

# Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

August 2025



**Balance isn't a destination. It's a dynamic practice.**

August has that unmistakable energy. The mornings feel a little cooler, the pace starts to pick up, and suddenly your inbox and your personal life are in a silent competition for your attention. School's back in session. Projects are ramping up. And just like that, your vacation glow meets a reality check.

But this month, instead of sprinting toward the finish line, we're inviting you to slow down and realign.

This newsletter is all about Life Integration—the idea that balance isn't about doing more or being everywhere at once. It's about being intentional. About making small shifts that allow your work, your rest, your goals, and your personal life to support each other... not compete. It's not a flawless routine—it's a flexible rhythm. One that starts by asking: What really matters today?

Inside this issue, you'll find resources to help you build that rhythm. We kick things off by debunking the myth of work-life balance and showing you a more practical path forward. We spotlight a powerful personal story from a ProCare Rx team member who redefined her relationship

with wellness—from self-doubt to sustainable self-discipline. You'll find tips to set daily intentions, use your energy more wisely, and build boundaries that feel good, not guilty.

Hungry? We've got a meal-prep-friendly salad that's as colorful as your calendar and way easier to manage. And for a bit of brain fuel, don't miss the word search—your inner word nerd will thank you.

We're also inviting you to take part in Balance in Action Week—a 5-day mini-challenge designed to help you practice integration, not just read about it. Because when you show up for your own well-being in small ways every day, the results add up.

This month, let's stop chasing balance like it's a trophy and start living like it's a lifestyle.

*Ready to move into Balance in Action Week?*



# IN THIS NEWSLETTER YOU CAN EXPECT:

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## Pillar: Life Integration

The Myth of Balance: "Spoiler: You're Not Supposed to Do It All"

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## Employee Spotlight

Begin Where You Are - One Woman's Journey from self-doubt to self-discipline - on her own terms

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## Community News

Event Announcements – Upcoming Wellness Events, Power Walks, Group Coaching Sessions, and Tips & Resources

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## Wellness Made for You

Join our Healthy Challenges! Share your wins and celebrate August Birthdays with us

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## Searchword Game

Find words related to creating your rhythm—it's wellness for your brain

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## Recipe of the Month

Rainbow Mason Jar Salads - This recipe checks all the life integration boxes: it's simple, customizable, beautiful to look at, and keeps you fueled without a mid-afternoon crash

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## The Myth of Balance

### "Spoiler: You're Not Supposed to Do It All"

Let's set the record straight: work-life balance isn't about slicing your day into perfect pieces or pulling off a flawless routine where everything gets equal time. That's not balance—it's burnout with better branding.



The truth is, balance isn't about giving 100% to everything all the time. It's about giving your best to what matters most in each moment. Real balance isn't symmetrical—it's seasonal. Some days work needs more. Other days, life demands the front seat. It's less about splitting and more about blending—that's where life integration comes in.

Life integration is the art of aligning your energy with your values. It's the ability to pivot without guilt, pause with purpose, and stay present wherever you are. Whether you're deep in a project, helping with homework, or taking ten minutes for yourself—you're honoring what matters in that moment. And that's balance. But let's be honest—it takes effort. We've been

conditioned to measure productivity by how busy we are. To feel guilty for resting. To answer emails at midnight because we're "just catching up." Integration asks us to slow down, reassess, and create boundaries that serve our well-being—not just our to-do list.

And here's the secret: when your calendar starts to reflect your core values—like health, family, creativity, or service—you start to feel lighter. Clearer. More in control. The goal isn't perfection. It's permission. Permission to say no without guilt, to rest without justification, and to move through your day with intention.

Balance isn't a destination. It's a practice—a dynamic rhythm that you build, rebuild, and refine. Not because you have to, but because you deserve to live a life that feels like yours.



## Begin Where You Are

One woman's journey from self-doubt to self-discipline—on her own terms



It all started with a group fitness class. A best friend's invitation, a moment of discomfort, and a quiet decision: I want to change. But change, as most of us know, rarely comes easy—or fast.

“At first, I hated working out,” she admits. “I couldn’t keep up, and I felt embarrassed. But I made a choice: I was going to have fun, even if it was hard.”

That choice became a routine. Over time, movement turned into something more than weight loss—it became confidence, better sleep, more energy, and the realization that her body was no longer a burden, but an asset. “If I missed a workout, I felt it—not just in my body, but in my mood.”

But like any honest story, progress wasn’t linear. After gaining some of the weight back, she realized the missing piece wasn’t just exercise—it was accountability in her eating habits, and most importantly, self-forgiveness.

“I had to relearn how to make better food choices. To forgive myself when I slipped. To focus not on perfection, but progress.”

Now her goal is maintenance—not a number, but a lifestyle. She’s swapped shame for self-respect, and old clothes for a new outlook. “I gave away a lot of my clothes so I wouldn’t have the option to go back. This is my new normal.”

Her advice for anyone starting a journey?

“Start where you are. Take small steps. Go at your own pace. Find a space or a group that makes you feel safe, supported, and seen. And above all—just commit.”

*Virginia Battazar*  
Gainesville

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### TIPS & RESOURCES:

#### Build Your Life, Not Just Your Schedule

Life integration isn't about doing more—it's about doing what matters, when it matters. It's the intentional practice of blending work, rest, and relationships in a way that supports your whole self—not just your productivity. Here are smart ways to start living more integrated—no overhaul required.

#### Set Daily Intentions, Not Just To-Dos

Instead of a packed checklist, ask: What's one way I can show up today—in work, in life, and for myself? Intentions keep you grounded in purpose, not pressure.

#### Color-Code Your Calendar by Energy, Not Just Tasks

Try blocking time based on how much energy each task requires—red for high focus, yellow for creative flow, blue for recharge. Balance isn't just about time; it's about managing your fuel.

### EVENT ANNOUNCEMENTS



#### All Locations

Power Walk Breaks

Virtual & In-Person Yoga Classes  
Sign Up [Here](#)



#### Summer Spotlight: Build Balance, Brick by Brick

Bring play into your wellness! The LEGO® Star Wars™ Darth Vader Helmet (11,990 pts on GoPivot) is more than a cool collectible—it's a reminder that balance includes joy, creativity, and screen-free fun.

Take a break, build something epic, and recharge—brick by brick.

Whether you're a die-hard LEGO lover or just need a fun, focused outlet to recharge, this reward helps you balance your energy, not just your schedule.

### TEAM COACHING GROUPS



#### Pillar of Life Integration

Join us for 3 powerful August sessions designed to help you reset, refocus, and reclaim your time:

- Aug 8 – [Reclaim Your Time](#)
- Aug 15 – [Boundaries Without Guilt](#)
- Aug 22 – [The Harmony Habit](#)

#### Join Us Here:

[Join the FRI - 1:15 PM Session](#)



## WELLNESS CHALLENGES

**Mini-Challenge:** Balance in Action Week  
Life Integration

**Duration:** August 19–23

**Points Available:** 50 points per completed action (max 250 points)

This 5-day challenge invites you to practice one small habit each day that supports life integration—the art of managing time, energy, and priorities without burnout. These aren't huge changes—they're realistic, intentional steps anyone can take.

### How it Works:

- Read a short, daily prompt on GoPivot
- Take one meaningful action
- Log your progress to earn 50 points per day
- Complete all 5 days to unlock your points

Let's practice what we stand for—one day at a time.

## SHARE YOUR WINS!



We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at [wellness@procarerx.com](mailto:wellness@procarerx.com) to have your story featured in our next newsletter.



## A FEW NOTES TO REMEMBER

- Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.
- You can find the PDF version of the Newsletter for printing at [hbc.procarerx.com](http://hbc.procarerx.com) under resources or [Here](#).

## HAPPY BIRTHDAY

We couldn't be more excited to celebrate our August birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

# CREATE YOUR RHYTHM

## WORDSEARCH

I	N	T	E	G	R	A	T	I	O	N	X	F	L	O
P	U	R	P	O	S	E	E	L	E	W	L	L	N	E
R	H	Y	T	H	M	R	E	N	E	R	G	Y	C	H
I	N	T	E	N	T	I	O	N	S	K	Y	P	R	E
P	K	E	L	O	I	T	N	T	N	E	S	E	R	P
R	A	R	E	T	S	E	T	W	E	L	L	N	E	S
I	B	A	L	A	N	C	E	Z	A	B	O	U	R	D
O	O	D	A	L	I	G	N	M	E	N	T	E	I	O
R	G	A	F	L	O	W	M	L	E	H	S	P	A	U
I	T	I	M	E	R	H	W	B	H	A	B	I	T	S
T	R	I	G	I	D	N	E	S	T	L	T	W	P	R
I	O	R	S	E	T	C	E	N	T	Y	E	W	R	H
E	P	A	U	S	E	Y	T	A	R	G	S	R	I	O
S	B	O	U	N	D	A	R	I	E	S	E	T	N	I
M	O	T	I	V	A	T	I	O	N	E	R	G	Y	K

INTEGRATION

BALANCE

RHYTHM

PRIORITIES

ENERGY

BOUNDARIES

INTENTION

WELLNESS

RESET

PRESENT

PURPOSE

ALIGNMENT

HABITS

FLOW

PAUSE



## RAINBOW MASON JAR SALADS

### **Ingredients: ( Serves 4)**

- 1 cup cooked quinoa (or brown rice)
- 1 cup canned black beans, rinsed and drained
- 1/2 cup cherry tomatoes, halved
- 1/2 cup corn (fresh or canned)
- 1 cup shredded red cabbage
- 2 cups fresh spinach or mixed greens
- Optional: avocado (add fresh), shredded carrots, bell peppers, feta

### **Cilantro-Lime Vinaigrette:**

- 1/4 cup olive oil
- Juice of 1 lime
- 2 tbsp chopped fresh cilantro
- 1 tsp honey or agave
- Salt and pepper to taste



### **Instructions:**

1. Whisk together vinaigrette ingredients and divide between jars (1–2 tbsp per jar).
2. Layer in order: cherry tomatoes, corn, black beans, quinoa, cabbage, then spinach.
3. Seal jars and refrigerate. To serve, shake and pour into a bowl—or eat straight from the jar.

### **Why We Love It:**

This recipe checks all the life integration boxes: it's simple, customizable, beautiful to look at, and keeps you fueled without a mid-afternoon crash. Bonus? Zero microwave needed.

*Thank you for reading!*

