

# 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

*Yesterday was a lesson, today is a gift, tomorrow is a surprise*

Waking up this morning, regardless of the circumstances, was a **gift**. You have the opportunity to endure another adventure however you chose to. Yesterday is complete and you may take from it what you need, and **leave behind what you don't**. You have learned at least one lesson from yesterday so use it! Apply whatever you need to **make today better**.

Tomorrow is *completely unknown* so why leave your thoughts and desires in the future when you have no idea what the future entails? Why feel fearful of things that may or may not happen? Don't waste the perfect moment you're currently in on past regrets or future worries because they don't exist, **only right now exists**. If you know you have today, and the lessons from yesterday, put your full attention and energy into making your current situation as good as it can be.

We **don't** need to fill our lives with future *plans and past regrets*, we need to fill our lives with **optimizing** our current situation to the **fullest**. Our days are not infinite, your future is a surprise, 100% unpredictable so stop trying to predict it. Right now is completely under your control. Fulfill your current moment 100% of the time with whatever life brings to you today.

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## Internal

*Implement more fats from plants than animals for a healthier heart*

The American Heart Association concluded through a recent study that mono-unsaturated fats from plants, not animals, may reduce risk of death from heart disease and other causes.<sup>1</sup> The research used data from a 22 year follow up study on the correlation between diet, disease and death of 63,412 females and 29,966 males.<sup>1</sup>

### Study Highlights<sup>1</sup>

- Diets rich in mono-unsaturated fats from plants may lower the risk of death from heart disease and other causes.

- The largest reductions in the risk of death were found when healthy fats from plant sources replaced saturated fats, trans fats and refined carbohydrates

#### Mono-unsaturated fats examples

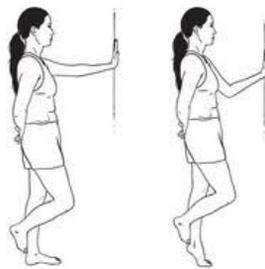
- **Plants (good)**
  - Olive oil
  - Other vegetable oils
  - Avocado
  - Nuts
  - Seeds
- **Animals (not good)**
  - Full-fat dairy
  - Eggs
  - Poultry
  - Red meat
  - Fish

1. American Heart Association. "Mono-unsaturated fats from plants, not animals may reduce risk of death from heart disease and other causes." ScienceDaily. ScienceDaily, 21 March 2018. <[www.sciencedaily.com/releases/2018/03/180321162252.htm](http://www.sciencedaily.com/releases/2018/03/180321162252.htm)>.

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## Physical

### Heel raise



The muscles in your calf are a crucial part of your your body to be able to balance efficiently. According to standardized muscle strength testing, one must be able to complete 20 single leg heel raises, in a row, for full strength in their calf.

Start with one foot elevated (as pictured). The foot on the ground that will perform the heel raise is flat. Lift your heel off of the ground then back down to complete one repetition. You may use your hands on a wall, counter etc. to help with balance.

This week try completing 30 of these daily. You may break it into 3 sets of 10 or 2 sets of 15 or maybe even complete the full 30 in a row. To challenge yourself even further try completing the exercise without holding on! If you attempt this make sure you are in a safe environment to catch yourself, if you do lose your balance.

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## Social

### *Accept everyone for who they are and where they are*

Everyone is living life to the best of their ability at any given moment. Never try to think you know how to live out their story better than they do because you don't have their finger print, you don't know their dreams, desires, struggles etc. No matter how close you get to someone or how well you think you know them, you will never know everything because most individuals struggle with knowing themselves.

This week, make a strong effort to approach everyone with love, no judgments or expectations. Love is the purest form of acceptance and respect for one another. Love is accepting a power greater than yourself is in control of everything around you and allowing yourself and others to just live. The world would be a much happier place if every person could master this skill.

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Hope you enjoyed this week's Flourish! I will be writing one of these up 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*