



January – Just a Setback



We all experience setbacks in life ... just like how this month's newsletter experienced a few setbacks before I could get it completed and sent out to all of you.

However, I did not let it stop me even though here we are in the last week of January. I guess it happened for a reason. Haha. So I could write about setbacks.

Many people experience setbacks when they decide on a very common New Year's resolution, like getting back to the gym in January.

Here is the thing, we, humans tend to think about things in a certain way, and sometimes we group things together in our minds in a certain way. For example, we often think of getting healthy (moving

more) only in terms of exercising. However, exercising is not the only movement there is.

When you have a setback, and do not make it to the gym, do not get discouraged or think of it as a strike against your health and wellness.

Instead, ask yourself, what has my body (and brain) been doing lately?

Has it vacuumed down low? Has it reached the top shelf up high? Has it swept the floor? Has it walked the dog? Has it had a good laugh? Has it been singing in the shower? Has it shoveled some snow? Has it calculated any budgets? Has it done any crosswords or Wordle? Has it played the piano or the guitar?

All of these things are good ways to move, from the inside (deeper diaphragm breathing is required when we laugh and sing), to the outside, (deeper bending and squats may be required when we are vacuuming).

If we do perceive a 'setback', we need to remember a setback is just temporary. (And honestly, it is only a word. A word that we often associate as a negative).

Remember, that every stance, dance, wiggle, stretch, posture and position, that we put our bodies into, is also movement that tells our bodies, 'hey, look what I can do'!

So keep moving, and watch for more ways to move in the 'Vitality for Vets' schedule coming soon!

**Until Then,
Stay Fit, Stay Engaged, Stay Connected.**

Kerri

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri!

Join the private MVP+ Facebook group for more ways to move, and other great MVP+ stuff !

Connecting with Indigenous Spiritual Advisor: Four Directions

At the end of 2023, PSP Health Promotion participated in a learning session with Tim Yearington, CFB Kingston Indigenous Spiritual Advisor...
[Read more](#)



Giveaway

Have you ever had a 'setback' and then managed to turn it around?
Tell me about it and you will be entered to win a prize!

[Begin](#)

Contest only allows for those participating to win once each fiscal year.

Congrats to last month's winner, R. Drouin!!

MVP+

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