

# Flour·ish

fləʀiSH/  
verb

verb: **flourish**; 3rd person present: **flourishes**; past tense: **flourished**; past participle: **flourished**; gerund or present participle: **flourishing**

1.

(of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

Health and wellness can seem *overwhelming, contradictory, confusing and complicated*. My mission is to make it as easy and simple as possible. I want everyone to be able to be the best version of themselves, at all times, and realize how easily achievable this can be through **4 weekly goals**.

---

## Mental

### *Love yourself enough to stop hurting yourself*

Living a healthy lifestyle is not rocket science and more times than not you know exactly what you could do to improve your wellbeing.

**Pick three things** you know you could improve upon or change and when they come up during the week make the right choice.

See this choice as **a way to love yourself**. When we make poor health and wellness choices it may feel good in the moment but they always end up bringing hurt into our lives later on. *Love yourself enough to stop hurting yourself*.

---

## Internal

### *Olive Oil - earths natural ibuprofen*

Fun fact about olive oil! **The guy who formulated Ibuprofen**, better known as Advil - the popular anti-inflammatory (NSAID), over the counter pain medication, **was an olive oil connoisseur**. One day when he tasted his pill in powder form, he noticed a peppery bite similar to that of a good olive oil. This taste was no coincidence.

Early harvest olive oil that has not been heated or exposed to air or sun, contains a substance known as oleocanthal. This substance has been thoroughly researched and proven to exhibit the same anti-inflammatory power as ibuprofen. Pretty cool, huh! This is another reason to believe Mother Nature has provided us with everything we need to live our best, most healthy and happy lives.

---

## Physical

### *Bird Dog*



The “core” muscle group refers to the muscles of your torso and hips. These muscles are super important for stabilizing your spine while you go through your daily activities. Having a weak core may result in a plethora of injuries. Use this exercise to strengthen your core and learn how to activate it properly!

How to:

1. Get into a hands and knees position with hands directly under shoulders, and knees directly under hips - use a partner to help make sure you are positioned correctly.
  2. Tighten your abdominal muscles (imagine someone is about to punch you in the stomach) which will result in a flat back with no curve especially in the lower back.
  3. Extend the opposite arm and leg. Imagine you are reaching your hand and foot as far away from each other as possible.
  4. Hold for 5 seconds then switch sides. Try 10 of these daily.
- Make sure the back stays flat and your abdominals stay engaged
  - Make sure your hips stay square to the floor and do not rotate to one side
  - If a yard stick was placed on your back, it would not fall off

---

## Social

### *Acknowledge strangers*

Ever go on a walk and pass by people who don't acknowledge your presence, make eye contact, say “good morning” or even give a simple smile? **Maybe you are that person.** Why do we do this?

Ever go on a walk when the opposite happens and someone says “Good morning!” Or even smiles? Which scenario feels better? Definitely the latter. Humans are social beings, we like acknowledgement regardless if you say you're introverted or not. So this week acknowledge strangers and bring more love into this world.

---

Hope you enjoyed this week's Flourish! I will be writing one of these every Sunday evening to give simple advice to bring little doses of health and wellness into your life.

*With lots of love,*

Dr. Taylor Kunkle, PT, DPT