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The link between mind and body is undeniable...if one is in good shape, the other is in good shape. Conversely, if one is in bad shape, the other usually is as well. I frequently notice when I'm coaching a client for a wellness issue that there often exists an emotional or mental issue that is impeding his/her progress, or is the actual cause of the physical issues. A classic example is stress and/or depression linked with weight management or high blood pressure problems. It's akin to the old "chicken before the egg" dilemma where one has trouble determining which is the cause and which is the effect. A client who is depressed may be depressed that he/she is overweight, or is overweight and over-eating because he/she is depressed!



Intertwined physical and mental/emotional health are. It is this connection which is the very essence of our wellness journey. Unavoidably, these two paths inevitably lead you to a better state of mind, just as addressing your physical well-being. How you eat, and how much sleep and exercise you get has a major impact on your state of mind. We address both physical and mental/emotional/personal issues at the same time to get back on track more effectively. Symmetry Wellness help you to get back on track towards overall well-being.

- M. Scott Stanley, MS

Valentine Hearts Aren't the Only Hearts to Consider!

This is a quick reminder that this month is Heart Health Month. Heart disease is still the number one killer in America. The Centers for Disease Control and Prevention (CDC) estimate that 785,000 Americans will suffer a new coronary attack and 470,000 will have a recurrent attack! The beautiful part about it is that it is the simple things such as eating 5 fruits and vegetables per day, taking the stairs instead of the elevator, parking farther away at work, fitting in 20-30 minutes of exercise 3-5 times per week, and not smoking cigarettes that can cut your risk drastically of becoming one of the statistics. So remember to take care of your heart this month with a healthy lifestyle change!



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Cancer is still the number two cause of death in America behind heart disease. Just as with heart disease, much of your risk has to do with how you live your life and can be prevented with a healthy diet and regular exercise. In addition, don't forget to speak with your doctor about health screenings for prostate, cervical, breast, and colon cancers. Healthy lifestyle and early detection are your greatest assets. Symmetry Wellness help you to get back on track towards overall well-being.

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Please take our E-Flyer Survey by answering the following questions and emailing your responses to mdrees@harbor.org.

- 1. Is this monthly e-flyer useful to you and your staff? Please elaborate.
2. Do you regularly distribute this e-flyer to your staff?

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