

Be Well

The Common Market's Wellness Newsletter

National Wellness Month

8 Tips for Total Wellness



COMMON
MARKET
CO-OP
August 2023

National Wellness Month

Our Tips for Total Wellness

Embrace National Wellness Month this August by prioritizing self-care, managing stress, and incorporating wholesome nourishment of the mind, body, and soul! Visit our Wellness Department for more advice on everyday things you can do to help improve your wellbeing.



1. Increase Water Intake

We all know that staying hydrated is essential, and experts have different opinions on the right amount, so whether you are going for the prescribed eight 8 oz. glasses or even a gallon per day, avoid the nasty things that can

lurk in tap water – PFAs, pesticides, metals - by taking advantage of Common Market's bulk water machines. Did you know that Co-op Member-Owners get unlimited Reverse Osmosis and Deionized water free of charge?

If plain water bores you, infuse yours with a spa-like creation by adding cubed pineapple, sliced cucumbers or berries, anything to stay hydrated without adding extra sugar, calories, or caffeine! Speaking of caffeine...



2. Get Some Rest

Sleep habits are behaviors and routines that affect the quality of your sleep. Create a sleep-healthy environment with a dark room - a must in order to get those well deserved zzzs. If your room isn't dark enough, try a sleeping mask!

Essential Oils – Lavender is recognized as a natural sleep aid and Clary Sage is thought to aid with relaxation. Add a few drops of each to a carrier oil such as almond or olive and rub on the soles of the feet, palms and wrists before bed, or add to a diffuser. The mineral Magnesium may help improve sleep by helping to calm the mind and relieve anxiety – try it in supplement form or from a variety of foods...leafy greens, nuts, seeds and beans.



3. Exercise

The Common Market has many Community Partners who can help you fulfill that recommendation of 150 minutes of exercise per week. Member-Owners receive added benefits or discounts at these local businesses specializing in

health and fitness: The Center, Straight Shot Fitness, Yogamour, MAD Fitness, One Life Fitness, Club Pilates, Charm City Run, Bowerhouse MMA, Lifecycle Studio, and Players Fitness and Performance. Visit the Community Partners page of our website for more information:

commonmarket.coop/community/community-partners



4. Strengthen Social Connections

Emotional Wellness has an impact on our health and wellbeing, and Common Market can help you build healthy support systems – from shopping with like-minded consumers to donating to one of the local

non-profits we support, to trying one of our classes; we're glad you've connected with us! Visit the our classes and events page of our website for ideas:

commonmarket.coop/classes-events/



5. Vitamins & Minerals

In case you are not getting enough from natural food sources, supplementing with vitamin and mineral tablets ensures that our bodies and minds are getting the daily nutrients required for optimum

wellness. Vitamins aid our bodies in growth, repair, immunity and metabolism, while minerals help with things like building strong bones, sending nerve impulses, and maintaining a normal heartbeat. For all ages, from Vitamin A to Zinc, you'll find clean and high quality ingredients sourced from sustainable businesses on the wellness aisles.



6. Immunity

Plan to boost your immunity now as we head back to school and into the cooler months! By now we all know that frequent hand washing goes a long way, but did you know that bumble bees can help too? Propolis is the compound

bees use to line the walls of their hives to keep germs out, and bee pollen delivers B vitamins, minerals, amino acids and antioxidants. Use these products for everything from immune support, to soothing sore throats, calming and restoration.



7. Protein

Strong bones, powerful muscles, smooth skin, shiny hair – protein is a crucial amino acid essential for health, growth and development throughout the body and it delivers through food as well as supplements.

Many consumers enjoy protein powders for their accessibility as well as great taste!



8. Mushrooms

The new powerhouse supplement is a fungi! Said to strengthen the immune system, enhance brain cognition, alleviate inflammation, regulate blood sugar, increase energy and improve stress response. From foods, to

coffees & teas, to soups and powders, there are many ways to reap the benefit of the mushroom. Visit the Co-op in September - National Mushroom Month - to enjoy sales on many mushroom-based products and learn more about the mighty mushroom.

Shopping List



Aura Cacia
Clary Sage & Lavender
Essential Oils



MegaFood
Magnesium Soft
Chews



Bucky
Serenity Sleep Mask



Common Market
Vitamins



Y.S. Eco Bee Farms
Propolis Capsules



Truani
Protein Powder



Host Defense
Reishi Capsules



Four Sigmatic
Mushroom Coffee Mix



2023 BOARD OF DIRECTORS ELECTION



ONLINE VOTING STARTS SOON!
OWNERS, WATCH YOUR INBOX FOR MORE INFO

You're Invited to MEET THE CANDIDATES

Virtual Information Sessions



&



Visit our events page
for more info and to
get your Zoom link!



Ownerfest! IS BACK

SATURDAY
10.14.23
NOON-3PM

join us for

- food
- music
- games
- prizes

IN THE ROUTE 85 STORE PARKING LOT
CELEBRATE
LOCAL FARMS & BUSINESSES
AND YOUR CO-OP

visit www.commonmarket.coop/classes-events/ or scan

