

# HEALTHY LIFESTYLES

## National Eating Disorder Awareness Month

### No Limb-Its

Join Amy McFadden, PT for FREE monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.

**Monday, February 3**

**4:00 PM - 5:30 PM**

### Community Acupuncture

Share the healing space with others in a relaxed community environment. Each participant will receive a 30- to 45-minute acupuncture treatment while comfortably relaxed on a reclining chair.

**Thursday, February 13**

**5:00 PM - 6:30 PM**

**\$40**

### In the Kitchen: Effective Meal Planning and Prep

Whether you're feeding yourself, you and your plus one, or a family, it's important to plan ahead for healthy nutrition.

Learn how properly meal plan, plan your grocery trips, and prep your food without losing important nutritional value.

**Thursday, February 20**

**5:00 PM - 6:30 PM**

**\$35**

### Galentine's Day Retreat

This half-day retreat will focus on self-care, self-love, and self-compassion, with topics like nourishing your body, mindfulness, and movement.

**Saturday, February 22**

**8:00 AM - 12:00 PM**

**Early Bird Pricing Now**

**Through February 15: Buy One Get One FREE**

## Breaking the Stigma: Understanding and Supporting Eating Disorder Recovery

*Taylor Greibe, Eating Disorder Recovery Coach*

February is National Eating Disorder Awareness Month. This month allows us to take time to recognize and reduce the stigma around eating disorders. All types of eating disorders have become

more and more common with the rise of social media and different dieting trends. However, even though awareness around these disorders has increased, we oftentimes still see a lack of education and several myths surrounding what happens when someone develops an eating disorder.

Many eating disorders go unnoticed and untreated because the behaviors and thought processes associated with them closely resemble how the majority of society may think or behave around food and body image.

There is a fine line that gets crossed when someone goes from just dieting to the development of an actual disorder. Even though those who diet are likely trying to achieve some sort of weight loss goal and living in a state of restriction around food, they still can often maintain a healthier mindset without their goal being to completely eliminate all foods and the enjoyment around them. Those who diet can also see themselves as worthy outside of weight, what they eat, and the judgment of others. All diets typically end once a goal is achieved and the hope is to sustain a healthier lifestyle. When someone crosses the line into disordered eating, we often see them take the diet too far into restriction, use other behaviors to compensate for eating, and believe their worth is based on the achievement of weight loss. It becomes an obsessive lifestyle that leads to overexercising, elimination of several foods, labeling foods as good or bad, increased anxiety around food, hate or disgust for their body, and much more.

A common myth about eating disorders is that they can be solved by just having someone simply eat again. However, this is not the case, and eating disorders that develop almost have nothing to do with the food itself. Usually, those who develop eating disorders have underlying stressors that they then try to control by using food as a coping mechanism. Eating disorders are typically a combination of biological, psychological, and environmental factors that all come together to create a serious and complex mental health issue.

*To read more about Eating Disorder Awareness, visit the "more" tab on our website.*



# STATERA February 2025 Fitness

	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			<b>Fitness, Yoga, Oov &amp; Healthy Aging Wellness Classes</b> • Drop In: \$16 • 10-Pass: \$150 (\$15ea) • 20-Pass: \$280 (\$14ea) • 30-Pass: \$390 (\$13ea)  <b>30-Day Unlimited: \$99</b>  <b>Equipment Based Pilates(EBP) &amp; AntiGravity®</b> • Drop In: \$28 • 10-Pass: \$252 (\$25.20ea) • 20-Pass: \$476 (\$23.80ea) • 30-Pass: \$672 (\$22.40ea)  <b>30-Day Unlimited: \$169/month</b>  <i>*Antigravity will be back soon*</i>  <b>Fitness, Yoga, Oov &amp; Healthy Aging Wellness Classes</b> <b>Equipment Based Pilates (EBP) and AntiGravity®</b> \$241.20/month
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie	
	5:30-6:20 pm	Level 1 EBP	Shannon	4:00-4:50 pm	Balanced Wellness	Nicole	
	6:30-7:20 pm	Level 1 EBP	Shannon				
TUE	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength/Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue	5:30-6:20 pm	Flow Yoga	Tobey	
	11:00-11:50 am	60+ Restorative EBP	Malia				
	4:30-5:20 pm	Multi-Level EBP	Malia				
	<del>5:30-6:20 pm</del>	<del>Antigravity</del>	<del>Malia</del>				
WED	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Power Flow Yoga	Kailey	
	9:00-9:50 am	Pilates Fitness	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	4:00-4:50 pm	Bone Health Fitness	Malia	10:00-10:50 am	Stretch	Nicole	
	5:00-5:50 pm	Pilates Fitness	Malia	4:00-4:50 pm	Balanced Wellness	Nicole	
THUR	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue				
	4:30-5:20 pm	Multi-Level EBP	Shannon				
	5:30-6:20 pm	Level 1 EBP	Shannon				
	6:30-7:20 pm	Level 1 EBP	Shannon				
FRI	9:00-9:50 am	Chair EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole	
	11:00-11:50 am	60+ Restorative EBP	Malia	10:00-10:50 am	Oov	Malia	
				11:00-11:50 am	TRX	Allie	
				12:00-12:50 pm	Power Sculpt	Allie	
SAT	7:30-8:20 am	Multi-Level EBP	Malia	9:00-9:50 am	jo-yo	Kailey	
	8:30-9:20 am	Active Aging EBP	Malia				
	9:30-10:20 am	Multi-Level EBP	Malia				
	10:30-11:20 am	Multi-Level EBP	Malia				



## Welcome to The Team Kailey Peterson!



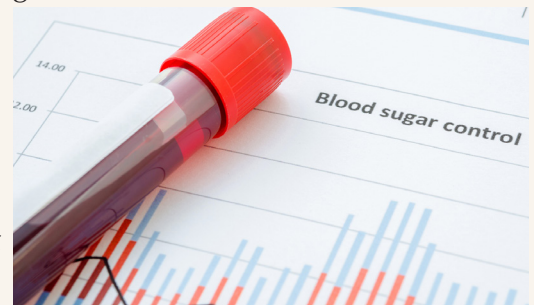
Kailey Peterson gained her 200-hour yoga certification in 2023 and her 95-hour children's yoga certification in 2024. Kailey is dedicated to helping others find balance, strength, and peace through meditative movement.

Join Kailey in her two **\*NEW\*** class offerings starting in February; Power Flow Yoga on Wednesdays and Jo-Yo every other Saturday.

## New in March: Diabetes Prevention and Management Program

Take charge of your health with our professionally developed program designed to support individuals with diabetes or pre-diabetes. This program combines expert guidance, practical tools, and a supportive community to help you make sustainable lifestyle changes.

*Starting in March,  
For more information,  
please visit our website  
stateraintegrated.com  
or inquire with our front  
desk.*



**Not sure where to start? Did you know we offer a FREE consultation with Nicole Hutchison? Visit our website and click on "free consultation" and let us help guide you in the right direction in your health and wellness journey!**