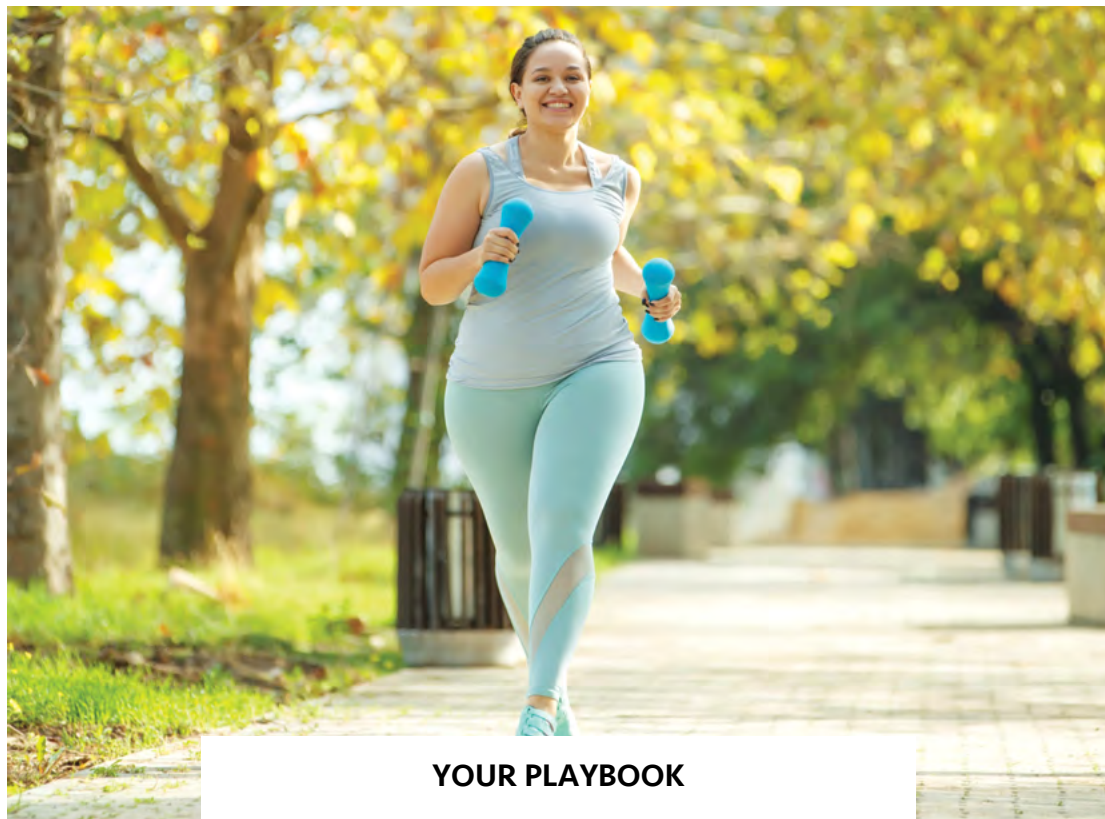
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Wellness game plan

Think of your health like a high-performance car. You wouldn't wait for the engine to smoke before checking the oil. A proactive health plan shifts your focus from "fixing" to "flourishing." By staying ahead of potential issues, you gain more energy, lower medical costs, and much-needed peace of mind.



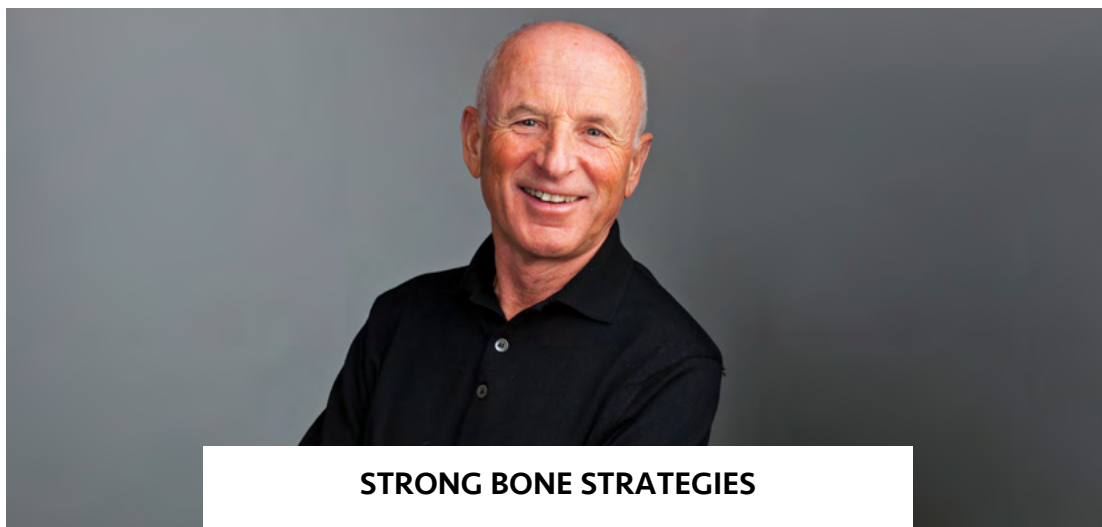
YOUR PLAYBOOK

- Screenings for blood pressure, cholesterol, and specific cancers can catch "silent" issues before they become serious, making them much easier to treat or manage.
- Exercise is vital for cardiovascular health. Aim for at least 150 minutes of moderate activity per week to strengthen your heart and lower your risk of chronic diseases like type 2 diabetes.
- Recognizing the signs of burnout or anxiety early allows you to seek support and maintain emotional resilience.
- Focus on a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats (e.g., nuts, seeds, avocados, and olive oil)
- Staying up to date on flu shots and other recommended boosters protects not only your health but the safety of your family and community.
- Sharing your family's medical history with your doctor helps them tailor a prevention plan specifically for your unique risk factors and needs.
- Drinking enough water is the simplest proactive habit you can adopt. Proper hydration supports kidney function, keeps your skin glowing, and ensures your brain stays sharp, preventing "brain fog" and fatigue.
- By sticking to a consistent sleep schedule and creating a restful environment, you support your immune system and metabolic health, ensuring you wake up ready to tackle any challenge.
- Avoid or limit your alcohol intake. Staying sober or drinking less is better for short and long-term health.



Blueprint for buff bones

Osteoporosis is often mistakenly labeled a “woman’s disease,” but men are frequently overlooked. By age 70, men lose bone mass at the same rate as women. Understanding the risks and taking proactive steps is essential for maintaining strength, mobility, and independence.



STRONG BONE STRATEGIES

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| <ul style="list-style-type: none"> • Calcium and Vitamin D are two key building blocks of the skeleton. Men should aim for 1,000 to 1,200 mg of calcium daily through dairy, leafy greens, or fortified foods, paired with Vitamin D to ensure the body can best absorb the mineral. | <ul style="list-style-type: none"> • To keep bones dense, activities like brisk walking, jogging, or climbing stairs, along with resistance training or weightlifting at least twice a week stimulates bone-forming cells and increase overall structural integrity. | <ul style="list-style-type: none"> • Hormonal health is a major factor in male bone density. Low testosterone can lead to bone loss. If you experience symptoms like fatigue or decreased libido, consider asking your physician for a blood test to check your levels. |
| <ul style="list-style-type: none"> • Chronic heavy drinking interferes with the calcium balance in the body. Smoking is also a known risk factor for reduced bone mass and an increased likelihood of fractures in the spine and hips. |  | <ul style="list-style-type: none"> • Prolonged use of corticosteroids, some anti-seizure medications, or treatments for prostate cancer can impact bone health. Discuss potential side effects and protective measures with your doctor. |
| <ul style="list-style-type: none"> • If you are over age 70, or over 50 with specific risk factors, your doctor may recommend a dual-energy X-ray absorptiometry (DXA) scan to measure your bone mineral density and assess your future risk of injury. | <ul style="list-style-type: none"> • Maintaining bone density is only half the battle. Preventing the impact that causes a break is the other. Do balance-building exercises like Tai Chi and ensure your home environment is free of tripping hazards like loose rugs or poor lighting. | <ul style="list-style-type: none"> • Being underweight significantly increases the risk of bone loss and fractures. Stay within a healthy BMI range, as adequate body mass provides a protective cushion and helps maintain the mechanical loading necessary to keep bones strong. |

Recipe: Black bean & corn pasta salad



INGREDIENTS

- 8 oz whole-wheat rotini or penne
- 1 can (15 oz) black beans, rinsed
- 1 cup frozen corn, thawed
- 1 red bell pepper, diced
- 1/4 cup fresh cilantro, chopped
- Dressing: 2 Tbsp. lime juice, 1 Tbsp. olive oil, 1/2 tsp cumin, and 1/4 tsp garlic powder

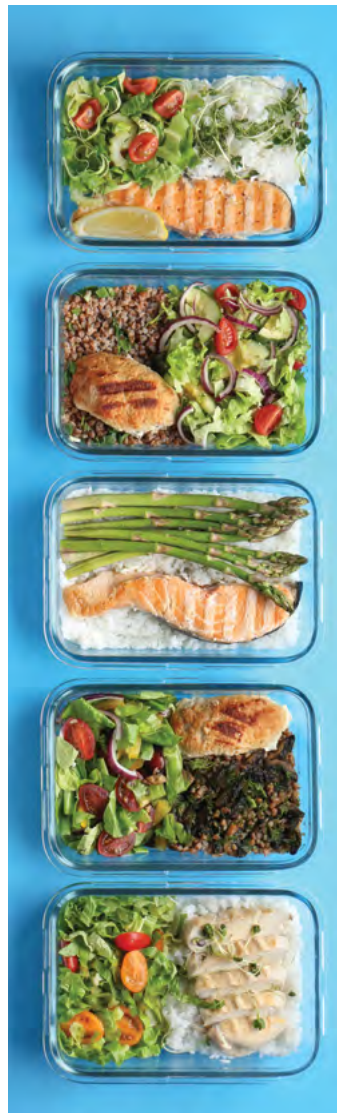
DIRECTIONS

1. Cook pasta according to package directions. Drain and rinse with cold water.
2. In a large bowl, combine pasta, beans, corn, and pepper.
3. Whisk dressing ingredients together and pour over the salad.
4. Chill for at least 30 minutes before serving.

NUTRITIONAL INFORMATION:

Serves 4. Per serving: 310 calories, 5g total fat, 1g saturated fat, 56g carbohydrates, 11g fiber, 0g added sugar, 12g protein, 210mg sodium

Re-tool your family's lunch with simple, nutritious meals that boost energy and support long-term health.

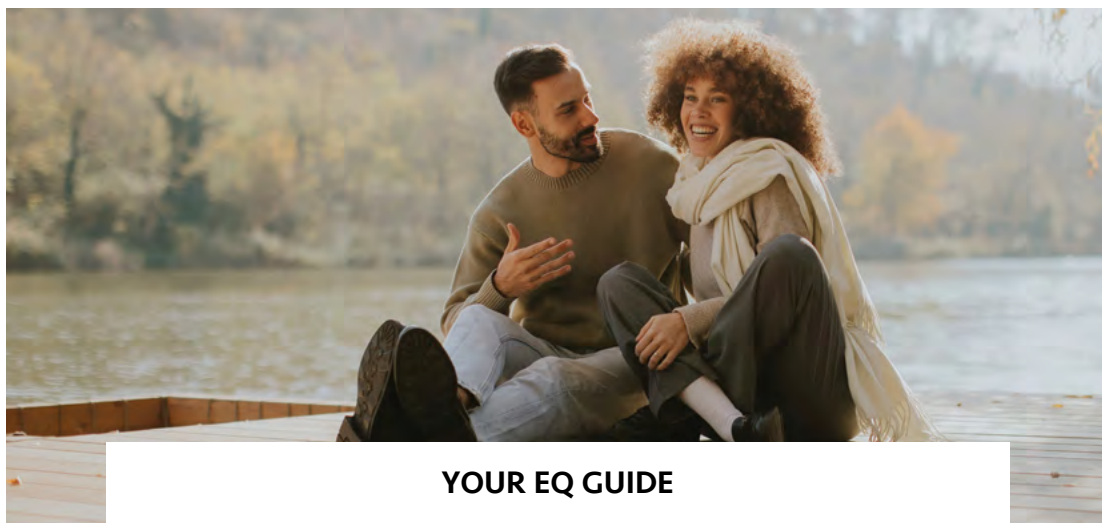


FRESH FIX

- A balanced lunch, rich in whole grains, lean protein, and colorful vegetables, helps maintain steady blood sugar, preventing the dreaded afternoon slump.
- Prioritize fiber from foods like beans, whole-wheat pasta, and fresh produce. Fiber is vital for digestive health and helps you feel full longer.
- Opt for healthy fats found in olive oil, nuts, and avocados, while limiting saturated and trans fats. These choices are excellent for cardiovascular well-being.
- High sodium intake can contribute to high blood pressure. Use fresh ingredients and flavor with herbs and spices instead of excessive salt.
- Aim for a lunchbox with half fruits and vegetables, a quarter whole grains, and a quarter lean protein.
- Encourage a variety of fruits and vegetables in different colors. Each color often signifies different vitamins and antioxidants, boosting overall health and immunity.
- Ditch sugary drinks and processed snacks. Instead, pack fresh fruit, plain yogurt, or water. Reducing added sugars is a simple step towards better health.
- Dedicate time on the weekend to chop vegetables, cook grains, or prepare dressings. This “meal prep” makes assembling healthy lunchboxes a breeze during busy weekdays.

Words that work

Emotional intelligence (EQ) is the secret for stronger relationships and reduced stress. It's not just about what you say, but how you perceive and manage emotions – both yours and theirs. Master this skill to transform difficult confrontations into productive conversations that foster mutual respect and deep, lasting connections.



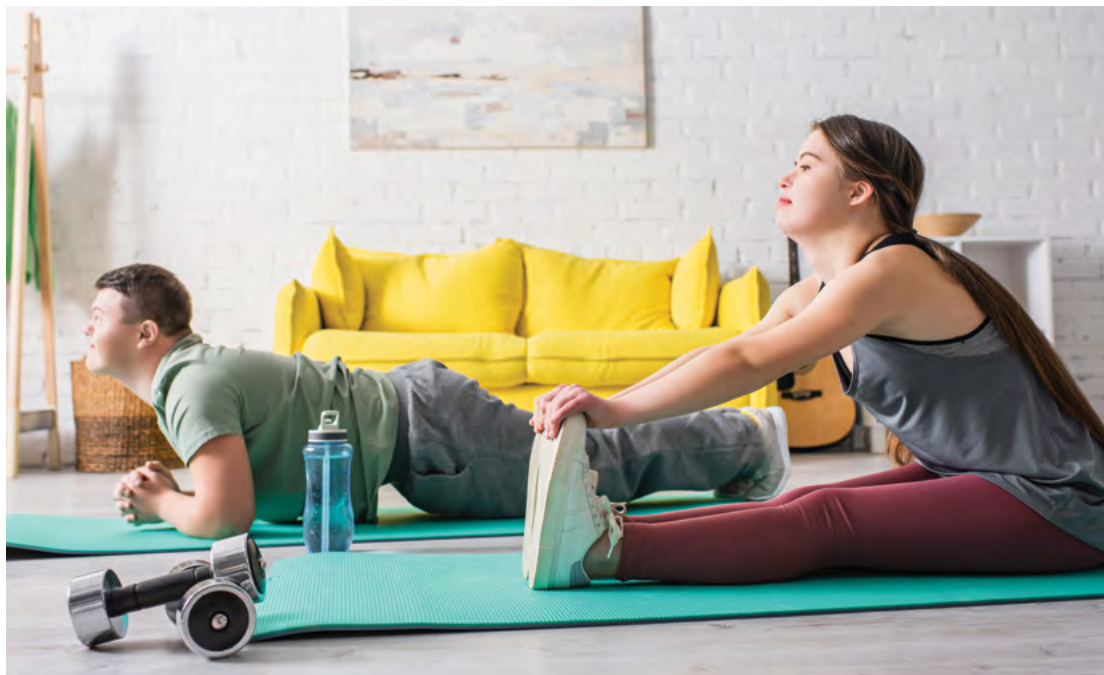
YOUR EQ GUIDE

- Practice the “Pause” technique. Before reacting to a comment, take a breath. This brief moment allows your logical brain to catch up with your emotional center, helping you respond with intention rather than reacting out of defensiveness during heated moments.
- Use “I” statements to reduce friction. Instead of saying, “You always make me late,” try, “I feel anxious when we leave behind schedule.” This focuses on your experience rather than blaming the other person, which prevents them from becoming defensive.
- Before offering your own perspective, acknowledge the other person’s feelings. Simply saying, “I can see that you’re feeling frustrated right now,” shows empathy and ensures the other person feels heard, which lowers the emotional temperature.
- Words only tell half the story. Pay attention to body language, eye contact, and tone of voice. If someone says they are “fine” but their arms are crossed and their jaw is clenched, use your EQ to gently address the underlying tension.
- High-EQ speakers don’t assume they know everything. Use phrases like, “Can you help me understand your perspective on this?” This invites collaboration and shows that you value the other person’s input, making them more likely to reciprocate that openness.
- When you must address a problem, focus on the behavior rather than the person’s character. For example, say, “I noticed the report had a few typos,” instead of, “You’re being careless,” which preserves the individual’s dignity while solving the issue.
- Being emotionally intelligent means owning your mistakes without making excuses. A simple, “I’m sorry my words hurt you. That wasn’t my intent,” can de-escalate a conflict instantly and demonstrate the self-awareness that is the hallmark of high EQ.



Fit for growth

Building a stronger athlete starts with matching the workout to the biological clock. While strength training is safe for youth, the goals shift as kids grow. For preteens, it's about coordination and "moving well," while teens can begin focusing on "moving weight" as their bodies mature and stabilize.



Strong Start Strategies

Preteens	Teens
Before puberty, the goal is neuromuscular control rather than muscle size. Preteens should use their own body weight or very light resistance, such as light dumbbells or medicine balls, focusing on perfect technique in fundamental movements like squats, lunges, and push-ups to build a safe foundation.	As teenagers enter puberty and hormonal changes occur, their bodies become more capable of increasing muscle mass. This is the stage where they can gradually transition to heavier free weights and resistance machines, provided they have mastered the basic mechanics during their preteen years.
To prevent burnout and overuse injuries, preteen strength training should feel like play. Incorporating animal crawls, climbing, and obstacle courses builds functional strength and agility without the mental or physical strain of a rigid, adult-style weightlifting routine.	Since many teens are competitive athletes, their strength programs can begin to mirror the demands of their sport. For example, a basketball player might focus more on explosive plyometrics and jumping mechanics, while a swimmer emphasizes core stability and shoulder endurance.
It is a major "don't" to have a preteen attempt a "one-rep max." Because their growth plates are still open and highly active, excessive heavy loading can lead to serious injury. Instead, they should perform higher repetitions (10–15) with very light loads to ensure safety.	With increased intensity comes a greater need for rest. Teens often push themselves too hard, so it is vital to enforce rest days and ensure they get 8–10 hours of sleep.
Every session for a preteen should be monitored by a qualified coach or knowledgeable adult. This ensures that they don't get competitive and try to lift more than they should.	During growth spurts, bones often grow faster than muscles and tendons, leading to tightness. Teens should pair their strength training with a dedicated stretching or mobility routine to maintain a full range of motion.



Reset in a breath

**HARNESSING YOUR BREATH
IS THE FASTEST WAY TO HACK
YOUR NERVOUS SYSTEM,
FLIPPING THE SWITCH
FROM “FIGHT OR FLIGHT”
TO “REST AND DIGEST”
FOR INSTANT RELIEF.**



- Consistent breathwork reduces the production of stress hormones. By lowering cortisol, you protect your heart health and improve your body's overall immune response over time.
- Try box breathing for balance. Inhale, hold, exhale, and hold again for four counts each. This rhythmic pattern helps you regain focus during high-stress moments.
- Making your exhale longer than your inhale signals the vagus nerve to slow your heart rate. Try breathing in for four seconds and out for six.
- Use the 4-7-8 technique. Inhale for four, hold for seven, and exhale forcefully for eight. This specific ratio acts as a natural tranquilizer for the nervous system, aiding faster sleep onset.
- Fill your lower abdomen rather than your upper chest for diaphragmatic “belly” breathing. This deep intake improves oxygen exchange and physically reduces the tension held in your shoulders and neck.

Better together

True well-being isn't a solo mission. It's a team sport. Building a culture of care turns individual stress into collective strength and lasting resilience.



BUILDING YOUR CIRCLE

- Strong relationships lower your risk for heart disease and boost your immune system by reducing chronic inflammation.
- A culture where team members feel safe to take risks or speak up without judgment leads to higher engagement, lower burnout, and better mental health outcomes.
- Social isolation is damaging to your health. Prioritizing “check-ins” with colleagues and friends significantly increases overall life satisfaction.
- Whether in a workplace or a community group, knowing others “have your back” reduces the physical symptoms of anxiety.
- When teams support one another during crises, they recover faster. This collective energy prevents the emotional exhaustion that often comes from trying to carry burdens alone.

