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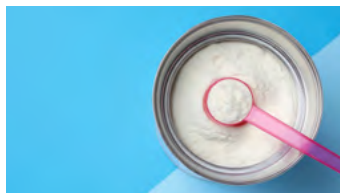
Embark on your Pilates journey

Pilates is a low-impact exercise system that focuses on strengthening your core, improving flexibility, and enhancing posture. Here are some tips to get started:

- **Discover your style:** Choose between reformer Pilates (using specialized equipment) or mat Pilates (using just your body weight on a mat). Mat Pilates is ideal for beginners.
- **Seek guidance:** Consider a few introductory classes with a certified Pilates instructor. A qualified instructor can guide you through the proper form for each exercise, ensuring you maximize the benefits and prevent injuries.
- **Start at home:** Once comfortable, explore online beginner mat Pilates routines. Aim for 20 minutes, 2-3 times a week, and gradually increase duration.
- **Listen to your body:** One of the core principles is mindful movement. Remember, consistency is key. It's better to do Pilates regularly with proper form than to push yourself too hard and risk injury.

Boost menopause with creatine

Menopause, the natural end of a woman's menstrual cycle, brings about hormonal changes that can affect muscle mass, strength, and bone density. Creatine shows promise as a natural supplement to help manage some of the challenges associated with menopause, particularly muscle loss and bone health.



WHAT IS CREATINE?

Creatine is a naturally occurring substance found in muscle cells and aids in energy production. Our bodies produce creatine, but we can also get it through dietary sources like meat and fish. Supplementation with creatine monohydrate, the most studied form, is readily available.

CAN CREATINE HELP WITH MENOPAUSE?

Creatine may be helpful in managing some symptoms of menopause, especially when combined with resistance training:

- **Muscle loss and strength:** Declining estrogen levels during menopause can lead to muscle loss and decreased strength. Studies show that creatine supplementation in menopausal women can help increase muscle mass and strength, which can improve mobility and daily activities.
- **Bone health:** Menopause increases the risk of osteoporosis, a condition that weakens bones. Early research suggests creatine may improve bone density and reduce the risk of fractures. More studies are needed, but creatine's potential for bone health is promising.



THINGS TO CONSIDER

- While creatine appears to be safe for most healthy adults, it's important to consult with your doctor before starting any new supplement, especially if you have pre-existing health conditions, such as kidney or liver disease.
- The typical recommended dosage for creatine supplementation is 3-5 grams per day.
- Creatine is generally well-tolerated, but some people may experience side effects like bloating, minor stomach cramps, and weight gain due to increased water retention in muscles.
- A healthy lifestyle that includes a balanced diet, regular exercise, and good sleep hygiene remains the cornerstone of managing menopause effectively.

Dark side of positivity

Positivity is generally seen as a good thing, promoting well-being and mental health. But can there be too much of a good thing? The answer is yes, and this excessive positivity is called “toxic positivity.” This involves the overemphasis of happiness, minimizing or dismissing negative emotions.



WHY IT'S A PROBLEM

- **Suppressing emotions:** Toxic positivity discourages expressing negative emotions like sadness, anger, or frustration. Bottling these feelings can lead to emotional outbursts, increased stress, and anxiety.
- **Invalidating others:** Minimizing someone's struggles with forced positivity can make them feel unheard and judged. It invalidates their experience and hinders genuine connection.
- **Guilt and shame:** When surrounded by constant positivity while struggling, someone might feel guilty or ashamed for not feeling happy all the time.
- **Ignoring problems:** Toxic positivity can prevent people from addressing real issues. If everything is “good vibes only,” problems get ignored and never dealt with.

AUTHENTICITY

The key is finding a balance between positivity and negativity is to acknowledge the full range of human emotions in a healthier way. Making room for a range of feelings, even painful ones like sadness and anxiety, goes a long way in living a more authentic life.

The American Psychological Association emphasizes the importance of “emotional intelligence,” which is the ability to manage both your own emotions and understand the emotions of people around you. Being aware of your negative feelings is the first step in not letting those feelings control or overwhelm you so you can move forward.

APPROACH

- Let yourself experience all emotions, both positive and negative.
- Find healthy ways to express your emotions, whether it's talking to a friend, journaling, or creative outlets.
- Instead of dwelling on the negative, shift your focus to finding solutions to problems.
- Acknowledge and celebrate your accomplishments, big or small. This helps maintain a sense of progress and achievement.
- Treat yourself with compassion and understanding, just as you would treat a friend going through a tough time.
- By embracing a more balanced approach, you can cultivate genuine well-being and build resilience in the face of challenges.



Land your dream promotion

It takes dedication and strategy, but with the right approach, you can rise to the challenge. Here are some key tips to help you stand out and get noticed by your superiors.



BECOME INDISPENSABLE

- **Master your role:** Demonstrate a strong understanding of current responsibilities. Consistently be a reliable go-to person.
- **Go the extra mile:** Look for opportunities to take on additional challenges or volunteer for special projects. This shows initiative and a willingness to take on more responsibility.

DEVELOP SKILLS

- **Sharpen your saw:** Continuously seek ways to learn and grow in your field. Take courses, attend workshops, or pursue relevant certifications to enhance your skill set.
- **Become a leader:** Foster collaboration within your team. Offer guidance to colleagues and be willing to share your knowledge, experience, and expertise.

COMMUNICATE EFFECTIVELY

- **Track your achievements:** Document your successes and contributions. Keep a record of projects completed, goals achieved, and positive feedback received.
- **Advocate for yourself:** Schedule a meeting with your manager to discuss your career goals. Confidently present your accomplishments and express your interest in a promotion.