

January 2022 Newsletter

“From Maria’s Desk”

January Foods to Eat

This is the month to eat warming & moisturizing foods! Load up your fridge and pantry with carrots, celery, squash, garlic, chicken, spinach, beans, black tea and barley and start making soups, stews, pots of tea, and warm salads.



January Books to Read

This is a wonderful time of year to read books which inspire and enlighten! My recommendations are:

- 1) **Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person** by Shonda Rhimes
- 2) **Atomic Habits** by James Clear
- 3) **30 Summers More** by Dwayne Clark



Welcome in the Year of You!

Are you as happy as I am to say goodbye to 2021?

I have been so excited to welcome 2022 that I purchased my planner for the year back in September! I get the same feeling at the beginning of a new year as I used to when I was a student and school started in September. It is a new slate, a clean chalkboard, and a great chance to start over. When I put my holiday decorations away, I move the furniture around, clear out clutter, get my office supplies, exercise equipment and winter sweaters organized, decorate with cozy white throws and white candles, and stock my pantry with seasonal teas and healthy snacks. My intention is to make this the **YEAR of YOU** for each of every one of my students and clients. Whatever I may do to support you in living your healthiest life, I invite you to join me on this wonderful journey! Whether you need encouragement to eat better, a cheerleader to push you to put fitness on the top of your personal to-do list, or a friend to support you through a health project, please know I am here for you every step of the way!

Wishing you a year of great health! ~ Maria



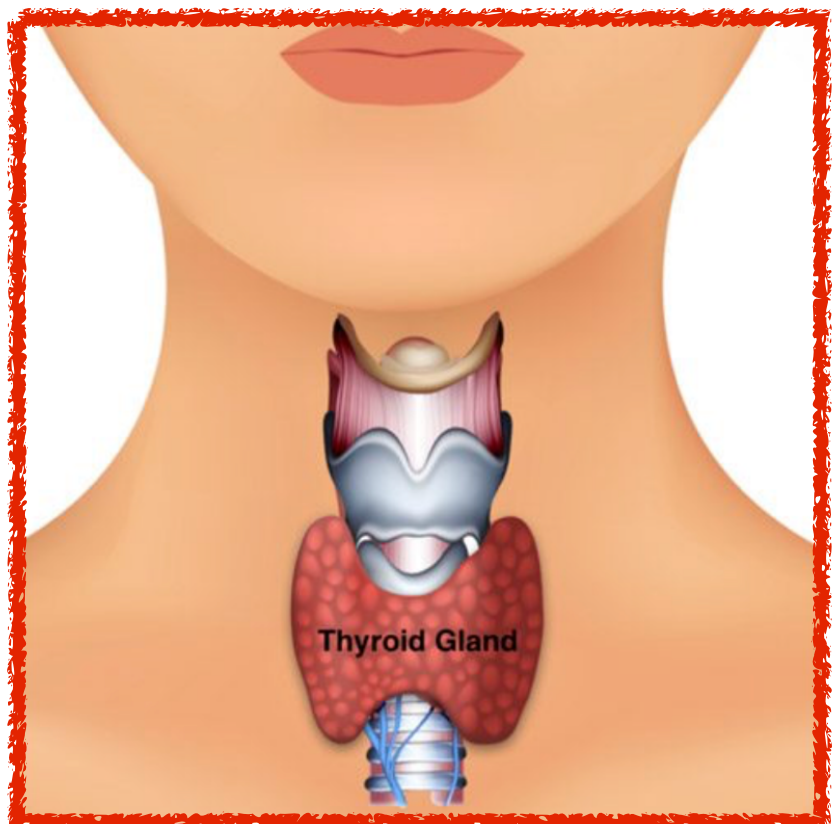
January TO DO List

Kick off the new year by refreshing, renewing and recharging! Try to fit in as many things on this list as possible to make the first month of the year one that will set you up for 12 months of living your best life!

- 1) **EMPTY your FRIDGE**, scrub it clean and fill it with citrus fruits, avocados, jars of nuts for snacking, and pomegranate juice.
- 2) **Create a "COLD & FLU" Kit** and load it with the essentials for surviving anything that may come your way. Honey, VICKS, Echinacea Tea, Ginger Drops, Epsom Salts, a thermometer & COVID rapid tests.
- 3) **Eat for THYROID Health!** Come to as many Qi Gong classes as you can this month to get my nutritional recs for the month.
Hint: Vitamin B!

What We Will Be Working on Together This Month

- 1) It's **"Thyroid Awareness Month"** so I will be bringing you health tips and nutritional recommendations to support the health of your thyroid.
- 2) **Qi Gong** Routines for **Winter Survival** to keep you strong and healthy!
- 3) **Eating for the season!** I will be giving you recommendations this month for the best foods to eat to give your body a boost this season.



Qi Gong with Maria - January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 5:00pm	4 12:00pm	5 7:30am Weight Loss	6 12:00pm	7 7:30am	8 NO CLASS	9 NO CLASS
10 5:00pm	11 12:00pm	12 7:30am Weight Loss	13 12:00pm	14 7:30am	15 NO CLASS	16 NO CLASS
17 5:00pm	18 12:00pm	19 7:30am Weight Loss	20 12:00pm	21 7:30am	22 NO CLASS	23 NO CLASS
24 5:00pm	25 12:00pm	26 7:30am Weight Loss	27 12:00pm	28 7:30am	29 NO CLASS	30 NO CLASS
31 5:00pm						

2022 is the YEAR of YOU!

Make your health a priority...one class at a time

SPECIAL OFFER for the year of 2022!

\$125

"Year of You"

Special Monthly Package
(includes unlimited Qi Gong
classes plus a 1-hour
health/nutritional session
with Maria)



You can purchase a one-hour, private Health Coaching Session with me for only \$45! This is a 40% discount from the regular rate. I want to make my health and nutrition counseling services accessible, available and affordable for my regular and loyal students. This price is a special one for my MONTHLY MEMBERS only. You can become a MONTHLY MEMBER by **purchasing an UNLIMITED CLASS PASS for one month for \$125 which includes:**

- 1) One month of Unlimited Online Qi Gong Classes (priced at \$80) and
- 2) A private, online, 1-on-1, one hour, customized Health Coaching Session with me over Zoom.

Contact me to get this special offer! Let's work together on your health.