

THRIVING

gratitude is the attitude

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Need **Stress Relief?** Need **Pain Reduction?** For These and More, Massage Therapy is the Answer

Happy November, Thrivers! You are 30 days into your 90-day New Year plan, and now's a great time for a check in. It's a good practice to ask yourself a few questions when doing an inventory of the past month. Was I consistent with my new routine? Did I enjoy my new routine? Have I seen a positive change? If the answer is yes to all three, keep up the good work. You are 30 days closer to your New Year goal! Take the time to celebrate and be proud of yourself.

If you find you are struggling with your new routine and do not find it beneficial, then it's time to change it up. The holiday season can be a stressful one if you don't prioritize yourself. If you are looking for something to help balance your stress levels and overall mental health, Massage Therapy may be the answer for you. It is just about common knowledge that a massage can help with physical aches and pains. **What is not as widely known is that massage can help with many aspects of your mental health.**

The Mayo Clinic, one of the most trusted medical sources, says massage therapy is considered part of integrative medicine and increasingly being offered for a wide range of medical conditions and situations.

BENEFITS OF MASSAGE THERAPY CAN INCLUDE

Reducing stress
and increasing
relaxation

Reducing pain, plus
muscle soreness
and tension

Improving
circulation energy
and alertness

Lowering heart
rate and blood
pressure

Improving
immune
function

There are several different modalities and techniques that massage therapists use to help with your self care—otherwise known as your healthcare! Relaxation can be achieved easily with traditional Swedish massage, and Deep Tissue and PNF (Proprioceptive Neuromuscular Facilitation) are used when you are looking for more physical improvements. PNF is a stretching technique used to increase range of motion and flexibility.

If you'd like the benefits of massage therapy and need guidance in choosing which modality is best for you, come see our highly-trained massage therapists at Thrive. We are here to create the perfect session for the healing you need.

Cardio, Crunches or Curls?

Cardio

On the path to overall physical fitness, should you focus on cardio, crunches, or curls? At Thrive, we are often asked what is the best, quickest, easiest, etc. way to get fit? The short answer is... It's complicated.

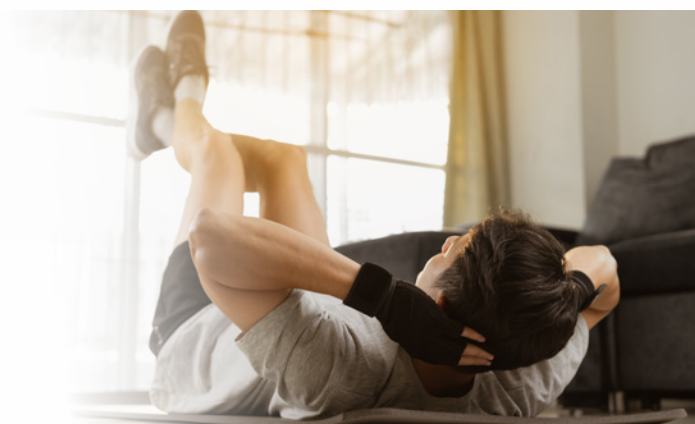
No one will argue that distance runners are amazing athletes with impressive cardiac capacity. But the time investment to attain a distance runner's low PBF (percent body fat) is out of the question for the average person—not to mention the impact forces that high mileage places on the joints.

Crunches

Having strong and stable core muscles is a key component to a healthy spine. In the quest for better looking abs, people will often perform copious numbers of crunches, neglecting the importance of the diaphragm and functional breathing patterns. Another roadblock to getting that six-pack is nutrition. When a person ingests too many calories, the abs are going to be hidden by adipose tissue. Basically, you can't out-crunch your kitchen.

Curls

So is the answer swinging around dumbbells? Well, sort of. Studies show that strength training is a way to maintain bone and muscle mass, but that doesn't translate to needing to pick up giant barbells or flip tractor tires. Resistance training for strength improvements can be attained by using your body weight, cables or therapy bands when the heavy metal options are just too much. At Thrive Proactive Health, we have a fantastic Restorative Fitness team that will assess your current fitness level and help you chart your own road to fitness!



Self Compassion in a Time of Healing

The approach of the winter months is a time of the “Yin Qi rising,” a time to turn a little more inward and reserve our energies. Physical and mental rest need to be the priority for us all. We have collectively been in a state of survival mode during these uncertain times, but now is the time for us to move beyond this fear mentality and a state of heightened nervous system.

Gratitude is key during these difficult times. In this month of Thanksgiving, appreciation for the present moment may help us persevere. Appreciate what you have and try not to focus on what you don't have. Compassion in this world starts with ourselves. It's time to go easier on ourselves and design our reality to be a bit more tolerable.

Give yourself permission to do less than what you can possibly do in a day, permission to slow down and to play—just to play—without any end goal in mind. We need to once again allow time in life for the spontaneous to happen.

Acupuncture can be a tremendously helpful and gentle way to reset the autonomic nervous system, permit greater self-realization and recognize belief systems and habits that may no longer be beneficial. It can mediate a deep sense of relaxation and grounding to the Yin energies that are necessary to heal.



Awaken to the Energy and Learn to Use It

I was on the treadmill at the gym this morning. My heart rate was 152 and the trainer told us to push harder for the last 60 seconds... Because anything you want in life, you have to work hard for. Although this may be true for strengthening your heart or increasing your muscle strength, it is not the truth for anything else you want to accomplish in life.

Our culture teaches hard work is how you get anywhere in life, when in fact, the opposite is true. When we are relaxed and in an aligned state, life flows with very little effort.

It's all energy... YOU are energy. You don't have energy flowing through you; you are the energy that has a mind and a body. You are infinite, magnificent and capable of achieving anything you can dream.

Alignment happens when you awaken to the fact that you are the energy and you learn to use the mind to serve that energy. The result is you awaken parts of your consciousness that have not previously been awake. You start living in your body more and in your head less. And the natural by-product of that is healing, happiness and an easy, fun life! Your life is flowing in direct reflection to how YOU, the energy being, is flowing.

If you want to know more, book an energy session with me. Together, we'll get your energy flowing so you can start realizing your dreams.

What Are You Thankful For Today?

Dante Leone • DPT, OCS, DipACLM, CSCS • Physical Therapy Clinical Director

The holiday season is here. A time for celebration, spending time with family and friends, and enjoying some of your favorite foods. However, it can also be a time of high stress, busy schedules, trying to live up to unrealistic expectations, and balancing people's different personalities and perspectives.

This year, let's keep the holidays fun and enjoyable by appreciating and giving thanks for all the good that we have in our lives. I challenge you to write down one thing each day of the month that you appreciate or are thankful for. This will help you manage the stress of the holidays, and keep your mind focused on the things that truly matter in your life. Then on Thanksgiving, as you gather at the table with family and friends, share your list. Better yet, challenge your loved ones to do the same. You'll be amazed at how such a simple challenge like this can strengthen the love and bond in your relationships, and make for an amazing holiday season.

Remember, on Thanksgiving Day, which falls on the 24th this year, share your list with those loved ones you are privileged to spend the day with.

Happy holidays from all of us at Thrive!

Today, I am thankful for... Or Today, I appreciate...

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Surround Yourself With the People and Places That Fill You Up

As the holiday season rolls in, it is important we take time to slow down, connect and reflect with the ones we love. This holiday season, let's remember that much of the feeding and fueling of our bodies and souls is done through gratitude and thanksgiving, and that enjoying love, laughter, and connection is just as important as the food on our plate.

That said, there will be lots of holiday foods that challenge your commitment to making healthy choices. But don't feel like you have to avoid the special treats, cocktails, and social get-togethers in order to succeed in reaching your wellness goals. You can still sustain your healthy lifestyle and find balance by setting boundaries.

I came up with this list to help you get through the season without veering off course completely.

1

First and foremost, don't bite off more than you can handle. Don't overbook yourself with holiday parties and get togethers. It's okay to say no; your mental health is more important than anything else.

2

Second, stick to your normal routine as best you can to continue with consistency. This is always key to keeping your stress levels down during an already stressful season.

3

Start your day on a positive note. This could be a walk, some yoga, prayer, meditation, or a well-balanced breakfast with someone you love. You choose what that means for you, and this will help you to be more calm throughout the day and make better choices.

4

Bring a healthy dish or appetizer to share at your holiday neighborhood party, work party, or family gathering. This will give you something to feel good snacking on or eating at a meal.

5

Have an accountability partner or coach to help you from derailing from your normal routine. We do life better with others, so keep those who are supportive of your lifestyle and overall wellness close during this time. It could be as simple as a walking partner who holds you accountable to the daily task or the friend who reminds you to drink water in between the cocktails. We all need those helpful reminders.

6

Focus on more than the food at holiday celebrations. Holidays are about family and friends. They are about the love that we share and the memories we make, not the food that we eat. Be in the moment and take in the time with people you love. Make those forever memories.

7

Avoid blood sugar crashes. Make sure you are eating well-balanced meals outside of the holiday parties, always keep healthy snacks on hand, and sometimes it's a good idea to eat one of those healthy snacks before you walk into a holiday party. This will help you from over indulging when you get to the party and can stop your blood sugar from going on a wild ride. Choose wisely at the party to make a well-balanced plate, including high quality protein and healthy fats to reduce extra carb cravings. And the veggies are key to help you stay full and balanced.

8

If you are going out to a holiday party at a restaurant, peek at the menu before you go. This will help you to make a better food choice at ordering time.

9

If you are going to be drinking some holiday cocktails, do your best to limit fructose (extra sugar). Your liver is already on overload, metabolizing the alcohol, so try to avoid the excess sugary mixtures. Also, choose pure alcohol that is clear such as tequila or vodka with soda. You can squeeze some citrus in it to add a bit more flavor. Dark alcohol has congeners in them, which can contribute to broken capillaries and hangovers. Have fun, but choose wisely.

10

If you overindulge and have too much holiday fun, it's not the end of the world. Give yourself grace and get back to your routine the next day.

11

Lastly, stay hydrated, get good rest, and remember to sweat the bad stuff out if you do "over indulge" at a party.

Most importantly, remember to enjoy yourself. Don't feel bad about letting your hair down and having some fun. Let go of any negative emotions that may come with this and live in the moment. Tomorrow is always a new day to regroup and move forward positively.

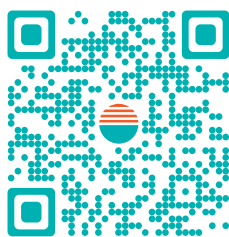
Happy holidays to you and your loved ones. The new year is a great time to regroup and get new goals together. We can help; just give us a call and get set up for some health coaching. We would love to help you make the new year your best year yet!

THRIVE
PROACTIVE HEALTH

SCHEDULE AND
VIEW APPOINTMENTS

EARN REWARD
POINTS & REDEEM
FOR SERVICES

GET SPECIAL OFFERS



A Rewarding Convenience

Book your services through the Thrive app and earn reward points.

Ask us about our Proactive Health Rewards program.

Thrive is proud to announce that we are a 1st Phorm International supplement dealer! 1st Phorm International is the premier supplement line in the industry and, like us here at Thrive, they care about the quality of their products and the results you can attain when using them.

Every 1st Phorm product meets demanding standards for purity, quality and efficacy. Come in and take a look at some of the supplements we have in stock; we can also place special orders. Partnering with 1st Phorm is just one more way Thrive is helping you to optimize your health and wellness!



OUR LOCATIONS

MARKET SQUARE

2830 Virginia Beach Blvd.
Virginia Beach, VA 23452

757.829.7174 • FAX 757.416.7777

KEMPS RIVER

1320 Kempsville Rd.
Virginia Beach, VA 23464

757.829.7174 • FAX 757-416-7777

9:00am - 7:00pm	MONDAY	10:30am - 7:00pm
8:00am - 7:00pm	TUESDAY	9:00am - 12:00pm
9:00am - 7:00pm	WEDNESDAY	9:30am - 7:00pm
9:00am - 7:00pm	THURSDAY	9:00am - 7:00pm couples massage 2-7pm
8:00am - 7:00pm	FRIDAY	9:00am - 4:30pm
every other 9:00am - 2:00pm	SATURDAY	CLOSED
CLOSED	SUNDAY	CLOSED