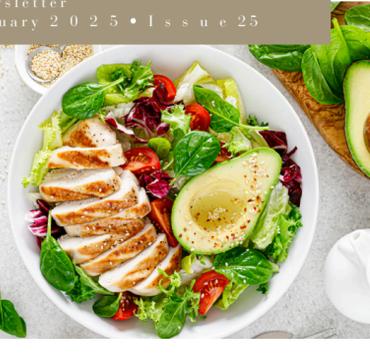


Healthy Eating



Upcoming Event

MLP Heart Health Lunch & Learn with Dr. Michael Poon

January 30th, 2025 | 12:00 PM - 1:00 PM

Lunch will be served at 12:00 PM, followed by the presentation starting at 12:15 PM.

Join Dr. Michael Poon, for an expert discussion on diagnosing, treating and **preventing** pulmonary hypertension. Learn about the latest treatments and natural supplements for heart and lung health.

Reserve your spot today!

RSVP: [Register Here](#)

Your Best Self with Nutritional Wellness

Your nutrition is key to peak performance. This month discover strategies to transform how you eat, feel and succeed.

Why Invest in Nutritional Wellness?

In the work/life landscape, your health is your most valuable asset.

Boosts cognitive function

Enhances energy levels

Supports long-term health and productivity



Your Wellness Toolkit

Our integrated team of healthcare professionals is committed to supporting your holistic health journey. Nutrition isn't just about food, it's about optimizing your potential.

Guided Lifestyle Optimization

Our Nurse Practitioners focus on critical lifestyle modifications that can dramatically improve your overall health:

Alcohol Management

Develop strategies for minimal alcohol consumption and understand its impact on metabolism and sleep.



Strategic Eating Patterns

Eliminate late-night eating habits and understand the connection between meal timing and metabolic health.

Fiber Focus

Learn how to substantially increase fiber intake and its benefits for digestion, weight management, and cholesterol control.



Book Your [One-on-One](#) NP Session Today!

Personalized Wellness Consultations

Take the next step in your health journey.

Collaboration with [Chiropractors](#) and [Physical Therapist](#) for movement optimization strategies.



Stress management techniques with [Mindful Moments](#) with our Nurse Practitioners.



Tailored exercise programming with an Exercise Physiologist. [Schedule today!](#)



Did You Know

Your Blueprint for Nutritional Optimization

Revolutionize your meals with a simple, actionable approach.

50% Vegetables:
Maximize nutrients and fiber.

25% Whole Grains: Choose high-fiber grains for sustained energy.

25% Lean Protein:
Support muscle health and sustained energy.



Hydration: Your Secret Weapon

According to the National Academies of Medicine, here are best practices for optimal hydration:



Aim to consume water based on your body weight.

Target: Half your body weight in ounces daily.



Example: A 150-lb individual should drink approximately 75 oz of water.

A Word From Our [HSS](#) Affiliate

Get Ski-Ready with Expert Tips

Heading to the slopes this winter?



Ensure you're prepared for peak performance and injury prevention with expert advice from the Hospital for Special Surgery.

Learn how to strengthen your body, gear up smart, and make the most of your skiing experience.

Click [here](#) to read more!

Rehab Corner

Strengthen Your Core with the Single-Leg Bridge

Looking to boost your core stability and lower body strength?



The single-leg bridge is a simple yet powerful exercise to add to your routine.

Click [here](#) to learn how to add this dynamic exercise to your routine!