

Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

January 2026



"Reset. Restore. Rebuild."



Small habits. Strong body. Real momentum

Welcome to January — the month where our calendars reset, our inboxes pretend to behave, and our bodies politely request that we stop surviving on caffeine and vibes.

This month's Healthy By Choice focus is Body Balance, and our theme is simple: Reset. Restore. Rebuild.

Not in a "new year, new you" way. More like: let's support the body you already have so it can carry you through the year with more energy, strength, and stability.

January is about building a foundation that actually lasts — through preventive care, sustainable movement, and small choices that compound over time.

In this issue:

- **Body Balance, explained** — what it is and why it matters
- **January wellness events** you can jump into right away
- **Friday Wellness Seminar Series** (45-min virtual sessions)
- **All-Offices Virtual Walk Challenge** — starts Jan 22, 2026
- **Virtual Holistic Wellness Seminar** - Jan 28, 2026- with Dr. Philip Kimsey
- **Recipe of the Month** — simple fuel for real energy
- **Plus:** reminders, ways to participate, and how to stay in the loop

So take a breath, take it one step at a time, and let's start 2026 with a body-first foundation that makes

*You don't need a perfect routine —
you need a body you listen to. Balance starts there.*



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Fuel & Flow Power Bowl

Body Balance: Reset. Restore. Rebuild.

When people hear “Body Balance,” they often think exercise plans, meal prep, or that one week they tried to wake up at 5 a.m.

But real body balance isn't about doing more — it's about **supporting how your body actually works.**

Your body is constantly communicating with you. Through energy levels. Focus. Sleep. Stress. Even those little aches that show up during long meetings. Body Balance is about learning to listen — and responding with care instead of pressure.

As we kick off 2026, January is our invitation to **reset without burnout**, restore what's been depleted, and rebuild habits that actually last.



What Body Balance Really Means

Body Balance isn't one thing — it's a relationship between several systems working together:

1. Stress & the Nervous System

When stress stays “on” too long, the body struggles to recover. Supporting balance means giving your nervous system moments to reset — through movement, rest, and breathing.

2. Movement That Supports You

Movement doesn't have to be intense to be effective. Walking, stretching, and gentle activity improve circulation, energy, and focus — without draining your reserves

3. Awareness Before Action

Preventive care matters. Knowing your numbers, donating blood, or checking in with your health gives you information — not judgment. Awareness helps you make informed choices, not perfect ones.

4. Fuel & Recovery

Balanced meals, hydration, and sleep are not “extras.” They're foundational. When your body is supported, everything else gets easier.

Why Small Habits Matter

Big overhauls don't stick. Small habits do.

- A short walk.
- An earlier bedtime.
- Drinking water before your second coffee.
- Showing up to one wellness session.

These choices may feel simple, but they compound over time — building energy, resilience, and consistency.

Your January Focus

This month isn't about fixing your body. It's about partnering with it.

Choose one or two habits that feel supportive — not overwhelming. Let January be the month you build a foundation strong enough to carry you through the rest of the year.

Takeaway:

When you support your body with awareness, movement, and care, balance becomes something you live — not something you chase.

John Drakulich

Reset. Restore. Rebuild. A Message from Our Leadership



Dear Colleagues,

As we begin the new year, it is the ideal time to embrace a "Reset" mindset focused on our fundamental health. Taking care of our physical well-being is not just a personal matter—it is the essential foundation for our collective success, resilience, and productivity throughout the year.

The "Restore" phase emphasizes that physical health is the key to managing stress and maintaining peak performance. I encourage you to prioritize simple, sustainable habits over drastic change. "Rebuild" your wellness by identifying one small, consistent action—whether it is improving sleep quality, incorporating mindful movement, or making conscious dietary choices. These minor, consistent efforts are what truly lead to long-term "Body Balance."

I strongly encourage everyone to engage with the January wellness opportunities, including the preventive care services and screening events. These resources reflect our company's commitment to supporting your health journey. By investing in ourselves now, we can ensure we are grounded, informed, and equipped to achieve our goals without experiencing burnout.

Best,

John Drakulich

President of PBM - Gainesville



TIPS & RESOURCES:

Supporting Body Balance at Work and Home

Take short movement breaks throughout the day to support circulation and reset focus. Even a few minutes counts.

Stay hydrated, especially during meeting-heavy days — steady sipping supports energy and concentration.

Prioritize sleep and recovery to help manage stress and maintain focus.

Choose movement that feels supportive, not exhausting. Consistency matters more than intensity.

Fuel your body regularly with balanced meals to avoid energy crashes.

Remember:

Small, consistent actions add up. When you support your body daily, balance becomes something you experience — not something you chase.

EVENT ANNOUNCEMENTS



Gainesville Blood Drive - Jan 07/26
Southfield Biometric Screening - Jan 13/26

All Locations & Remote

Virtual Walk Challenge - Jan 22/26
Your Foundation to Health Seminar -
with Dr. Philip Kimsey | Jan 28/26



EMPLOYEE PERKS – TICKETSATWORK:

Did you know your TicketsatWork benefit includes exclusive discounts to help support your Body Balance this year? There are lots of ways to make wellness part of your life outside the office. These offers are included as part of your employee benefits.

Explore deals on:

- Relaxing getaways and hotel stays
- Movie tickets, concerts, and local events
- Theme parks and attractions
- Retail gift cards and lifestyle savings
- TicketsatWork mobile app for on-the-go deals

Log in to TicketsatWork and start planning wellness that works for you!

TEAM COACHING GROUPS



Pillar #1 Body Balance

Friday Wellness Seminar Series

Join us each Friday in January for a 45-minute virtual wellness session focused on Body Balance. This structured series is designed to reinforce January's wellness initiatives through practical education, guided reflection, and one simple action you can apply right away.

January Session Topics:

- Jan 2: Reset Without Burnout
- Jan 9: Circulation, Energy & Vitality
- Jan 16: What Your Body Is Telling You
- Jan 23: Movement That Restores
- Jan 30: Integrating Body Balance

Join the FRI - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: Virtual Walk Challenge

Duration: January 22, 2026

Points Available: Participation Bonus: 1,000 points

Top Performers / Teams:

1st Place – 1,500 points

2nd Place – 1,000 points

3rd Place – 500 points

Team assignments will be communicated via email and GoPivot (picked at random)

Movement Goal:

- Encouraged benchmark: 5,000–7,000 steps per day
- Participants may exceed this goal at their own pace
- All movement counts toward participation

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 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 under resources or [Here](#)

HAPPY BIRTHDAY

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

BODY BALANCE

WORDSEARCH

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

BALANCE

RESET

RESTORE

MOVE

MOVEMENT

ENERGY

SLEEP

STRETCH

WATER

CIRCULATION

RECOVERY

AWARENESS

NOURISH

FOCUS

Fuel & Flow Power Bowl

When your body feels supported, everything flows a little easier. This Fuel & Flow Power Bowl is designed to deliver steady energy, support recovery, and keep you satisfied without feeling heavy — perfect for busy workdays or easy meal prep.

Ingredients: (Serves 2-3)

- 1 cup cooked quinoa or brown rice
- 1 cup roasted or grilled chicken, tofu, or chickpeas
- 1 cup roasted vegetables (sweet potatoes, broccoli, or zucchini)
- 1 cup fresh greens (spinach or mixed greens)
- ½ avocado, sliced
- 2 tbsp olive oil or tahini
- Lemon juice, salt, and pepper to taste
- Optional: pumpkin seeds or sunflower seeds for crunch



Instructions:

1. Cook quinoa or rice according to package directions.
2. Roast or grill your protein and vegetables until tender.
3. Assemble your bowl: start with grains, add greens, protein, and veggies.
4. Top with avocado, drizzle with olive oil or tahini, and finish with lemon juice.
5. Season to taste and enjoy immediately — or store for easy lunches.

Why We Love It:

This bowl delivers:

- Protein to support muscle and recovery
- Fiber to support digestion and steady energy
- Healthy fats to help you stay full and focused

It's flexible, nourishing, and easy to customize — exactly what Body Balance is all about.

Thank you for reading!

