

Put P.E.P. in your step With ThriveOBX

Provider-led Education Pathways to well-being



Led by Kelsey Booth, DNP, FNP-C of Outer Banks Health Family Medicine - Kitty Hawk.

Seated Centering Breath (2 min)



- **Calm your mind. Reset your body. Return to center.**
- Sit tall, feet flat, hands on thighs
- Inhale through the nose for 4 counts (expand the belly)
- Exhale through the mouth for 6 counts (belly relaxes)
- Repeat 8–10 cycles

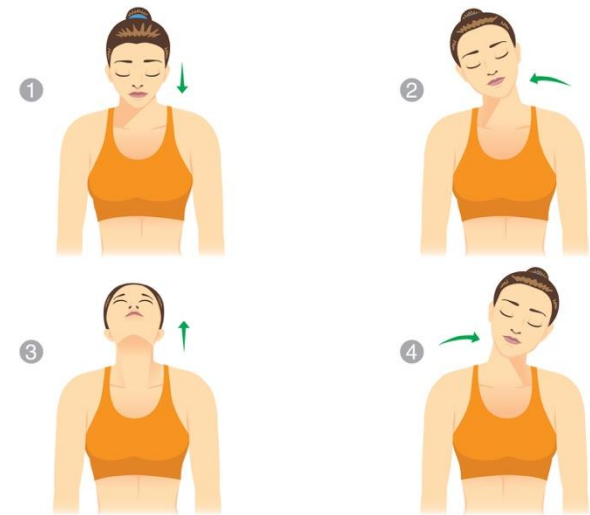


- Health Tip: Slow, deep breathing activates the vagus nerve — the main nerve of the parasympathetic (“rest and digest”) nervous system. Heart rate slows, blood pressure drops, and cortisol decreases. The longer exhale tells your brain it is safe to relax.

Seated Neck Rolls (1 min)



- Drop chin to chest
 - Slowly roll head to the right ear → back → left ear → center
 - Repeat 3 times each direction
 - Move gently — never force
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- Health Tip: The neck holds tension from stress and screen time. Gentle neck rolls release the upper trapezius and sternocleidomastoid muscles, reducing compression on cervical nerves and improving blood flow to the brain. This can relieve tension headaches and improve alertness.



Tai Chi: Lifting the Sky (2 min)



- Stand behind chair (or sit tall)
- Inhale: slowly raise both arms to shoulder height
- Exhale: slowly lower arms to sides
- Move as if lifting a cloud — smooth and continuous
- Repeat 8–10 times



- Health Tip: Combining breath with slow movement shifts your nervous system from “fight or flight” to “rest and digest.” This measurably increases heart rate variability (HRV) — a key marker of cardiovascular health and your body’s ability to handle stress.

Tai Chi: Parting the Horse's Mane (2 min)



- Stand behind chair, one hand lightly on chair back
- Shift weight to right foot; left arm sweeps forward, right arm sweeps back
- Reverse sides
- Move like wading through warm water
- Repeat 5 times per side



- Health Tip: Weight shifting trains your proprioceptive system — the sensors in muscles, tendons, and joints that track your body in space. This form of tai chi can reduce fall risk by ~24% in older adults.

Tai Chi: Cloud Hands (2 min)



- Hands in front of chest, as if holding a ball
- Shift weight left; left hand rises, right hand lowers
- Let the torso gently rotate with the movement
- Reverse sides
- Repeat 5 times per side



- Health Tip: Gentle trunk rotation mobilizes the thoracic spine and engages deep stabilizers. The rotation also stimulates the vestibular system in the inner ear, training your brain to better integrate balance signals from multiple senses.

Tai Chi: Brush Knee and Push (2 min)



- Stand behind chair
- Step forward with right foot
- Right hand sweeps past right knee; left hand pushes forward at chin height
- Step back and repeat on other side
- Repeat 4 times per side



- Health Tip: This forward-stepping movement engages hip flexors, quadriceps, and ankle stabilizers — the muscle groups most critical for walking confidence and fall prevention. It also practices the “stepping strategy,” one of the ways your body catches a stumble.

Tai Chi: Golden Rooster Stands on One Leg (2 min)



- Stand behind chair, one hand on chair back
 - Slowly lift right knee to hip height
 - Hold 5–10 seconds
 - Lower and repeat on left side
 - Alternate 4 times per side
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- Health Tip: Single-leg stance forces your brain to integrate sensory input from eyes, inner ear, and joint receptors simultaneously. This strengthens the cerebellum and basolateral amygdala — building the neural architecture of balance.

Seated Cat-Cow Stretch (2 min)



- Sit at edge of chair, feet flat
- Inhale (Cow): arch back, lift chest, look slightly up
- Exhale (Cat): round spine, tuck chin, draw belly in
- Flow between positions 8–10 times



- Health Tip: Your spinal discs have no blood supply of their own. Cat-Cow literally feeds your spinal discs through a pumping action called imbibition. It also activates the back extensors and abdominals in a rhythmic pattern that reduces stiffness.

Seated Spinal Twist (2 min)



- Sit tall, feet flat
- Place right hand on left knee, left hand on chair back behind you
- Inhale to lengthen spine; exhale to gently twist left
- Hold 3–5 breaths
- Repeat on other side



- Health Tip: Twisting stretches the paraspinal muscles and promotes nutrient flow to discs and facet joints. Gentle twisting also provides a mild compressive massage to the abdominal organs, stimulating digestion and enhancing vagal tone.

Seated Forward Fold (1.5 min)



- Sit tall, feet wide apart
- Inhale and lengthen spine
- Exhale and hinge forward from hips
- Let hands reach toward feet or rest on shins
- Hold 5–8 breaths, then slowly roll up

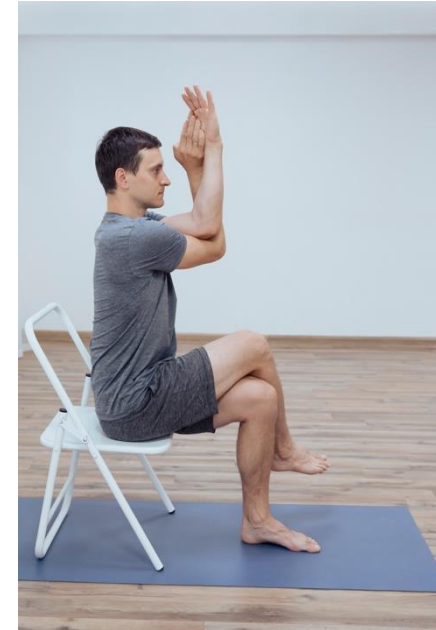


- Health Tip: Forward folds stretch the entire posterior chain — hamstrings, glutes, and back muscles. Tight hamstrings are one of the most common contributors to low back pain. Research shows stretching lowers blood pressure by increasing nitric oxide release.

Seated Eagle Arms (1.5 min)



- Extend arms forward
 - Cross right arm under left at the elbows
 - Try to bring palms to touch (or backs of hands)
 - Lift elbows slightly; hold 5 breaths
 - Repeat with left arm under
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- Health Tip: Eagle arms open the space between the shoulder blades, stretching the rhomboids and middle trapezius. This counteracts “forward head, rounded shoulder” posture from prolonged sitting and screen use, maintaining healthy nerve conduction and shoulder mobility.



Seated Hip Opener / Figure-4 (2 min)



- Place right ankle on left knee (figure-4)
- Sit tall; gently press right knee down
- For deeper stretch, hinge slightly forward from hips
- Hold 5 breaths per side



- Health Tip: This stretches the piriformis — a deep hip muscle that sits directly over the sciatic nerve, the largest nerve in the body. Keeping it flexible can reduce the risk of piriformis syndrome and pain radiating down the leg.

Seated Body Scan Meditation (2 min)



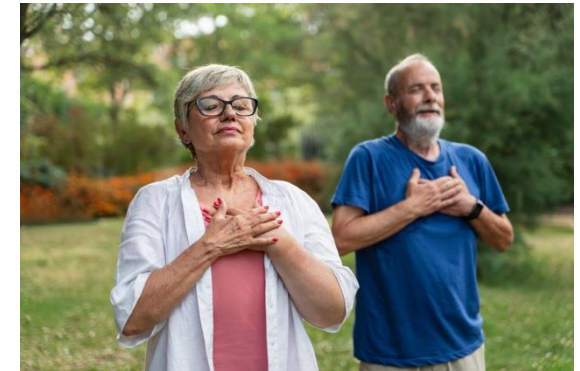
- Close eyes
- Bring awareness slowly from the top of the head down through the body:
- Forehead → jaw → neck → shoulders → arms → hands → chest → belly → hips → legs → feet
- Notice tension; soften each exhale
- Health Tip: Body scan meditation activates the insular cortex — the brain's awareness center for physical sensations. Regular practice strengthens the connection between body awareness and the prefrontal cortex, improving emotional regulation and reducing anxiety.



Closing Gratitude Breath (1 min)



- Place both hands over the heart
 - Take 5 slow, deep breaths
 - With each inhale: think of something you are grateful for
 - With each exhale: let go of one thing that no longer serves you
 - Open eyes when ready
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- Health Tip: Gratitude combined with slow breathing activates the prefrontal cortex and releases dopamine and serotonin. The “stop, appreciate, breathe” approach is a key mindfulness tool for resetting between tasks. Regular practice lowers heart rate and blood pressure.



Nourish



- Fuel your body. Support your mind. Live with vitality.
- Whole Foods | Hydration | Mindful Choices
- Eat Well | Stay Hydrated | Move More | Reduce Stress | Brain Health
- **Be Well. Live Well. Thrive.**

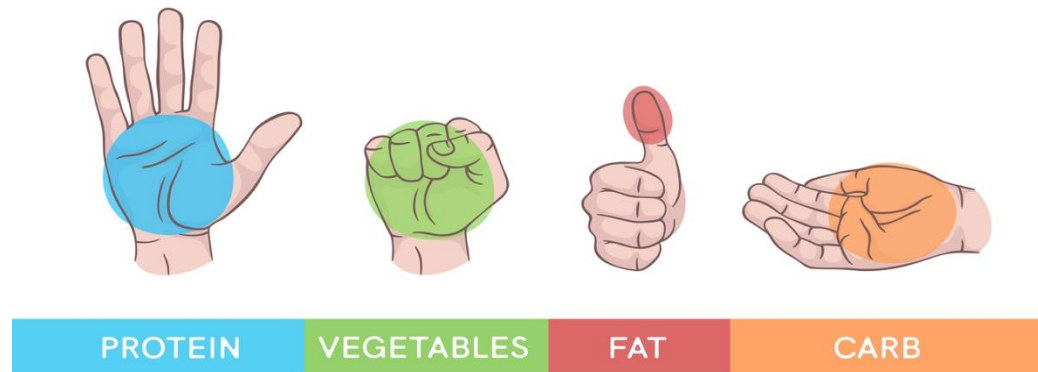


Easy Portion Guide: Use Your Hand



- **You always have your hand with you — no measuring cups needed**
- A fist (closed hand) = 1 cup — vegetables, salad, fruit, cereal, cooked pasta
- A palm (no fingers) = 3 oz — meat, fish, poultry (about the size of a deck of cards)
- A cupped hand = ½ cup — rice, oatmeal, cooked beans, ice cream
- A thumb (tip to base) = 1 oz — cheese, peanut butter
- A thumb tip (tip to first joint) = 1 tsp — butter, oils, mayonnaise
- A handful = 1–2 oz — snacks like nuts, pretzels, chips

- Smart portions.
Balanced choices.
A healthier you!



10 Tips for Eating Healthier Starting Today



1. Fill half your plate with fruits and vegetables
 2. Drink water instead of sugary beverages
 3. Choose whole grains over refined grains
 4. Eat more fish — aim for 2 servings per week
 5. Limit processed meats
 6. Cook more meals at home
 7. Read labels before you buy
 8. Plan your snacks
 9. Slow down when you eat
 10. Progress, not perfection
- Small changes today. Healthier you tomorrow.



Read the Label, Fuel Your Body



- Focus on calories and fiber to make choices that support your health
- **Check the Calories:**
 - Calories tell you how much energy your body gets; knowing this helps manage weight and energy levels
- **Look at the Fiber:**
 - Fiber supports digestion, blood sugar, and heart health; most Americans get only about half the recommended fiber
- **How Calories and Fiber Work Together:**
 - Low calories + high fiber = better balance
- Smart choices today. Stronger you tomorrow.

The “Salty Six”: Hidden Sodium Sources



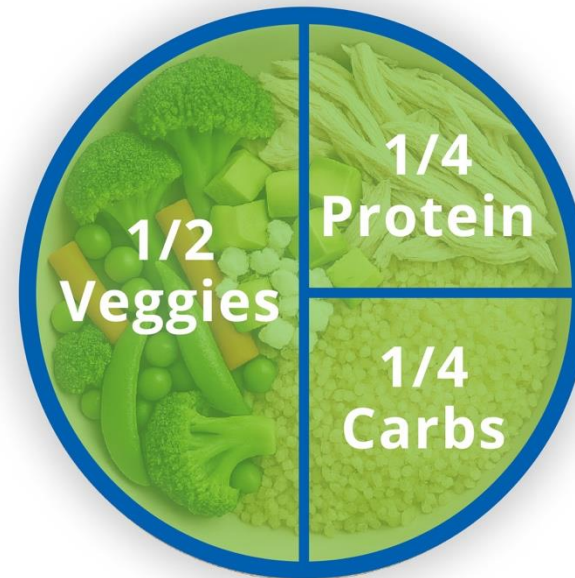
- These 6 foods contribute the most sodium to the average American diet:
 - Bread and rolls
 - Cold cuts and cured meats (deli turkey, bacon, sausage)
 - Pizza
 - Poultry (especially breaded or pre-seasoned)
 - Soup (canned or restaurant)
 - Sandwiches (including burgers)
- Tip: Compare labels and choose the lowest-sodium option. Look for “low sodium” or “no salt added” versions.



Build a Healthy Plate



- A balanced plate gives your body the nutrients it needs to feel its best
- **1/2 Vegetables** — choose a variety of colors; include leafy greens; eat all green options raw, steamed, or roasted
- **1/4 Protein** — fill one quarter of your plate
- **1/4 Whole Grains**
- Balanced today. Healthier tomorrow.



Cook Smart. Eat Well. Feel Great.



- Small changes in how you cook can make a big difference in your health
- **Extra Virgin Olive Oil (EVOO):**
 - Minimal processing, more antioxidants, more heart-healthy polyphenols — Best practice: use EVOO to get all the benefits
- **Easy ways to make your food healthier:**
 - Add more veggies
 - Choose lean proteins
 - Limit added sugar
 - Use herbs & spices
 - Try healthier swaps
 - Limit fried foods
- Cook with care. Nourish with love.

The Benefits of Drinking Water



- Water is essential for life and plays a key role in keeping your body healthy, energized, and functioning at its best
- **Key Benefits:**
 - Boosts energy
 - Supports digestion
 - Keeps your body hydrated
 - Sharpens focus
 - Balances mood
- **How Much Water Do You Need?**
 - ~64 oz (~8 cups) of water daily
- Sip often. Feel better.



Let's Eat!!



- Nourish Your Body. Fuel Your Life.
- Eat Well
- Stay Hydrated
- Move More
- Reduce Stress
- Brain Health
- Be Well. Live Well. Thrive.



Provider Q&A



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