

# SB WELLNESS GROUP

Monthly Newsletter | April 2025

SBwellness

HELLO  
April

MONTHLY  
MOTIVATION TO A  
HEALTHY LIFESTYLE

Self-Care Work for Active Living  
Fit For Life  
Building a Foundation of Health & Strength  
Get Outside, Thrive Inside



# WELCOME TO OUR FIT FOR LIFE ISSUE



Spring into action this month with us as we explore practical ways to boost your energy, strength, and joy. We will be talking about building a **FOUNDATION OF HEALTH AND STRENGTH**. From lacing up for a walk or run to mastering mindful movement, this issue will give you tips and insights to keep you thriving mentally and physically.

We want you to adopt a mindset that will make **FITNESS A LIFESTYLE**, not a chore! We will explore the benefits of getting outdoors this Spring, adding an element of adventure and fun to your active way of life!

It's time to get up and get out for a more vibrant way of thriving!

Fitness is about building a solid foundation for overall well-being.







## Your Monthly SELF-CARE Work

For your monthly self-care practice, we encourage you to focus on Mindful Movement. Physical activity and getting outdoors helps to slow the racing mind and clear your head. It is the perfect way to be more present.

### REFLECT:

- *What type of exercise do I enjoy the most?*
- *How do I feel after a workout? (Energized, calmer, more focused?)*
- *What are my biggest challenges when it comes to staying active?*

### SET AN INTENTION:

- *Set a small, realistic goal to incorporate movement into your life.*

### MAKE IT FUN

- *Add adventure, good company, or music.*

Improved quality of life is one of the best reasons for staying active.



# Incorporate Into Your Routine

# NATURE

**EARTH DAY IS APRIL 22ND. CELEBRATE BY GETTING OUTDOORS AND MOVING IN NATURE!**

**SPRING IS THE PERFECT TIME TO MAKE OUTDOOR ACTIVITY YOUR GOAL.**

Our modern lifestyles, often have us caught up indoors with little time spent outdoors enjoying nature. Stepping outside for some fresh air is not a luxury. When you look at the long list of health benefits, it should be viewed as a necessity.

## **WHY NATURE MATTERS**

Spending time outdoors can be a boost for your body and mind. Studies show that fresh air and exposure to sunlight can reduce stress, sharpen focus, and improve circadian rhythms (leading to improved sleep patterns.)

Think of a walk in the park or a mindful moment under the trees as a reset button for your mood. Vitamin D from sunlight strengthens bones, while grounding effects of green spaces lower blood pressure and spark creativity.

Even just 20 minutes spent in nature can recharge you for the day ahead.

So, step away from your desk or television, lace up your shoes, and let the outdoors remind you what living **Fit For Life** really means- one breath of fresh air at a time!





FIT FOR LIFE

# BUILD YOUR FOUNDATION

## Building a Foundation of Health and Strength Through Active Living

In a world where busy schedules and demanding lifestyles often take precedence over personal well-being, prioritizing exercise can seem like a daunting task. But building a solid foundation of fitness doesn't require an extreme transformation or hours at the gym. It's about cultivating sustainable habits that support your body, mind, and spirit over the long term. We've got tips to get you there in our:

[FULL ARTICLE.](#)





Movement is  
medicine for  
the body and  
mind.

Exercise not  
only changes  
your body. It  
changes your  
mind, your  
attitude, and  
your mood.





# SBwellness

**Your Partner in Health!**

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*"As spring blooms and Easter approaches, we want to take a moment to thank you for your continued trust and partnership. May this season bring you and your loved ones joy, renewal, and prosperity. Wishing you a wonderful Easter filled with happiness and peace!"*

