



The Health and Wellness Community of the Morris County Chamber of Commerce

## *Thrive Morris!* Newsletter

Spring Newsletter | Issue 9

Newsletter Editor: Mara Kimowitz, **StretchSource®** + **Pliability Stretch™**



# Spring forward with Thrive Morris!

Discover Everything Morris

**Flourish**  
*Prosper*  
**Progress**



## *Thrive Morris* Leadership Message!



Happy Spring Everyone,

Spring is here! Woo-hoo! I hope you are all outside enjoying every minute of it. Springtime brings about several health benefits due to the changes in weather, environment, and lifestyle. Here are some of the health benefits associated with spring:

**Increased Sunshine:** With longer daylight hours and more sunshine, people are more likely to spend time outdoors. Sunlight exposure boosts vitamin D production in the body, which is essential for bone health, immune function, and mood regulation.

**Physical Activity:** Warmer weather encourages people to engage in outdoor activities such as walking, jogging, hiking, biking, gardening, and various sports. Regular physical activity helps improve cardiovascular health, muscle strength, flexibility, and overall well-being.

**Fresh Air:** Spring brings fresher air as plants begin to bloom and trees start to grow new leaves. Spending time outdoors in fresh air can help reduce stress, improve mood, and enhance mental clarity.

**Connection with Nature:** Springtime offers opportunities to connect with nature, whether it is enjoying the beauty of blooming flowers, listening to birdsong, or simply taking a walk in the park. Studies have shown that being in nature can lower blood pressure, reduce stress, and improve mood.

**Seasonal Foods:** Spring introduces a variety of fresh fruits and vegetables, such as strawberries, asparagus, spinach, peas, and lettuce. These foods are rich in essential nutrients like vitamins, minerals, antioxidants, and fiber, which are beneficial for overall health and immune function.

**Renewed Energy:** Many people experience a sense of renewal and revitalization in spring after the cold, dark days of winter. The brighter, warmer weather can invigorate the body and mind, leading to increased energy levels and productivity. Overall, springtime offers numerous health benefits that can contribute to a happier, healthier lifestyle. It is a season of growth, renewal, and opportunity to embrace outdoor activities and wholesome habits.

I am excited to have Dr Alan Rauchberg, DMD speaking at our Health Wellness meeting on Wednesday, April 17 th at 8:30 a.m. He'll be talking to us on how our oral health impacts our gut, our brain, and what we can do about it. You don't want to miss this. .

To Your Healthy Truth and Happiness,  
Barb Minemier, Your Healthy Truth, LLC

## *Thrive Morris Events!*

Please visit the MCC Events Calendar for events.

Visit [www.thrivemorris.com](http://www.thrivemorris.com) for cutting edge information and opportunities for professional and personal well-being, improvement, and mastery and success through the many resources of Morris County.

## *Thrive Morris Hikes!*

April 20th, 9:00 am  
Kittatinny Valley Green and Orange Trail Loop

Led by Mary Ellen Zung and Dr. Billy Stetzel

For more information please contact  
[maryellen@outlook.com](mailto:maryellen@outlook.com)



## *Thrive Morris Eats!*

### Breaking bread- Creating community

Bring your old friends and meet some new ones. Take time to break away from the computer screen and enjoy the company of a fun group of people gathering to enjoy a tasty meal and to support our local restaurants. Separate checks provided so you can order whatever makes you happy.

Limited to the first 18 people



Photo Credit **Olde Mill Inn**

**Dates Posted on  
Morris Chamber Calendar.  
Hope you can join us!**

If you have questions please contact  
Nicole Barone  
Nicole@NicoleBarone.com

## *Thrive Morris Gives!*

### **Child Abuse Awareness Month**

Will you help?



### **Child Abuse Awareness**

April is Child Abuse Prevention Month. Let's help this worthy cause.

Volunteer Project: Friday 4/19  
9 AM- 12 PM  
CEC Madison Office  
16 Madison Ave.  
Madison NJ 07940

Please Register

To learn more about Thrive Morris Gives contact [Kathy@backtobasicwellness.com](mailto:Kathy@backtobasicwellness.com)

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## **The One Habit That Has the Power to Transform All Others: Unlocking the Key to Personal Transformation and Success**

By Performance Lifestyle<sup>®</sup> Coach, and Founder of Regenus Center.



In today's fast-paced world, many of us find ourselves constantly chasing after health, success, happiness, and fulfillment. We strive to improve various areas of our lives but often overlook the multiple aspects of our lifestyle that can enhance our quality of life, beginning with cultivating high vitality. This one habit can transform all other habits for the better.

Vitality, a state of being recharged, restored, and full of life force energy, is the key to unlocking and living our true potential. It allows us to achieve our full potential in a life that is naturally on purpose.

In this article, we will explore the importance of vitality, why most people are not accustomed to nurturing what truly gives them their power and what you can do about it.

Read the entire article [here](#)

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## From Hibernation to Flexibility: Springtime Stretching Tips for a Healthier You

By Mara Kimowitz, Creator and Founder **StretchSource<sup>®</sup>** and **Pliability Stretch**.



As the chill of winter fades away and nature begins to awaken, many of us find ourselves emerging from a period of hibernation, ready to embrace the vibrant energy of spring. Alongside the blossoming flowers and longer days, spring presents an excellent opportunity to rejuvenate our bodies and minds through the practice of stretching. Whether you're a seasoned yogi or looking to get stretched by a provider, incorporating springtime stretching into your routine can lead to a healthier, more vibrant you. Here are some tips to help you transition from hibernation to flexibility this spring:

Read the full article [here](#)

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## Embrace the Uneven Terrain: A Guide to Boosting Joint Stability and Preventing

# Injuries Through Outdoor Activities

By Dr. Billy Stetzel, Chiropractor and the owner of SoVita Chiropractic Center



## Introduction:

Do fears of rolling an ankle or spraining a knee keep you from enjoying outdoor activities like hiking or trail running? You're not alone. The fear of injury often discourages people from engaging in such activities. However, what many may not realize is that these very activities are among the best ways to enhance joint stability and prevent injuries.

## The Intelligent Body:

Our bodies are incredibly intelligent, designed to navigate uneven terrains and maintain stability in various directions. Unfortunately, modern lifestyles often involve prolonged periods of sitting and limited physical activity. Engaging in activities that challenge our joints is crucial, as each joint contains mechanoreceptors responsible for spatial awareness. These receptors become stronger with regular use, contributing to overall joint health.

Read the entire article [here](#)

## Something for everyone! Check out featured blogs by category

ENVIRONMENTAL

NUTRITION

FINANCIAL WELLNESS

FITNESS

MENTAL AND EMOTIONAL  
WELL-BEING

PHYSICAL HEALTH

## *Thrive Morris* Recipe!



### **White Bean, Collard, and Buckwheat Soup**

By Barb Minemier

White Bean, Collard, and Buckwheat Soup is a balanced and nourishing bowl of wholesome comfort. It becomes the most delightful blend with aromatic vegetables like leeks, carrots, and celery combined with earthy mushrooms, creamy white beans, hearty buckwheat, and nutrient-rich collard greens. These powerhouse veggies give this soup all the elements it needs to be outstanding in the nutrition department (and beyond). What's more, in roughly 30 minutes you can have a savory, warm, and scrumptious bowl of plants that is perfect for any night of the week.

#### Ingredients

- 2 cups leeks thinly sliced, white and light green parts only
- 1 cup carrots sliced
- 1 cup celery sliced
- 8 ozs mushrooms sliced, about 2 – 3 cup
- 4 medium garlic cloves minced
- 2 tsps fresh sage minced
- 1 tsp dried oregano
- 1/2 cup buckwheat rinsed well
- 4 cups vegetable broth unsalted, preferably homemade
- 2 cups water
- 1 1/2 cups white beans home-cooked or BPA-free canned, drained, and rinsed
- 2 cups collard greens destemmed; leaves sliced thinly

1/4-1/2 tsp salt (optional)  
1/4 tsp ground black pepper (optional)  
crushed red pepper flakes (optional), to taste  
4 Lemon wedges for serving

For Cooking Directions [click here](#)

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We invite members from across the Chamber to stop by on Zoom on the 3<sup>rd</sup> Wednesday of each month for dynamic presentations and stimulating dialogue. Remember to register in advance on the Chamber Events Page.

Powered by **Health & Wellness Committee** | [www.thrivemorris.com](http://www.thrivemorris.com)

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