

BETULA

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The Wellness Issue

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NOURISH
YOUR BODY & SOUL:
WORKOUTS WITH A VIEW

Living Well to Do Well

Mind, Body & Spirit through Generosity

By Yolanda F. Johnson



The New Year is upon us and along with it hope for what's ahead in 2023. As is the tradition at BELLA, we want to focus upon mind, body, and spirit for this issue, and what better way to do so than to see self-care through the lens of generosity—to ourselves and to others.

“The heartfelt counsel of a friend is as sweet as perfume and incense.”
~Proverbs 27:9 (NLT)

Beginning with a focus on the well-being of our minds, one of the most important things we can do as we look ahead to the year to come is to invest time in connecting with others and cultivating our relationships and friendships. Finding community and human connection is proven to make us feel better.



Be sure to make a point to spend time with those you love and who inspire you as much as possible this year. In addition to personal relationships, we can be that human connection for those who may not otherwise have this in their lives. One way to give the gift of community and friendship is to volunteer at a nursing home or other care facility, where statistics indicate that many people may just have gone through a holiday season with little to no visits by family and friends.

When it comes to our bodies, we are what we eat and what we do. Let the new year be a time of paying close attention to what our bodies need so that we can be at our best and give our best to others. Two things on my list for 2023 are to combat food waste by coming up with creative menu ideas that are also healthy, and to not fall into the rut of eating or order out often while leaving plenty of good food in the fridge. I'm also taking swimming lessons, working out more, and eating healthier. When you feel good, you do *more* good, and if you're up for feeling and doing, consider training for and participating in a local 5K run or walk—bonus if it's for charity!

Our religious practices inform who we are on so many levels, and prayer and meditation can be incredible tools for strengthening our spirits. I personally begin each day with pondering the meaning of one Bible verse, followed by a daily devotional that applies real-world scenarios and then prayer. This helps start my day off right. When we are centered, it feels like the true “breakfast of champions.” Even taking a few minutes to breathe each day when things get stressful can be good for the spirit.

And remember, nothing beats a good laugh as well, so I say, embrace those corny jokes and silly moments with friends, family, and colleagues. I have a joke series based upon two tortilla chips talking in the park that makes me laugh so hard that others can't help but laugh at me laughing at my own joke! Whatever works for you.

As we focus upon being well so that we can do well in the world, may 2023 bring you great peace of mind, health, and happiness.

