

Flour·ish

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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

Embrace progress over perfection

Everyday you make **at least one** step towards a goal you have.

Sure you may make a few decisions that aren't aligned with your idea of "perfection," but you're rarely going to have a day where that doesn't happen. You are human so your mood, your energy, your desires will change and impact the decision you make in each moment. Respect this part of being human and appreciate yourself for the progress you have made.

Little steps lead to big outcomes. You will be much happier applauding yourself for little victories rather than moping around over small slip ups.

Internal

How's your poo?

What goes in will eventually come out.

Pooping may be an uncomfortable topic for you, but believe it or not, **everyone poops**.

You should be passing a nice, solid, brown, comfortable bowel movement on a regular schedule anywhere from three times a day to three times a week based on how quick your digestive system moves everything along.

If your droppings aren't regular, or a pleasant experience, then there is most likely something going on with what you're putting into your body. Be weary of this in the week to come and if you are experiencing any funky fall outs you should definitely get to the bottom of it.

Physical

Frisbee

The most fun you can have for the least amount of money while getting a full body, cardio workout.

Steps:

1. Get a frisbee
2. Get at least one friend, or be bold and ask a stranger or strangers to play
3. Find a large field, park, beach etc.
4. Play!

You will have a blast running around with this plastic disc. At first it may be hard getting the hang of it so find a friend who knows how, or look up some youtube videos and that disc will be soaring in no time!

Exercise is not complicated. Being active is simple but in today's culture it seems like we all must be on some strict routine. Our bodies need movement and that's all. Have fun with it. Enjoy the fresh air and company and buy yourself a frisbee.

Social

Learn from other generations

Years on this planet = wisdom on how to succeed on this planet.

Appreciate the years other generations have put into this life and soak up everything you can from them. Spend a Sunday brunch with your Grandparents and pick their brains, enjoy listening to their stories and grab every bit of wisdom you can. If you think something you're going through is difficult realize someone ahead of you has already been through the same experience. Yes we will all live our own unique journey but it's nice to have some tips and tricks along the way.

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