

HealthyLife[®]

LETTER



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Social superglue

Teaching others what you know doesn't just help them. It creates a ripple effect of wellness, boosting your own mental health and strengthening your community.

SHARING SUPERPOWER

- Explaining concepts to others reinforces your own understanding and keeps your cognitive gears turning, which is vital for long-term mental sharpness.
- Recognizing that you have valuable knowledge to offer improves self-esteem and helps provide a sense of purpose.
- Engaging in collaborative learning fosters social connections that lower cortisol levels and provide a protective buffer against the pressures of daily life.
- Sharing a skill—whether it's a healthy recipe or a tech tip—builds trust and deepens relationships with friends, family, and coworkers alike.
- When we share resources and talents, we create a supportive network that is better equipped to solve problems and face collective challenges.
- Acts of "prosocial" behavior, like mentoring, are linked to higher levels of happiness and a decreased risk of feelings of isolation.

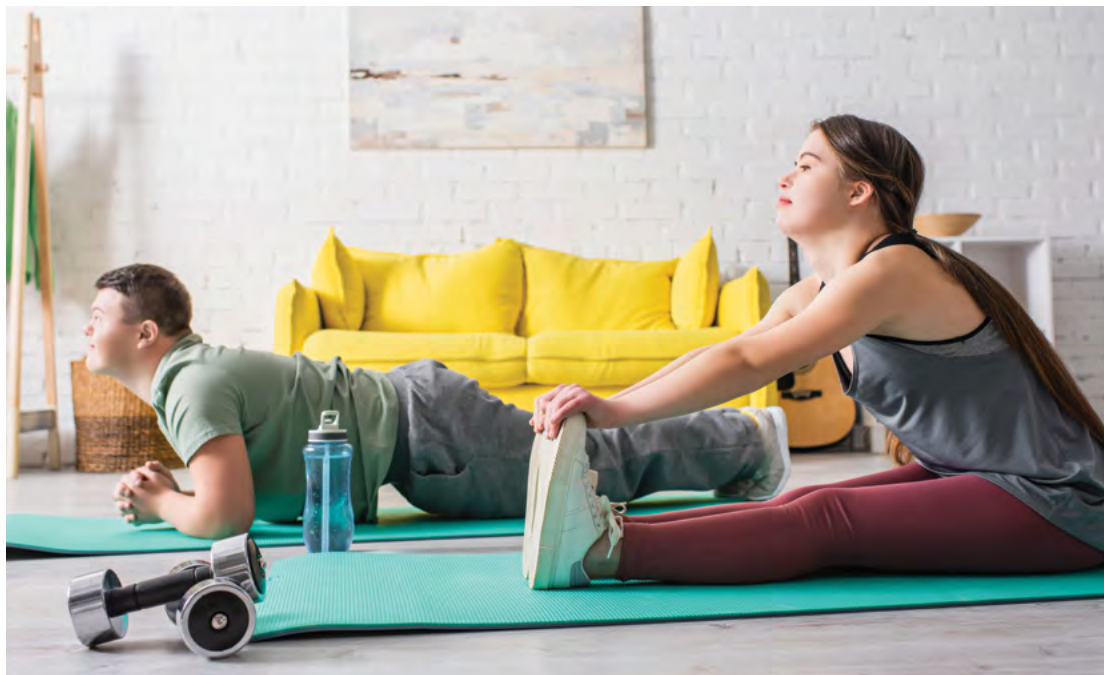
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Fit for growth

Building a stronger athlete starts with matching the workout to the biological clock. While strength training is safe for youth, the goals shift as kids grow. For preteens, it's about coordination and "moving well," while teens can begin focusing on "moving weight" as their bodies mature and stabilize.



Strong Start Strategies

Preteens	Teens
Before puberty, the goal is neuromuscular control rather than muscle size. Preteens should use their own body weight or very light resistance, such as light dumbbells or medicine balls, focusing on perfect technique in fundamental movements like squats, lunges, and push-ups to build a safe foundation.	As teenagers enter puberty and hormonal changes occur, their bodies become more capable of increasing muscle mass. This is the stage where they can gradually transition to heavier free weights and resistance machines, provided they have mastered the basic mechanics during their preteen years.
To prevent burnout and overuse injuries, preteen strength training should feel like play. Incorporating animal crawls, climbing, and obstacle courses builds functional strength and agility without the mental or physical strain of a rigid, adult-style weightlifting routine.	Since many teens are competitive athletes, their strength programs can begin to mirror the demands of their sport. For example, a basketball player might focus more on explosive plyometrics and jumping mechanics, while a swimmer emphasizes core stability and shoulder endurance.
It is a major "don't" to have a preteen attempt a "one-rep max." Because their growth plates are still open and highly active, excessive heavy loading can lead to serious injury. Instead, they should perform higher repetitions (10–15) with very light loads to ensure safety.	With increased intensity comes a greater need for rest. Teens often push themselves too hard, so it is vital to enforce rest days and ensure they get 8–10 hours of sleep.
Every session for a preteen should be monitored by a qualified coach or knowledgeable adult. This ensures that they don't get competitive and try to lift more than they should.	During growth spurts, bones often grow faster than muscles and tendons, leading to tightness. Teens should pair their strength training with a dedicated stretching or mobility routine to maintain a full range of motion.



Reset in a breath

**HARNESSING YOUR BREATH
IS THE FASTEST WAY TO HACK
YOUR NERVOUS SYSTEM,
FLIPPING THE SWITCH
FROM “FIGHT OR FLIGHT”
TO “REST AND DIGEST”
FOR INSTANT RELIEF.**



- Consistent breathwork reduces the production of stress hormones. By lowering cortisol, you protect your heart health and improve your body's overall immune response over time.
- Try box breathing for balance. Inhale, hold, exhale, and hold again for four counts each. This rhythmic pattern helps you regain focus during high-stress moments.
- Making your exhale longer than your inhale signals the vagus nerve to slow your heart rate. Try breathing in for four seconds and out for six.
- Use the 4-7-8 technique. Inhale for four, hold for seven, and exhale forcefully for eight. This specific ratio acts as a natural tranquilizer for the nervous system, aiding faster sleep onset.
- Fill your lower abdomen rather than your upper chest for diaphragmatic “belly” breathing. This deep intake improves oxygen exchange and physically reduces the tension held in your shoulders and neck.

Better together

True well-being isn't a solo mission. It's a team sport. Building a culture of care turns individual stress into collective strength and lasting resilience.



BUILDING YOUR CIRCLE

- Strong relationships lower your risk for heart disease and boost your immune system by reducing chronic inflammation.
- A culture where team members feel safe to take risks or speak up without judgment leads to higher engagement, lower burnout, and better mental health outcomes.
- Social isolation is damaging to your health. Prioritizing “check-ins” with colleagues and friends significantly increases overall life satisfaction.
- Whether in a workplace or a community group, knowing others “have your back” reduces the physical symptoms of anxiety.
- When teams support one another during crises, they recover faster. This collective energy prevents the emotional exhaustion that often comes from trying to carry burdens alone.

