

# Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

May 2026



MON, MAY 25, 2026  
**MEMORIAL DAY**  
 REMEMBER AND HONOR  
 ★ ★ ★ ★ ★

Hello May

*“Knowing your values is the beginning of wisdom. Living them is the beginning of integrity.”*

May is a gentle reminder that taking care of yourself isn't a luxury—it's the foundation for everything else you do. Between showing up at work, at home, and for everyone in between, it's easy to fall into the habit of putting yourself last.

This Women's Health Month, we're shifting the focus to life integration—supporting your energy, your health, and your routines in a way that actually works for your life (not against it). Think less pressure, more intention. Small choices, done consistently, that help you feel more like yourself—more energized, more present, and more supported in your day-to-day.

Inside, you'll find simple ways to reset, resources to support your well-being, and opportunities to connect—plus a few thoughtful extras to make life just a little easier (and sweeter). Because when you feel your best, everything else starts to fall into place.

### **In today's issue:**

- Women's Health Month: Life Integration Tips – Small habits that actually stick
- She Thrives Workshop (5/15) – Your reset for energy, hormones & burnout
- May Events & Challenges – What's happening across all locations + remote
- Employee Perk: Mother's Day Deal – Save big (and stress less) via Tickets at Work
- Team Coaching Groups – Support, connection, and real-life strategies

Here's to feeling balanced, supported, and maybe even a little more like your best self—one small shift at a time.

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## Women's Health: Honor Your Health, Sustain Your Life



May is Women's Health Month, but at Healthy By Choice, we see it as more than a date on the calendar. It is a reminder to move from pushing through to life integration—the practice of aligning your health with your responsibilities, goals, and daily rhythm. For working women, that means recognizing that your well-being is not separate from your productivity, leadership, or success.

### Why It Matters

The mental load of managing work, home, and relationships can quietly drain energy over time. Neuroscience shows that chronic stress keeps the brain and body in a heightened state of alert, which can affect focus, sleep, mood, and motivation. When you make space for recovery, you support the systems that help you think clearly, regulate emotion, and stay resilient.

### Hormones, Energy, and Stress

A woman's energy is not always linear, and that matters. Hormonal shifts across the month can influence attention, mood, and stamina, while ongoing stress can make even small demands feel heavier. The goal is not to do more, but to work with your body instead of against it.

- Schedule high-focus tasks for your highest-energy windows.
- Build in recovery time before exhaustion becomes burnout.
- Notice what drains you, not just what you can tolerate.

### Preventive Care

Preventive care is part of sustainable success. This month, make time for the essentials: an annual well-woman exam, breast health screening, and cardiovascular and metabolic checks. Taking care of your health now protects the energy, clarity, and stamina you need for everything else you carry.



### Burnout and Belonging

Women are often praised for being capable, but constant competence can become a trap when it comes at the cost of your values. Burnout is not always about doing too much; sometimes it is about doing too much of what feels misaligned. Connection, authenticity, and support are powerful buffers against stress and help restore a sense of balance.

**Reflect this month:** Does the way you are living match what you care about most? Understanding your values does not add to your plate — it helps you decide what truly belongs there.

# What She Knows

You cannot work your way to inner peace and satisfaction, give yourself grace in hard times but remember there are always reasons to be grateful, use neck cream every night and remember your final grade in life is measured by the impact that you have had on those you leave behind.

*Barbara Rambo*



Don't shrink yourself to make others comfortable. Everyone is different and deserves the right to be exactly who they are, no matter what. Just because someone doesn't like something about you does not mean you need to change yourself. Be who YOU are and be proud of YOU!

*Kasey Roberts*

It is impossible to know everything. Let life keep teaching you! Every experience can add perspective, knowledge, or strength. Perspective is everything. Stay open to learning, choose joy, and don't waste time worrying about opinions that don't belong to you.

*AIMEE CHAMBERLAIN KOBY*



Today I want to honor women, a precious and special creation of God. Women who love, who fight, who support, who care, and who, despite life's trials, continue moving forward with courage and faith. Your life has purpose, your voice has value, and your heart is a reflection of God's love. "Strength and honor are her clothing; she shall rejoice in time to come." — Proverbs 31:25 May this verse remind you that you are not defined by your difficulties, but by the strength, honor, and grace with which you walk each day. Keep moving forward with confidence, because your future is in God's hands.

*Stephanie Nieves Rivera*

God is with us everywhere we go. He is our strength and refuge. We shall not fear foe we have the lord with us in everything we do and everywhere we go.

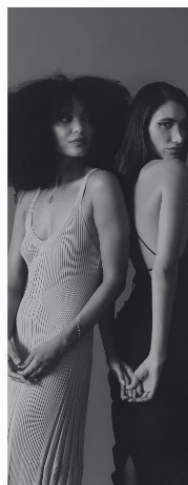
*Jamie Loggins*



The older you get, the more those clichés about "living in the moment" start to feel true. You'll never have the perfect amount of money, time, or confidence. So wear the dress, take the trip, write the book — live your best life now.

This is the advice I give myself, and it's what I've learned on this journey called life: take care of your inner voice as much as you take care of others. Sometimes we learn to be strong for everyone else, but we forget to be compassionate with ourselves. Being strong isn't about enduring everything; it's about knowing when to stop, when to say no, when to ask for help, and very importantly when to prioritize yourself without guilt.

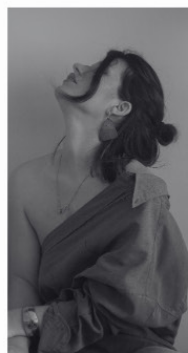
*Lyabel Rivera*



Healing is not always instant it is often built through daily choices. As women, we carry careers, families, responsibilities, and sometimes silent battles. I've learned that wellness is not just about weight or appearance. It is about peace, discipline, movement, rest, faith, and giving yourself permission to start again. My journey has taught me that small consistent steps matter: drinking more water, choosing nourishing foods, moving my body, protecting my peace, and trusting God through every season good or bad. You do not need to have everything figured out to begin. Start where you are. Progress creates confidence.

*Lisa-Renee' Halliburton*

You're not too much, you're are exact!



Taking care of myself is also a way of loving others

# Women's Health and Sustainable Energy

Why fatigue in women deserves a closer look

Women are often expected to keep going no matter what. Work deadlines, family responsibilities, mental load, and community roles can all make exhaustion feel normal. But persistent fatigue is not just a sign of being busy. Research in women's health shows that hormonal shifts across the menstrual cycle, perimenopause, and menopause can affect energy, sleep, mood, focus, and stamina. For many women, what looks like "low energy" is actually the body asking for support.

Professor Amanda Sferruzzi-Perri of the University of Cambridge has explained that hormonal changes in women influence more than reproduction; they affect the immune, metabolic, cardiovascular, and respiratory systems as well. That means energy is not only about rest — it is also about how well the body is functioning as a whole. When these systems are out of balance, women may feel foggy, flat, overstretched, or unusually tired even when they are doing everything "right."

"Hormonal changes influence more than reproduction; they affect the whole body." — Professor Amanda Sferruzzi-Perri, University of Cambridge

At Brigham and Women's Hospital, Hadine Joffe, MD, MSc, has studied the connections between menopause, sleep disruption, and



cardiometabolic health. Her work highlights a key point: women's fatigue is often rooted in measurable biological change, not just stress, attitude, or workload. Clinical reviews of hormone-related fatigue point in the same direction, showing that persistent exhaustion should be taken seriously and evaluated rather than brushed aside.

"Women's fatigue is often not a motivation problem — it is a physiology problem." — Research summarized by Parsley Health

For working women, sustainable energy means creating conditions that help the body recover and regulate. That includes consistent sleep, nourishing meals, movement that supports rather than drains, stress management, and preventive care. It also means noticing when fatigue becomes persistent, since issues like iron deficiency, thyroid imbalance, blood sugar concerns, or hormone-related changes may need medical attention. Sustainable energy is not about doing more with less — it is about giving the body what it needs to keep going well.

Women's health is not separate from women's success. When women support hormonal health and address fatigue early, they protect the energy that sustains their work, their relationships, and their lives.





## TIPS & RESOURCES:

**Life integration:** This Women's Health Month, focus on small habits that fit into your real life—not a highlight reel:

- **Move your way:** Skip the pressure—walks, stretching, or a quick workout all count. Consistency wins.
- **Check in with yourself:** Mental health matters. Even 5 minutes to reset (journaling, breathing, quiet time) can go a long way.
- **Don't skip the basics:** Annual checkups, screenings, and knowing your numbers = long-term wins.
- **Fuel smarter, not stricter:** Think balanced meals, hydration, and not skipping lunch (yes, really).

Need a starting point?

- Office on Women's Health
- American Heart Association
- National Alliance on Mental Illness

Because taking care of yourself shouldn't feel like another full-time job.



## EMPLOYEE PERKS – TICKETSATWORK:

### Mother's Day just got easier (and cheaper)

Treat Mom (or honestly, anyone deserving) without overthinking it. 1-800-Flowers.com is serving up up to 25% off select bouquets + 20% off everything else—yes, everything. Just use code **PERKSPICK** at checkout.

Find this deal on [Tickets at Work](#) and score everything from stunning flowers to gourmet baskets, chocolates, and personalized gifts—all in one place. Bonus: same-day delivery saves the day for last-minute planners.

The kicker: If it doesn't wow, their 100% Smile Guarantee means they'll make it right—refund, redelivery, or replacement.

Go ahead, earn those favorite-child points.

## EVENT ANNOUNCEMENTS



### All Locations & Remote

- Women's Health Month — All May
- HBC Newsletter, **5/5**
- Who's Your Mama? Challenge **5/4 – 5/8**
- GoPivot Mini Challenge — Balance Reset **5/11 – 5/15**
- HBC Workshop | She Thrives (virtual) **5/15**

## TEAM COACHING GROUPS



### Pillar #5 Life Integration

#### She Thrives: Women's Health, Energy & Life Integration

Your May reset, made simple. This HBC workshop breaks down women's health—from hormones and energy cycles to burnout and preventive care—plus how to build routines that actually work with your body.

Walk away with a quick personal health audit and one easy habit you can start right away.

**Join FRI Apr 18 - 1:15 PM Session**



## WELLNESS CHALLENGES

**Mini-Challenge:** The Balance Reset — 5 Days to Realign

**Duration:** May 11–15

**Points Available:** 250 points per day | 1,250 total

Take 2–5 minutes each day to reflect on your core values and how they're showing up — or being squeezed out — in daily life. No pressure. No judgment. Just honest awareness.

### Daily Prompts

#### Day 1 — Honor (Hormonal Health & Energy)

What does your energy actually feel like this week — and what does your body need most right now?

#### Day 2 — Protect (Preventive Health)

Is there a screening, checkup, or health appointment you've been putting off? What would it mean to prioritize it this month?

#### Day 3 — Restore (Mental Health & Burnout)

Where are you carrying more than your share? What is one thing you could release, delegate, or simplify this week?

#### Day 4 — Align (Life Integration)

What is one small boundary or habit that would help you feel more whole — not just more productive?

#### Day 5 — Commit (Sustainable Wellbeing)

What is one woman's health habit — physical, mental, or preventive — you want to carry into June and beyond?

*Women don't thrive in silence — they thrive when supported*

## 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 May birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

# LIFE INTEGRATION

## WORDSEARCH

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

ENERGY • BALANCE • STRESS • RESET • HORMONES •  
MINDFULNESS • SLEEP • HEALTH • NUTRITION • BURNOUT •  
MOVEMENT • LIFE • SELFCARE • CHECK • FOCUS • ROUTINE

# Glow-Up Salmon Power Bowl

*Equal parts pretty and powerful, this bowl is loaded with hormone-loving nutrients to keep energy steady and moods balanced—no crash, no chaos.*

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

- 2 cups arugula or baby spinach
- 1 cup cooked quinoa
- 1 avocado, sliced
- 4 oz grilled or smoked salmon
- 2 eggs (jammy or poached)
- 1/4 cup sliced almonds (lightly toasted)
- 1/4 cup cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Optional: edible flowers or feta for extra flair

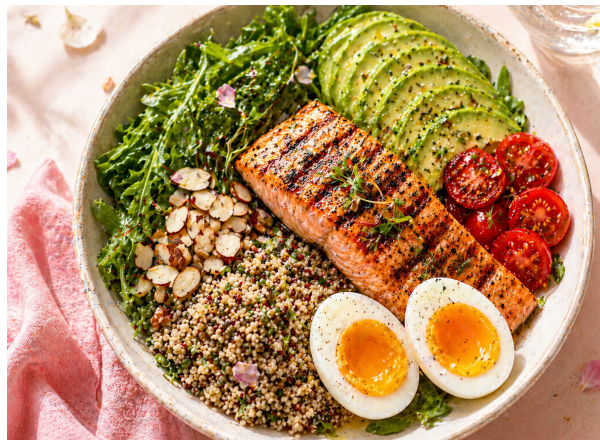
### **Why it's a glow-up:**

**Salmon + eggs:** protein + omega-3s for hormone support

**Avocado + almonds:** healthy fats for sustained energy

**Greens + quinoa:** fiber for gut + estrogen balance

**Bottom line:** She's cute, she's balanced, and she understood the assignment.



## **Instructions:**

### **1. Grill the salmon (the star move):**

- a. Pat salmon dry and rub with olive oil, salt, pepper, and a pinch of garlic powder.
- b. Heat grill (or grill pan) to medium-high.
- c. Place salmon skin-side down and cook ~4–5 minutes.
- d. Flip carefully and cook another 2–4 minutes until flaky and just opaque in the center.
- e. Finish with a squeeze of lemon.

### **2. Cook the eggs:**

- a. Soft boil (6–7 minutes) or poach—your call.

### **3. Build your bowl:**

- a. Layer greens + quinoa, then add salmon, avocado, eggs, and tomatoes.

### **4. Add the glow:**

- a. Sprinkle toasted almonds on top and drizzle with olive oil + lemon juice.

*Thank you for reading!*

