

MARCH
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Routine rocket

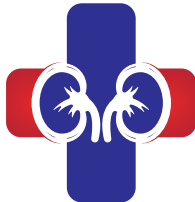
Routines are like a rocket. They take some initial effort, but they launch you towards a healthier, happier you. Here's how to build yours:

- **Start small.** Pick 1-2 things (waking up early, evening walk) and stick to them for a week. This small step can lead to significant changes.
- **Listen to your body.** Schedule exercise, meals, and sleep at times that energize you. This will help you feel more refreshed and ready to tackle the day.
- **Prep for success.** Pack your gym bag the night before, or pre-chop veggies for healthy snacks. These small preparations can save you time and energy in the long run.
- **Don't forget fun!** Schedule time for hobbies or social activities. A balanced routine keeps you motivated! Remember, a healthy routine includes time for relaxation and enjoyment.

Living with dialysis

Our kidneys filter waste products and excess fluid from our blood. When kidneys fail, waste products accumulate in the blood, leading to various health issues. Dialysis acts as an artificial kidney, filtering the blood to remove these harmful substances.

KEEPING YOUR KIDNEYS HAPPY



- A diet rich in fruits, vegetables, and whole grains, while limiting processed foods and salt, supports healthy kidneys.
- High blood pressure and uncontrolled diabetes can damage the kidneys. Regular monitoring and appropriate management are crucial.
- Drinking plenty of water helps your kidneys efficiently flush out waste products.
- Smoking and too much alcohol can compromise kidney function.

Living with kidney disease and requiring dialysis can be challenging. But with proper care and support, individuals can lead fulfilling lives.



DIALYSIS TREATMENT

- **Hemodialysis:** In this procedure, blood is circulated through a specialized machine that filters and removes waste products. Typically, hemodialysis sessions are conducted three times a week at a dialysis center. Dialysis may also be done at home using a more portable dialysis machine.
- **Peritoneal dialysis:** This method involves placing a solution into the abdominal cavity through a catheter. It stays there for about four hours to absorb waste products from the blood. The solution is then drained and discarded. This type of dialysis is typically done at home.
- Dialysis patients may need to follow a specific diet to manage fluid intake and mineral levels.
- Medications are often prescribed to control blood pressure, anemia, and other potential complications associated with kidney disease.
- Seeking support from healthcare professionals, support groups, or counseling services can help individuals cope with the challenges of living with kidney disease.



Every body getting fit

IF YOU'RE A SEASONED ATHLETE OR JUST STARTING OUT, THESE UNIQUE WORKOUTS WILL CHALLENGE YOUR BODY AND MIND, LEAVING YOU FEELING ENERGIZED AND INVIGORATED.



MOVING ACTIVITIES

- **Boxercise** combines boxing techniques with cardio for a total-body workout. It improves coordination, strength, and provides stress relief.
- **Hula Fit** takes the classic hula hoop and turns it into a dynamic, calorie-burning dance party. It improves core strength, flexibility, and mood.
- **Tai Chi** is a gentle exercise that combines slow, graceful movements with deep breathing. It promotes balance, flexibility, and stress reduction – perfect for all ages and fitness levels.
- **Aerial Silks** challenges your strength and coordination as you climb, pose, and flow in beautiful fabrics suspended from the ceiling. It builds muscle, increases core strength, and can be incredibly empowering.
- **Barre** classes use elements of ballet and Pilates for a full-body workout that focuses on toning and sculpting. It improves core strength, posture, and flexibility.

Positive workplace culture

The magic of a strong workplace culture doesn't just happen. It takes effort from everyone, including you. Here are some simple ways you can be the spark that ignites a happy and productive work environment.



BOOSTING TACTICS

- **Be a team player.** Lend a helping hand to colleagues, celebrate successes together, and offer support during challenges.
- **Practice gratitude.** Express appreciation for your colleagues' hard work, both big and small. A simple "thank you" can go a long way.
- **Spread positivity.** Approach situations with a smile and an optimistic attitude. Laughter and lightheartedness can be contagious, boosting morale for everyone.
- **Embrace open communication.** Be open to feedback, actively listen to others, and share your thoughts respectfully. Clear communication fosters trust and collaboration.
- **Be respectful.** Treat everyone with kindness and consideration. Small gestures, like holding the door or offering to get coffee, make a difference.
- **Share personal information.** When you let others know more about you as a person, they are more likely to respond in kind, helping to build stronger social bonds.

