

Put P.E.P. In Your Step With ThriveOBX

Provider-led Education Pathways to well-being



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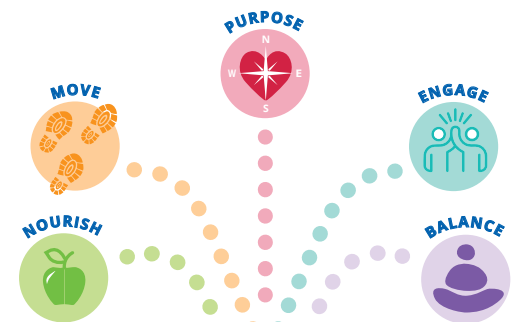
Explore pathways to well-being through the Thrive5 with an Outer Banks Health provider(s) dedicated to helping our community thrive. This fun, interactive session blends gentle movement, simple nutrition tips and a live cooking demo with tasty samples—making healthy choices easily achievable for everyone.

Ask questions, practice new skills and receive guidance and education. Discover practical, evidence-based tools to boost energy, support long-term health and help prevent chronic disease, one step at a time. Put **P.E.P.** in your step and choose pathways to well-being and longevity.

Enjoy today's featured recipe and a deep breathing technique on the back of this handout.



www.ThriveOBX.com/PEP



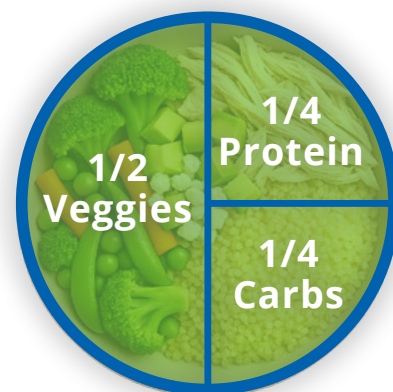
Thrive5



ThriveOBX Power Bowl

Ingredients:

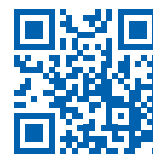
- Rotisserie Chicken
- Microwave Quinoa or Brown Rice
- Frozen Mixed Vegetables
- Olive Oil and Lemon
- Optional: Avocado, Feta



See Your Serving Sizes!

Instructions:

1. Chop up rotisserie chicken while microwaving quinoa or brown rice and the frozen vegetables as directed on packaging.
2. Once chopped and heated, in a bowl mix together 1/2 cup of veggies, 1/4 chicken and 1/4 quinoa or rice.
3. Drizzle olive oil on top and squeeze lemon over dish, and mix.
4. Optional: chop up avocado and add, and sprinkle in feta for added nutrients and flavor.



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Take a Breath!

4-4-4 Deep Breathing Technique to Reset

Breathe in for 4 seconds....Hold for 4 seconds....Breathe out for 4 seconds.... Repeat as needed.

How this exercise helps your body:

- Calms your mind and reduces stress by centering your mind.
- Lowers your heart rate and blood pressure through controlled breathing.
- Improves focus and oxygen flow.
- Supports better sleep and overall well-being.

As a progression or extension to 4-4-4 deep breathing, you may incorporate breathwork paired with movement. This approach combines breath, sensation and physicality to work together. The degree to which you engage with this is entirely up to you. For example, try raising your hands while breathing in, and moving them down in a wave motion while breathing out. Or, press your feet into the floor as you inhale, and soften your weight on the exhale. Simply feeling the texture of your shirt or seat while breathing offers smaller movements. Find movement in your breath, notice the present sensation, and reset!