

IMPACT *Wellness*

& LONGEVITY

JULY
2026

EDUCATE
EMPOWER
ELEVATE

REIMAGINING HEALTH. ELEVATING LIVES.

THE POWER OF PROTEIN

How the right protein intake helps you build, strengthen & protect your muscles & support your metabolic health.



COACHES CORNER

For years, so many people have been taught that eating less is always better. Skip breakfast. Ignore your hunger.



RECIPE OF THE MONTH

Overnight PROTEIN & FIBER oats. This is one of those breakfasts that proves healthy eating does not have to be complicated.



MOVEMENT MINUTE

Your GLUTES called, they want their job back!!



CLINIC SPOTLIGHT

The Scale Isn't Lying...It's Just OVERLY Sensitive.



The great
PROTEIN peer
pressure



Challenge:
Build your meals
correctly



PROTEIN cheat
sheets: Combos
that work.



SUPPORT
We are here for
you!

PROTEIN POWER

BUILDING STRENGTH
& RECOVERY



The Great Protein Peer Pressure

One thing I've been hearing a lot lately is that people feel like they've been more peer pressured to eat protein as adults than they were ever peer pressured about anything as teenagers.

Honestly...they might be right.

Everywhere you look someone is talking about protein!

Your coworker is drinking a protein shake.

Your friend is bringing Greek yogurt to work.

Everything is made with cottage cheese now.

Someone on social media is trying to convince you that you need 200 grams a day. It's everywhere. But unlike a lot of health trends that come and go, there's actually a good reason this one has stuck around. When people start eating enough protein, one of the first things they often notice is better energy, fewer cravings, and they're not wandering into the pantry at 8 o'clock looking for something sweet. Protein also helps protect your muscle mass while you're losing weight, which becomes even more important as we get older. Those are some pretty amazing benefits.

Then, a few weeks later, I usually get another message like "Jodi, I think all this protein has me plugged up." And to be honest they may be constipated after increasing their protein but the good news is protein usually isn't the problem. Most of the time, protein went up, but fiber and water stayed exactly where they were. So this month we're talking about how to get the benefits of eating more protein without feeling like your digestive system filed a formal complaint.

Let's jump in.



Why Everyone Is Talking About Protein

If we asked ten people what protein actually does, we'd probably get ten different answers. Some people would tell me it's for building muscle. Others would say it's only important if you lift weights. And a few would probably shrug and say, "I don't know, TikTok just says I need more of it." The funny thing is all of those answers are all part of the story, even the needing more of it.

Protein isn't just about muscles. It's about helping your body do its job. Every single day your body is repairing tissues, healing, rebuilding cells, making hormones and enzymes, supporting your immune system, and adapting to everything life throws at it. Protein gives your body the building blocks to do all of that.

One of the reasons we spend so much time talking about protein at Impact Wellness isn't because we're trying to turn everyone into bodybuilders. It's because the average human adult, and child, are chronically deficient. Without adequate protein people can't build bodies that stay strong for life. One thing that surprises a lot of people is that losing weight and getting healthier are not always the same thing.

I've had patients lose weight while actually becoming weaker. That's never the goal!!! If you lose twenty pounds but a large portion of that comes from muscle, your body pays a price for it. We start to burn muscle instead of fat and ultimately we become weaker and more lethargic.

Muscle helps support your metabolism, improves blood sugar control, protects your joints, and makes everyday things-like carrying groceries upstairs, climbing stairs, or getting up off the floor-a whole lot easier. That's one of the reasons we encourage protein from the very beginning of a weight-loss journey. Not because we're chasing a number on the scale, but because we're trying to protect something incredibly valuable.

Here's the part that doesn't get talked about as often. Protein doesn't work in isolation. When protein intake goes up, your body still needs enough water and enough fiber to keep everything moving the way it should.

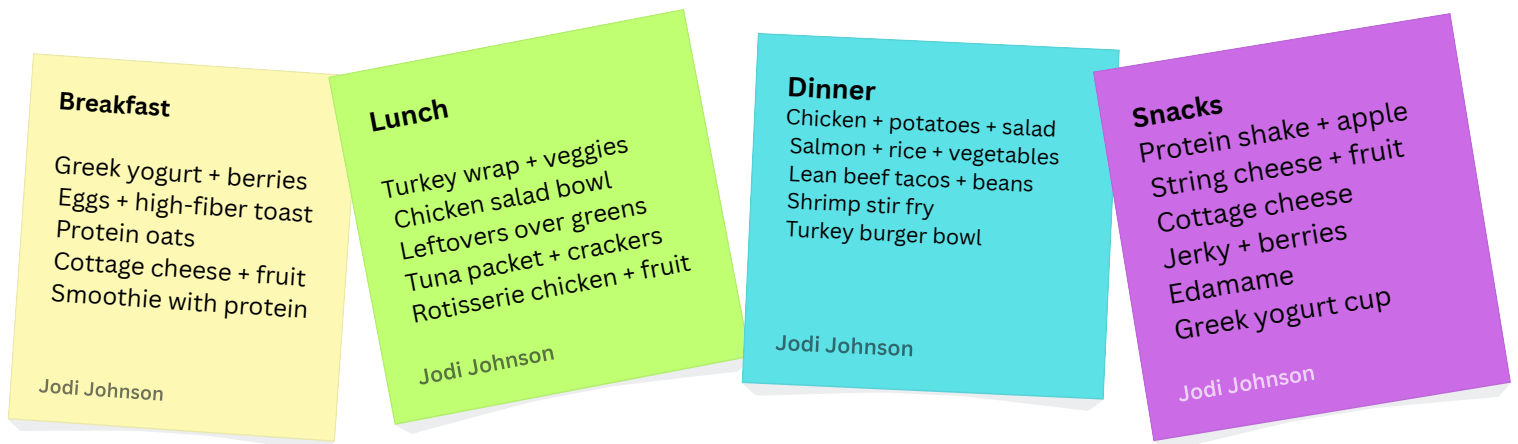
Think of them as teammates.

Protein helps build and protect your body.

Fiber supports digestion, gut health, and fullness.

Water helps everything do its job.

When all three are working together, that's when people usually feel their best. So no... We don't eat protein because we're trying to be skinny, lose weight or look like Arnold (used to 😊). We eat protein because we're trying to build a body that lets us keep hiking, traveling, playing with our kids/grandkids, carrying heavy objects, even getting up off the floor. Our **GOAL** is to say "yes" to the things we love to do for as long as possible.



Protein Cheat Sheet

Build Your Plate Around Protein Use this as a quick reference when you are standing in the kitchen wondering what to eat. Start with protein, then add fiber, color, carbs, and healthy fats around it.

Protein + Fiber Pairings

Greek yogurt + berries
Protein oats + chia seeds
Chicken + beans
Turkey wrap + vegetables
Protein shake + apple
eggs + high-fiber toast
Cottage cheese + fruit

IWL Reminder: Protein gets the attention, but fiber and water help your body actually feel good while you are increasing it.

Did You Know?

Muscle naturally declines when we don't use it, and that can happen at any age, not just as we get older.

That gradual loss of muscle is called sarcopenia. While it's more common as we age, it can begin much earlier if we aren't challenging our muscles regularly.

The good news? Your body is remarkably adaptable. Strength training, movement, and good nutrition give your muscles a reason to stay strong.

Don't worry, we'll dive deeper into sarcopenia and healthy aging in an upcoming newsletter.

Fuel Station

Overnight Protein Oats

This is one of those breakfasts that proves healthy eating does not have to be complicated.

It is quick, easy, high in protein, and perfect for mornings when you do not have time to stand in the kitchen making breakfast. It also gives us exactly what we have been talking about this month: protein, fiber, and convenience all working together.

Ingredients

- 1 packet Better Oats/Kodiak oats oatmeal
- 1/2 cup Fairlife milk
- 1/2 cup plain Greek yogurt
- 1/2 scoop protein powder
- 1/2 cup berries (or get creative)
- 1 tsp chia seeds
- Splash of vanilla
- Optional: cinnamon or a small drizzle of maple syrup

Directions

1. Add oats, milk, Greek yogurt, protein powder, berries, chia seeds, and vanilla to a jar or bowl.
2. Stir well until the protein powder is fully mixed in.
3. Cover and refrigerate overnight.
4. In the morning, stir again and add a splash of milk if you want it thinner.
5. Top with extra berries, cinnamon, or a small drizzle of maple syrup if desired.

Why We Like It

- Ready when you wake up
- High in protein
- Adds fiber
- Easy to customize
- Great for busy mornings
- Helps reduce the morning snack spiral

MACROS

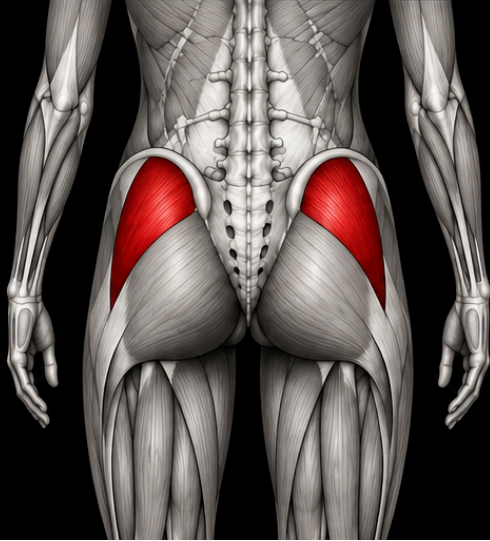
PRO	CARBS	FATS	FIBER
32-38G	35-40G	3-5G	6-8G

MACROS WILL VARY DEPENDING ON OATMEAL USED



GLUTEUS MEDIUS

Located on the outer hip, just below the top of the pelvis.



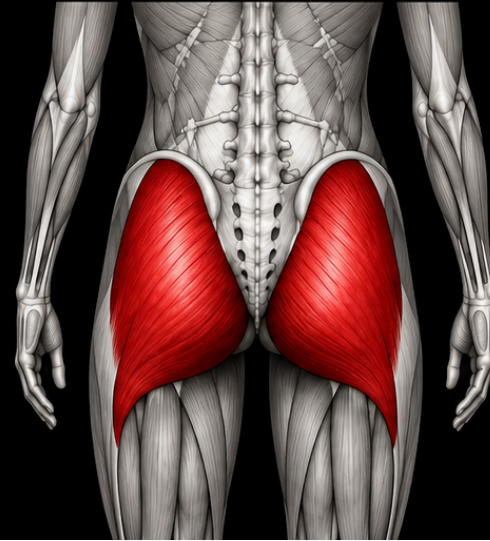
GLUTEUS MINIMUS

Located under the gluteus medius on the outer hip.



GLUTEUS MAXIMUS

The largest and most superficial glute muscle.



Movement Minute

Your Glutes Called... They'd Like Their Job Back.

One of the most common issues in the body isn't actually knee pain or having a "bad back." It's actually our glutes that have gotten really good at taking a vacation.

When that happens, your lower back, hips, and knees often end up working overtime trying to make up the difference. That's one of the reasons glute/butt strengthening shows up in so many rehabilitation programs. Healthy, strong glutes help improve hip and pelvic stability, which can reduce unnecessary stress on the rest of your body during everyday activities.

The best part? You don't need an hour-long workout. Just a few minutes of intentional movement can go a long way. This month's Move Better workout focuses on waking up those muscles first, then strengthening them with a simple routine you can do almost anywhere.

Your future back, hips, and knees will thank you.

See the last page for our monthly workout.



Coach's Corner

Food is our FRIEND

Welcome to coaches corner where we aim to tackle hard topics and educate whenever we can!! Let's jump in to today's topic.

FOOD IS OUR FRIEND

Many of you are probably like no Jodi it's "fish are friends, not food". And yes you're correct if we are discussing a certain movie, but today we are talking about people and avoiding food. Whether it's avoiding carbs or calories. One of the biggest & best mindset shifts I see isn't when someone finally starts eating more protein or even when they start consistently moving their body. It's when they stop avoiding food and start appropriately fueling their body.

For years, people have been taught that carbs are bad, fat is the enemy or eating less is always better. So they skip breakfast. Ignore their hunger. Eat as little as possible. If the scale isn't moving, they cut more calories. But our bodies are smarter than that. Your body doesn't know you're trying to lose weight, it only knows whether it's getting what it needs.

When we consistently underfuel ourselves, our bodies become incredibly efficient. We naturally move less, feel more tired, recover more slowly, and often end up thinking about food more than they ever have. This is your body's way of trying to protect you.

The goal should never be to eat as little as possible.

The goal is to fuel your body well enough that it feels safe to do the things it's designed to do-move, recover, build muscle, think clearly, and support a healthy metabolism. The only question we should ask when it comes to food is "Am I giving my body what it needs to thrive?"

Have a great month! Aim for consistency not, perfection and we'll chat again soon!





CLINIC SPOTLIGHT

The Scale Isn't Lying... It's Just Overly Sensitive.

One of the hardest parts when starting a wellness journey is using an outdated tool to help guide our progress. A traditional scale is an old and outdated tool that can be overly sensitive.

Just like that friend we all have who overreacts to everything.

You had a salty dinner?

Up two pounds.

Worked out yesterday?

Up a pound.

Ladies is it that certain time of the month?

Yep, the scale notices that too.

That doesn't mean you gained five pounds of body fat. It just means your body is being, well...a body. It's constantly shifting water, glycogen, food volume, inflammation from exercise, hormones, and a dozen other completely normal things that often show up on the scale.

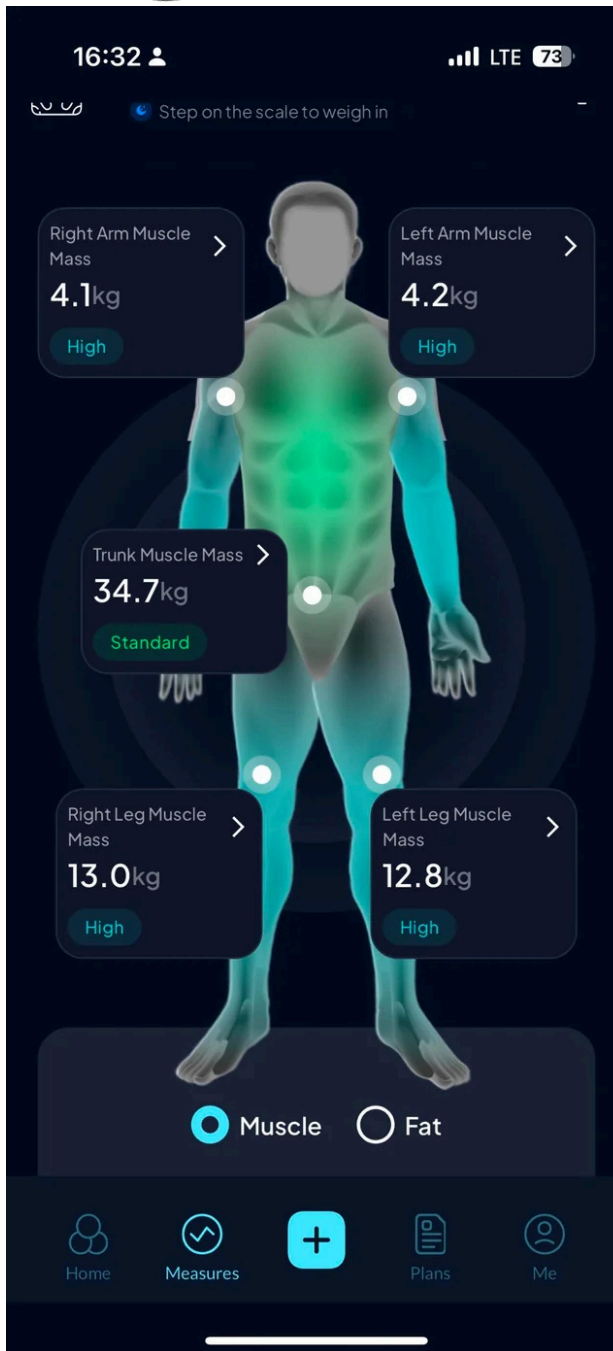
That's why I like looking beyond body weight alone. Losing weight may be our initial starting point but it isn't the end goal. It's getting stronger. It's about improving our daily activities. It's about protecting our bodies for the future. It's about carrying groceries into the house. Keeping up with kids or grandkids. It's about improving our confidence.

Sometimes those victories don't show on the scale. That's where body composition tools like the Hume scale can be incredibly helpful. Instead of only telling us how much you weigh, they help us understand what is changing.

- Are you preserving muscle mass?
- Reducing body fat?
- Improving hydration?
- Making progress that a traditional scale can't see

Those answers give us a much better picture of our overall health, help protect us from the emotional roller coaster that can come from chasing one number, and help us celebrate progress that truly matters.

We shouldn't chase a number on the scale. The ultimate goal is to become healthier, stronger, and feel your best.





July Challenge

Build Your Meals Around Protein

This month, try looking at your meals a little differently. Instead of asking, "What sounds good?" Start by asking, "What protein do I start with?" And build your meal around it. Then add colorful fruits and vegetables, quality carbohydrates, and healthy fats. Not every meal needs to be perfect. Just start with protein. You'll find you have more energy, fewer cravings and less crashes indicating more stable blood sugar. Your body will thank you for fueling it for daily life. Small changes will add up.

What's coming up

August: Back to routine

As summer starts winding down, many of us begin looking for a little more structure again.

Next month we're talking about getting back into a routine that actually works for real life.

We'll cover easy meal prep ideas, back-to-school schedules, healthy habits that stick, planning without perfection, and creating routines that support your health instead of controlling it.

Because healthy routines shouldn't feel restrictive. They should make life easier.



Until Next Time

One thing I hope you take away from this month's newsletter is that eating well isn't about chasing the latest trend. It's about understanding why your body needs what it needs. Remember, there isn't one magic solution. The magic is how they work together! Small choices add up over time. Have an amazing July, enjoy the sunshine, and make healthy choices. We'll see you next month.

Monthly **BURN** Workout

A quick 15-minute chair circuit to build lean muscle, fire your metabolism, and support healthy aging.

TIPS FOR SUCCESS



POSTURE FIRST

Sit tall or with a slight backward lean.



MOVE SLOW & CONTROLLED

Quality over speed.



SMALL MOVEMENTS COUNT

Stay consistent and focused.



FEEL THE BURN

You're building strength and stability!

BEFORE YOU START (SETUP)

- ✓ Sit tall near the front of the chair
- ✓ Feet flat on the floor
- ✓ Hands grip the sides of the seat
- ✓ Balls/cans just outside each foot
- ✓ Start without a band
- ✓ Progress to a light mini-band around the ankles



Double Taps: In & Outs



1. Start with feet flat on floor between 2 balls
2. Pick feet up & rainbow up & over the balls to tap on outside of balls



3. Continue moving the feet up and over tapping inside and out of the balls.
4. Continue for 30 seconds.

Half Circles



1. Feet starting behind the balls do half circles from behind the ball around outside to the front and reversing the motion
2. Continue for 30 seconds

Outward & Inward Circles



1. Feet in starting position slide the feet forward and circle each foot around the balls
2. Circling back to starting position.



3. After circling forward for 30 sec rest for 20 sec.
4. Now reverse circles sliding feet back and around to the outside. For 30 sec

Knee up: In & Out's



1. Start with one leg flexed at the hip in a static hold and the other foot firmly on the floor.
2. Now slide the foot on the floor in a V pattern behind the ball and ending on the outside of the ball. Continue for 30 secs then switch sides.



3 ROUNDS

Complete the full circuit 3 times.



30 SECONDS

Work



20 SECONDS

Rest between exercises.



START LIGHT

Use body weight or a very light band.



PROGRESS GRADUALLY

Increase resistance over the next 2 weeks.