

Family Well-being



The Habits You Model Today Shape Tomorrow's Wellness

Between meetings, deadlines and dinner duty, it's easy to put your own health on the back burner.

But here's the truth:

How you care for yourself sets the tone for your entire household.

Your family is watching and your future self is counting on the choices you make today.



4 Habits That Change Everything



Make Preventive Care Routine

Make your annual checkup non-negotiable. When your family sees you putting your health first, they learn that prevention matters.

Schedule [here!](#)

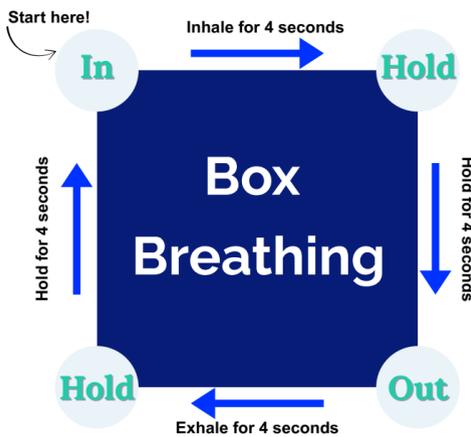
Model Calm Under Pressure

Try box breathing when stress hits.

Use it before meetings or teach it at bedtime. You're managing stress and teaching emotional regulation.



Press [play](#) for a video



Make Movement Natural

A lunchtime walk or weekend family bike ride shows that movement isn't punishment—it's self-care.



Create Mindful Meal Moments

Choose water over soda, prep healthy lunches, or swap takeout for home cooking once a week. Small choices, big lessons.



Your 7-Day Action Plan

Choose one habit from above and integrate it into your workweek.

Track how it impacts your energy, focus and overall performance.

Small workplace wellness wins create momentum for bigger changes.

Ready for Support?

At Millennium Wellness Center, we're here to help you feel your best so you can bring your best to everyone you care about.

Schedule an appointment with your on-site providers [here](#).

Did You Know

Summer Safety Tips

Your health team at Millennium Wellness Center shares expert tips for summer wellness from nurse practitioners, doctors of chiropractic, doctors of physical therapy and exercise physiologists.

Nurse Practitioner Tip

Drink water consistently, not just when you feel thirsty. By then, you're already mildly dehydrated. Sip every 30 to 60 minutes and eat water-rich foods like watermelon, cucumbers and oranges.

—Najvot Kaur, DNP



Doctor of Chiropractic Tip

If you're traveling with discogenic back pain, especially in economy seating, place a small pillow or headrest at your lower back. A bit of lumbar support can make a big difference.

—Sharmin Sultana, DC



Doctor of Physical Therapy Tip

Take caution when exercising outdoors between 11 am and 3pm as it is the hottest time of the day. On super hot days, work out in the gym or opt for more relaxed cardio activities like swimming in cold water.

—Anna Potapova, PT, DPT



Exercise Physiologist Tip

Fresh summer picks like watermelon, berries, eggplant and carrots don't just taste better—they're better for your brain, skin and immune system too. Your body loves what's in season.

—Tabitha Martinez-Reyes, C-EP



A Word from Our HSS Affiliate

Move Better with Spine-Safe Exercises



Dealing with stiffness, discomfort or arthritis of the spine? You're not alone—and relief may be closer than you think.

Our partners at Hospital for Special Surgery (HSS) have curated simple, effective exercises to help ease pain, improve mobility and support a healthier spine.

[Click here to learn more.](#)

Rehab Corner

Strengthen Your Core—No Crunches Required

Looking for a low-impact way to activate your abs and build core stability?

Try the Praying Mantis using a Swiss ball.

This controlled movement challenges your core while supporting your spine—perfect for improving posture and reducing strain.

