



September – Start vs. Go



I overheard a conversation last week between two individuals. One of them inquired, "How's your day been so far?" The other person responded with, "Oh, you know, it's go, go, go."

It got me thinking about how many of us lead such fast-paced lives, constantly in motion day in and day out. Upon some self-reflection, I realized that I might be one of those individuals too, occasionally responding in a similar manner.

This prompted me to consult my trusty old Cambridge Dictionary, which defined 'Go' as moving from one place to another and 'Start' as initiating an action or making something happen. In the context of life, especially regarding our health and wellness journeys, the question

arises: how should our days ideally unfold?

The answer, it seems, lies in "starting" rather than just "going." It's about actually registering for that online class that we keep talking about, beginning the next chapter of the book we've been meaning to finish, reaching out to those dear friends we've been thinking about, and seizing the incredible opportunities offered by the MVP Program.

I couldn't help but sneak in a mention of MVP activities – wink-wink !

I do not just mention the MVP activities to be funny. It's the truth. The MVP Program, specifically the 'Vitality for Vets' schedule, is here and ready to assist you in taking those important initial steps to get started! From September to December, it provides various avenues for you and your +1 to stay fit, engaged, and connected. Be sure to explore the [Fall 2023 'Vitality for Vets' schedule linked here!](#)

So, as we enter the fall season, I encourage you to START something new, and let the MVP Program be your companion on your health and wellness journey. And, as you pursue your endeavors, keep these quotes in mind:

"You don't have to excel from the outset; you just have to initiate to become proficient." – Joe Sabah

"Start wherever you are, with whatever you have." – Jim Rohn

I look forward to seeing you participate in some of these incredible MVP opportunities!

**Until Then,
Kerri**

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



Connect with Kerri!

Join me at the Base Gym Lobby during CFB Kingston Garrison Discovery Week Event to grab a printed MVP 'Vitality for Vets' schedule, enter a prize drawing, and enjoy additional offerings.

I'll be there from 9-11 AM on September 12th-14th.

Health Promotion Welcomes you to Kingston!

Whether you are a regular force member, reserve force member, family member, veteran, or civilian staff... [Read more](#)



OPEN HOUSE



SEPTEMBER 22 & 23 | 10 AM - 4 PM

You're invited to drop in during our Open House event, where you can look around and ask us your questions about:

- ✓ Dining and activities
- ✓ Flexible care and support
- ✓ Suite layouts and amenities
- ✓ Pricing information
- ✓ Support with moving
- ✓ Trial Stays

Walk-ins and family and friends are welcome, with no RSVP required!

Visit [Chartwell.com](https://www.chartwell.com) or call **613-817-9875**
for more details!

CHARTWELL CONSERVATORY POND
1499 Stoneridge Dr., Kingston



Contest

Send me your favorite motivational quote containing the word 'start' (or starting or started) for your chance to win a prize!

[Begin](#)

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

Congrats to last month's winner, J. Worthington!!

MVP+

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