

April 2022

*Passionately Living for Health*

## Changed Habits - Changed Life

---



Life and change are synonymous with either increase or decrease in that we all experience transformation in our lives in some form or another. How are you changing on your Wellness journey? What steps have you taken showing your mindfulness toward improving your overall health? One of the biggest struggles I've noticed from many sessions with clients, workshop attendees, and general feedback from those interested in improving their overall Wellness is their willingness to change. It's not that we just want good health, but what good health gives us, which is freedom to do those things we love to enjoy such as walking in the park, spending time with family, exercising, going on vacations, and simply having the ability to experience those moments of joy often reflected upon with such lightheartedness.

How many times a day do you check your texts, email on your phone, wander on Facebook or check Instagram? Yes, I know, me too. Did you actively think, "it's time to check social media" or did it happen without much conscious effort? The steps below will provide three major steps to making habit-forming changes to improve your overall health.

**Step 1:** Think about a habit you desire to change as the below items will help with the description.

- Identify an unhealthy habit you would like to

---

## In This Issue

---

Changed Habits - Changed Life

Food Focus | Sprouts

---

## Testimonies

---

My blood pressure was 104/74. This time last year, it was nearly 200/100 and something. Granted, I'm on a very low dose of blood pressure medicine but I still have to do my part to manage it. If everything continues as it is, my next wellness check-in is 3 to 6 months as we are going to put a plan in place to discharge my blood pressure and thyroid medicine. Having a healthy blood pressure not only speaks to my physical health but that I'm finding better ways to handle my stress rather than internalizing it or binge-eating through it. Thank you, Father God in Heaven.  
~ Amy K.

I would recommend my coach to everyone as he has helped me with my physical health, but also my spiritual health and specifically my anxiety.

- change
- When did the habit begin?
- Has the habit improved over time?
- What time of day does the habit occur?
- Is there a specific location the unhealthy habit occurs?
- Is there a specific time the unhealthy habit occurs?
- Does your habit affect other people now or in the future?
- What does the habit do for you?
- What are the rewards (or consequences)?

**Step 2:** You need to understand how the unhealthy habit operates by recognizing it's cue, routine, and reward as this will help gain power over the habit to begin making changes you seek.

- What is the habit?
- What is the cue (or trigger)?
- What is the routine?
- What is the reward?

**Step 3:** Because a habit is a formula we unconsciously follow, we need to re-engineer or re-wire a new habit loop by thinking of a healthy routine by changing our behavioral patterns as the goal is to establish a positive association with putting the habit into practice. Take the time now and develop a new habit and write a new one to replace the old one in step two.

- What is the habit?
- What is the cue (or trigger)?
- What is the routine?
- What is the reward?

**Action:** If you are willing, please send me an email at [Larry.Wetnight@MajorWellness.com](mailto:Larry.Wetnight@MajorWellness.com) regarding the new habit you have formed that will have a positive impact on your overall health as I look forward to your inspiration.

---

*The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; You shall be like a watered garden, and like a spring of water, whose waters do not fail.*

~ Isaiah 58:11

---

### Free Breakthrough Session

The most significant overall change I have noticed has been feeling better about my health as I'm feeling stronger everyday as I know this is just the beginning.  
~ Rebecca H.

### **Workshops - Webinars**

*Can learn something every time - too much sugar!*  
~ Nancy S.

*Friendliness of presenter - simple presentation on layman's language.*  
~ Terre H.

*I had not realized stress or my mood has a big part in the foods I eat.*  
~ Peggy E.

*Enjoyed everything in general - very good program and presentation. Bags of sugar made "paint".*  
~ Jean D.

*Presentation is appealing, vibrant, enthusiastic, entertaining, and friendly.*  
~ Pat C.

*A good coach wins games; a great one changes lives. Thanks for investing in my life-changing wellness journey.*  
~ Amy K.

---

We are what we repeatedly do. Excellence, then, is not an act, but a habit.  
~ Aristotle

---

### **Events**

Major Wellness will be at the **Terre Haute, Indiana convention center, April 9th from 10:00 - 1:00 PM**



I want you to experience the transformation I did and that is why I'm offering a **Free Breakthrough** session to understand your health concerns and how Major Wellness can support you in **removing stress, increase energy, and lose weight.**

Call, email, or text if you're **serious** about improving your **health** and let's make a plan together.

Schedule your **FREE** breakthrough session [here](#) as the first step on your journey to Health and Wellness.



**EST**, as one of the event participants.

**Gifts** ~ We will be raffling off a **gift basket** filled with all kinds of **healthy goodies** every hour. What's the catch? Stop by and say hi and place your ticket in the basket to be drawn. That's it. So, come on out and support the Terre Haute Convention center as attendance is **FREE**.

## Webinar

Major Wellness will be presenting **Making Healthy Choices For Your Body And Mind** in co-sponsorship with MDwise, a health care provider via Zoom on April 19th, 12:00 PM EST. This event is **FREE** with the registration link [here](#). "See" you there!.

## Food Focus: Sprouts

In the spring season, seeds flaunt their vitality and energy by sprouting. Sprouts of all varieties contain the building blocks of life in the form of vitamins, enzymes, amino acids and simple sugars. In their early growth state, sprouts are very easy to digest, allowing our bodies to access many wonderful nutrients. Recent research by the American Cancer Society has backed what holistic nutrition has known for years: that sprouts contain anti-cancer properties, high levels of active antioxidants, concentrated amounts of phytochemicals and significant amounts of vitamins A, C and D.

In their raw form, sprouts have a cooling effect on the body, and therefore are best consumed in warm weather or by robust, warm body types. Those who tend to feel cool can try steaming sprouts or adding them to

### Recipe of the Month: Quinoa Pilaf



warm dishes such as stir-fries and soups, to reduce the cooling effect. There is a wide variety of edible and delicious sprouts, each with a different texture and flavor: alfalfa, mung bean, lentil, radish, clover, sunflower, broccoli, garbanzo and adzuki.

Here are some great ways to serve up sprouts:

- Add to salads.
- Combine with other vegetables in wraps, roll-ups or stir-fries.
- Use as garnish on top of soups, stews, omelets or scrambled eggs.
- Add to rice or whole-grain dishes.
- Use in sandwiches instead of lettuce.

Spring has arrived! Eat sprouts and feel alive!

---

## Newsletter Sponsor Section

### **Family Fitness Zone**

- Family friendly exercise facility
- Location | 1308 N. Michigan Ave

Marshall, IL 62441

- Ph | (217) 826-3508
- FB page [here](#) | Web-Site [here](#)

### **Marshall Library**

- Robust library offering books, CDs, DVDs, internet PCs, meeting rooms, and various office services.
- Location | 612 Archer Ave

Marshall, IL 62441

- Ph | (217) 826-2535
- FB Page [here](#) | Web-Site [here](#)

### **Cloud None Salon**

- Hair salon for all ages offering cuts, color, perms, waxing, and hair treatments.
- Location | 418 Archer Ave

Marshall, IL 62441

- Ph | (217) 826-5491
- FB Page [here](#)

---

## References

(1) The Learning Center (2016). [learningcenter.unc.edu](http://learningcenter.unc.edu) *University of North Carolina at Chapel Hill*.

<https://learningcenter.unc.edu/tips-and-tools/changing-habits>

(2) Rosenthal, Joseph. *Integrative Nutrition: Feed Your Hunger for Health and Happiness*. New York. Integrative Nutrition Publishing, 2008. Print

Prep Time: 3 minutes  
Cook Time: 5 minutes  
Yield: 4 servings

### **Ingredients:**

1 zucchini  
1 summer squash  
1 package mixed crunchy sprouts (lentil, adzuki, mung, garbanzo)  
3 tablespoons of freshly chopped tarragon  
1 tablespoon of ghee (clarified butter) or butter  
4 lemon wedges  
salt to taste

### **Directions:**

1. Slice zucchini and summer squash in discs about 1/4 inch thick. Steam with sprouts for about 5 minutes or until desired tenderness.
2. Toss with tarragon, ghee and salt in bowl.
3. Serve with lemon wedge.

*Note: Try fresh herbs like parsley, dill, cilantro or mint for a totally different taste.*

## Forward to a Friend

It's such a pleasure to help those closest to us become **happier** and **healthier**.

Please forward this newsletter to **friends, family members** or **colleagues** who might be interested and **inspired** by it.



Get a **FREE MONTH** of HP Instant Ink when you enroll through the monthly subscription [here](#).

---

[www.MajorWellness.com](http://www.MajorWellness.com)

