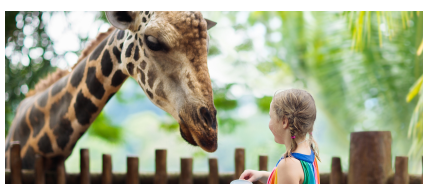


# Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

September 2025



**Forget calorie counts and crash diets—this month is about real physical well-being.**

Remember that New Year's resolution you made to "get healthier"?  
Well, September just called and said, "Let's actually do it."

This month, we're shifting from hustle mode to healing mode—because balance isn't built by extremes, it's built by intention.

Forget the "new year, new you" energy—September is coming in hot with "this time, it sticks" vibes. We're turning up the dial on Body Balance, the fine art of listening to your body before it screams.

That means movement that feels good, meals that fuel more than hunger, and a challenge that just might help you lose more than weight (looking at you, old habits).

From gut-friendly power bowls September's featured recipe is a Gut-Strong Power Bowl that hits the sweet spot between easy prep and big nutritional impact. Packed with fiber, fermented

goodness, and anti-inflammatory ingredients, this bowl is a simple way to support digestion, mood, and immunity.

Brain-boosting crosswords to community walks and a little friendly competition in our Bigger Loser Challenge, it's a full-body reset—ProCare Rx style.

We're diving into four weeks of smarter wellness, from understanding the gut-brain connection (yes, your lunch impacts your mood) to finding joy in movement and learning how to make stress your co-pilot—not your saboteur.

And if you need a little motivation, don't miss Terri Sinclair's transformation—a story of what happens when self-doubt meets sustainable discipline.

Let's do more than talk about balance. Let's live it.

*Balance isn't built in a bubble. It's strengthened by the people around you—and the choices you make together.*



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# What “Body Balance” Really Means

Hint: It’s not just about weight.

For years, we’ve been taught that health lives and dies by the scale. But the truth? Body balance isn’t about being lighter—it’s about living better.



When your body is in balance, you feel it. You have the energy to move through your day without dragging. You’re focused, steady, and emotionally grounded. You sleep well. Your meals fuel you instead of spiking and crashing your system. And when life throws curveballs, you don’t just crumble—you recover.

## Here’s what that really looks like:

### Energy that lasts

True body balance means your energy isn’t coming from caffeine and chaos. It’s coming from consistent fuel, quality sleep, hydration, and movement that boosts rather than drains. If you’re riding the 2 p.m. energy roller-coaster every day, your body might be out of sync.

### Mood that’s more steady than stormy

Our gut, brain, and hormones are in constant conversation. When we feed our bodies well and manage stress, we support mental clarity

and emotional resilience. Body balance means fewer mood swings and more feeling like yourself.

### Resilience that sticks

You can’t avoid stress—but you can train your body and mind to recover faster. That’s what balance does. It builds recovery time into your system. Think: quicker bounce-backs, fewer burnout spirals, and more bandwidth to deal with life’s messiness.

### It’s all connected

The cool part? These elements—energy, mood, and resilience—aren’t isolated. They’re part of a loop. Sleep impacts stress. Movement impacts mood. Food affects focus. When you tend to one, you support them all.

### The tools that support it

True body balance isn’t one-size-fits-all, but these habits work for nearly everyone:

- Eating more whole, nutrient-dense foods (especially fiber + protein)
- Hydrating (yes, water matters more than you think)
- Prioritizing joyful movement
- Managing stress before it manages you
- Creating a consistent, wind-down sleep routine
- And yes, it’s still okay to want weight loss

If weight loss is a goal, there’s nothing wrong with that. But let it be part of the picture—not the whole canvas. Let it ride alongside goals like “more energy,” “better mood,” and “stronger recovery.” Because those are the goals that last.

**Bottom line:** When your body is balanced, it becomes your partner—not your project. It works with you, not against you. And that’s the kind of wellness worth working for.

# From “Not My Best” To 5 Miles a Day

## Meet Terri Sinclair.

On my way to being a healthy me...

How I was feeling...

I realized I just did not feel my best anymore. My daily habits were terrible... skipping meals, grabbing whatever was quickest and putting off exercise and it was adding up. I was always tired, my focus was not as sharp, and I knew I could be taking better care of myself.

Why now...

For me I knew all the things to do or I thought I did. I found through a lot of introspection that I was always looking for the wrong results to keep me going, and when I did not see the results, I would quit. It is so much more than just a number on a scale — it was about wanting to feel and look good to have the energy, strength, and mental clarity to really enjoy my life with my family and really show up for my granddaughter.

This is not something I could do on my own...

I checked in with my doctor to make sure I was on the right track. He helped set up goals based on what was healthy for me and introduced the Mediterranean way of eating... I did some work with a nutritionist to help me make it fit my life. I also worked with a trainer to set up routines that felt doable for the long run. My first goals were not huge — things like improving my sleep, walking more, and cooking at home more often — but hitting those goals kept me motivated.

My approach...

Well I kept it simple at first: moving my body daily starting with half a mile a day and over the last year it has slowly grown by 1 mile, then 2, then 3, then 4, and today I am walking 5 miles a day. Over the last few weeks, I have incorporated a weight-training program (yes I went back to the trainer to help with form, as I am not a fan of pain.) I also started eating more whole foods really

focusing on clean eating ensuring protein is a part of every meal, drinking enough water, and making time to rest.

I do weigh once a week, but I also track my progress in other ways that really matter to me — how much energy I have, how well I am sleeping, how strong I feel, and even how much more focused I am during the day.

For me being healthy is something you have to think about daily. It is tough some days and easy on other days. I have found that planning makes all the difference — prepping meals, scheduling workouts, and even setting reminders to get up and move. I also had to work on the mental side, too, like not comparing my progress to anyone else's and being patient with myself.

My goal is to be consistent, move every day and celebrate every win, no matter how small it feels.



*Terri Sinclair*

Miramar

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### TIPS & RESOURCES:

Quick wins for your wellness toolbox

#### **Infuse your water**

Try lemon + mint or cucumber + basil to boost hydration with flavor (and flair).

#### **Try “habit stacking”**

Pair a new habit with an existing one—like stretching during your morning coffee brew.

#### **App we love: Insight Timer**

Free meditations, calming sounds, and sleep support for stress resets on the go.

#### **Gut check**

Add a spoonful of sauerkraut or Greek yogurt to your meals for easy gut-friendly benefits.

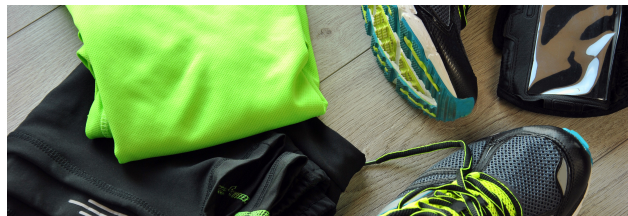
#### **Dance it out**

Set a 2-minute song as your “move break” reminder. Yes, chair dancing counts.

#### **Sleep upgrade hack**

Put your phone across the room at night. Your brain will thank you in the morning.

### EVENT ANNOUNCEMENTS



#### **All Locations & Remote**

Power Walk Breaks  
Food Drive (September 4 to 19)

#### **Southfield**

Walk the Zoo Detroit (September 07)

#### **Gainesville**

Hall County Heart Walk (September 25)



### Try Simple: Weight Loss Coach

Because losing weight shouldn't feel like a second job.

Ready to ditch calorie counting and food guilt for good? The Simple app makes weight loss... well, simple. With a focus on intermittent fasting and healthy habit-building, this tool offers sustainable support for busy lives—no crash diets required.

Use **Code:** EBG70 to get 70% off your subscription on [Ticketsatwork.com](https://ticketsatwork.com)

### TEAM COACHING GROUPS

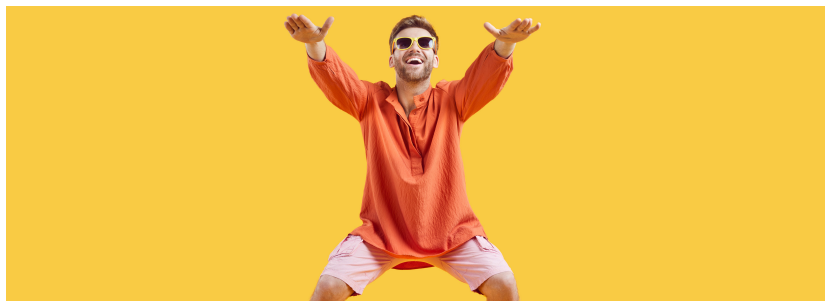


Body balance is not a destination, but a dynamic state cultivated through mindful choices, resilient habits, and deep listening to your body's wisdom.

- **Sep 12** – Re-Defining Body Balance & Intentional Movement
- **Sep 19** – Nutrient Timing & Gut-Brain Connection
- **Sep 26** – The Harmony Habit Sustaining Your Balance & Navigating Real Life

**Join Us Here:**

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



## WELLNESS CHALLENGES

**Mini-Challenge:** Body Balance in Action

**Duration:** September 15–19

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

This 5-day challenge invites you to commit to five small actions. One powerful reset. Each day, try a simple habit to support your body's natural balance.

**Challenge:** The Biggest Loser Challenge.

**Duration:** September 1–30

**Points Available:** 4,500 points (Winner)

Ready to slim down and show up? Join our all-location weight loss challenge, running Sept 1–30. One winner takes the crown based on percentage lost—and the office with the biggest total drop? They'll score team bragging rights (and a reward )

Weekly weigh-ins required.. Just send a selfie with your scale reading to [wellness@procarerx.com](mailto:wellness@procarerx.com).

Let's make wellness a Team Win.

## 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

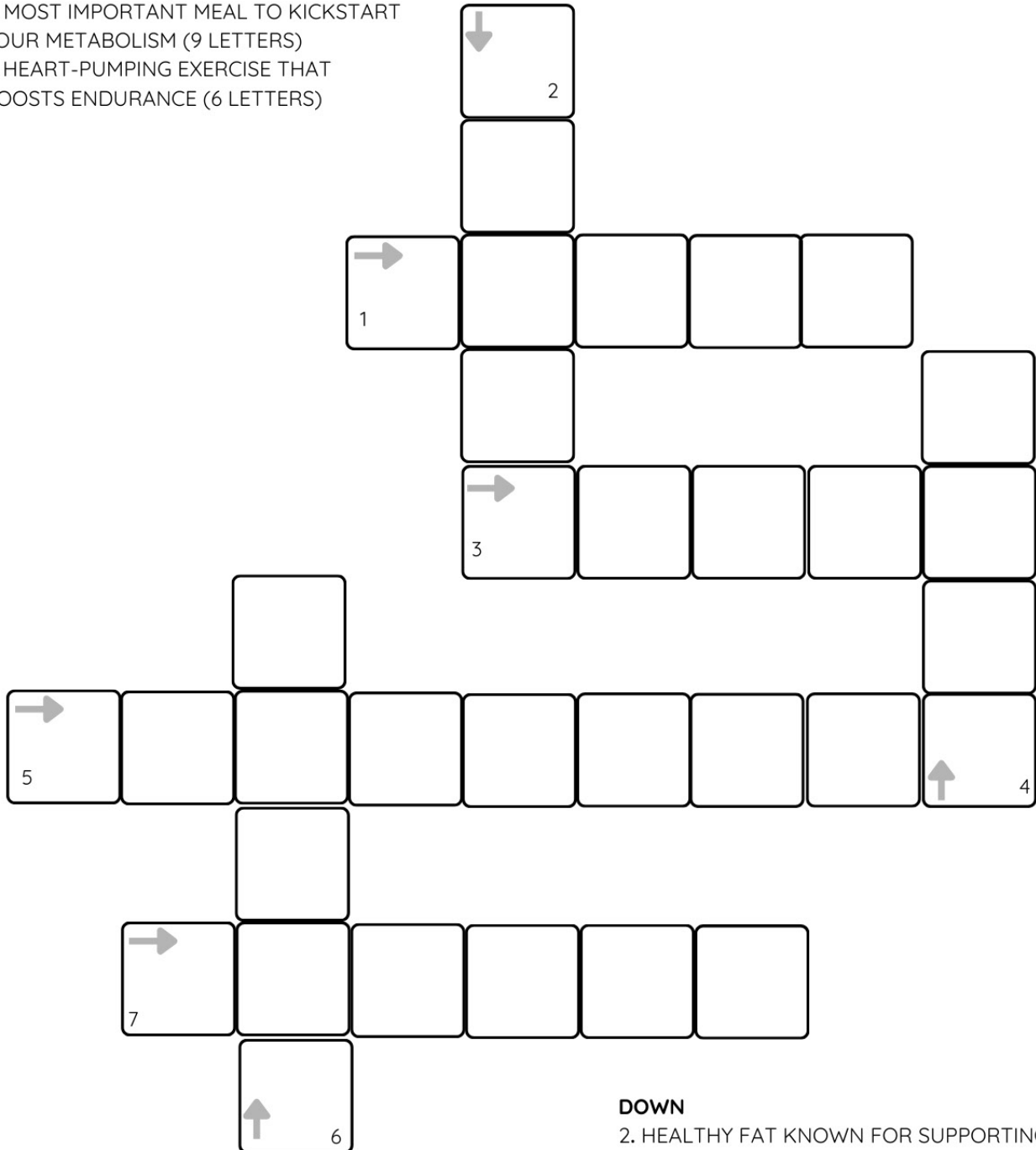
We couldn't be more excited to celebrate our September birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

# BODY BALANCE

## CROSSWORD

### ACROSS

1. CITRUS FRUIT THAT HELPS DETOX AND SUPPORTS HYDRATION (5 LETTERS)
3. AN \_\_\_\_\_ A DAY KEEPS THE DOCTOR AWAY" (5 LETTERS)
5. MOST IMPORTANT MEAL TO KICKSTART YOUR METABOLISM (9 LETTERS)
7. HEART-PUMPING EXERCISE THAT BOOSTS ENDURANCE (6 LETTERS)



### DOWN

2. HEALTHY FAT KNOWN FOR SUPPORTING BRAIN AND HEART HEALTH (5 LETTERS)
4. ONE SMALL \_\_\_\_ AT A TIME LEADS TO LASTING CHANGE (4)
6. ESSENTIAL FOR HYDRATION AND BODY FUNCTION (5 LETTERS)

OMEGA, LEMON, APPLE, STEPS, WATER, BREAKFAST, CARDIO, WATER



# Gut-Strong Power Bowl

## **Ingredients: ( Serves 2-3)**

- 1 cup cooked quinoa or brown rice
- 1 cup baby spinach or arugula
- 1/2 cup roasted sweet potatoes (cubed)
- 1/4 cup sauerkraut or kimchi
- 1/2 avocado, sliced
- 1/4 cup shredded carrots
- 1 soft-boiled egg (per bowl)
- 1 tbsp sunflower seeds or pumpkin seeds

## **Tahini-Lemon Dressing**

- 2 tbsp tahini
- Juice of 1/2 lemon
- 1 tsp maple syrup or honey
- 1–2 tbsp warm water (to thin)
- Salt + pepper to taste



## **Instructions:**

1. Layer grains at the bottom of your bowl.
2. Add veggies and toppings in colorful sections.
3. Whisk dressing and drizzle over the top.
4. Optional: Add grilled chicken, tofu, or salmon for extra protein.
5. Mix, eat, and thank your gut later.

## **Why We Love It:**

Because it nourishes your gut, fuel your day.

This vibrant bowl isn't just easy to prep—it's packed with fiber, fermented goodness, and anti-inflammatory ingredients that support digestion, boost mood, and keep your energy steady.

*Thank you for reading!*

