

# 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**.

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## Mental

### *Separate yourself from adjectives*

You are you. You are not pretty, you are not ugly, you are not fat, you are not skinny, you are not smart, you are not stupid. You are you.

Separate yourself from the descriptions.

You are not bad, you are not good, you are not hardworking, you are not lazy, you are not successful, you are not a failure. You are you.

Spend time being **You** and appreciating who you are. We can be described *as any* adjective, at *any time*, by *anybody* but you are always You, the noun.

Stop letting the ever changing adjectives have any impact on who you are, just be You.

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## Internal

### *The 100 mile meal challenge*

Yes it is true, summer is winding down... sorry! I personally LOVE autumn so I'm not too upset about this buttt for those of you who are, you should take advantage of the abundance of yummy summer produce and try this challenge!

The 100 mile meal challenge is exactly what it sounds like, eat a meal with ingredients from no more than a 100 mile radius from where you live.

Why?

Most of the food you eat travels LONG distances to get to you and this obviously has a huge impact on the freshness of the food, which impacts the number of preservatives to give that food a longer shelf life, not to mention the taste.

Ever have a veggie or fruit picked right from a garden? Remember how much better that tasted than the one you bought in the grocery store? Shorter the distance = tastier and typically healthier.

Also, creating a meal with food produced or grown locally, supports your local farmers which keeps the money close to home and allows your communities economy to flourish.

Try just one meal this week and see how easy it can be. Maybe make it a weekly routine where you can change up the meal based on what is in season! Supporting local farmers, eating fresh, in season food is always a good idea.

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## Physical

*You don't need a routine, just move*

I feel like people get so caught up in getting into a fitness "routine," myself definitely included, and this just sets you up for expectations and failure. **You don't need a routine to workout.**

Being physical and moving your body is a necessary part of life. Your body is built to move. Yes, having a routine is great but life is not routine so if your life gets in the way of your routine, **don't let the lack of routine get in the way** of your health and wellness.

If you are stuck on how to get moving, *just do something*.

Take it day by day.

The internet is FULL of free workouts. If you have clothes and sneakers you are already set up for success to go for a walk or a run! If you don't have clothes (?) stay inside and do a youtube video workout... there are so so so so many. Stop making up more excuses and like our good ol' friends from Nike say, "Just do it."

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## Social

*Book Club*

I was recently venting to a new friend about how unexpectedly difficult it is adjusting to living in a new location and working full-time in regards to establishing a social life. In college it was easy, I was there for 6 years, constantly surrounded by classmates, roommates etc., having no social life wasn't an option.

Having a boy friend who works nights and weekends, I was getting into the rut of feeling lonely and bored and spending way too much time scrolling through useless social media which made me feel more bored and more lonely...

But! Now I have a new thing to help consume my time and allow my social life to... you guessed it... flourish!

Starting a book club with a group of friends is a super fun idea and you should 100% start it up right now. I am shocked that after starting this 2 weeks ago, my gals and I have completed our first book, *Sharp Objects* by Gillian Flynn. Not only have we been able to indulge in an incredible novel, but we have been able to connect more with each other about something new and exciting! (way better and healthier than gossip... ya know?)

Stop scrolling, stop the nasty gossips, support a brilliant writer and stimulate those brain cells :)

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

*With lots of love,*

Dr. Taylor Kunkle, PT, DPT