

WELLNESS BY RAINA MONTHLY NEWSLETTER

Welcome to ROM Wellness **FIRST** Member Newsletter!



We are going to cover all things FEET for our movement section + exercises to add to your daily routine.

I discuss WHOLE FOOD for our nutrition portion + an assignment to start adding in your favorites.

I'll answer the Q&A about daily mobility moves and show you each recommended move.

In the [Member Portal](#) you will find all documents + infographics your Month Challenge Sheet and all the other goodies that come along with your All Access Membership!

MOVEMENT TOPIC

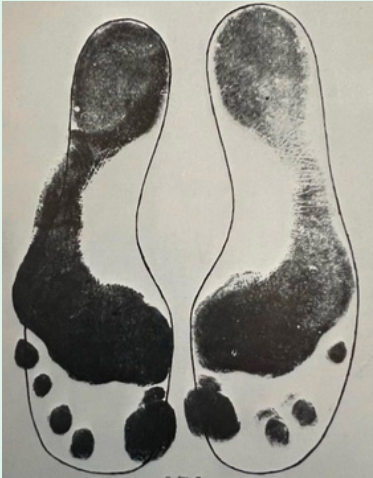
Let's talk FEET! I love to start with feet as they are our base and can affect the rest of our skeletal structure and muscles all the way up to our head & posture, believe it or not. The way you stand and walk can tell you a lot about your movement patterns, weaknesses and compensations that affect your overall movement patterns.

First, let's discuss shoes. The standard sneaker is slowly deforming and weakening your feet, ankles and mobility. We are born with these perfectly functioning feet, and slowly let that fade to make way for fashion!

1. **Heels:** can lead to hammer toes, decrease the length of your calf/soleus muscle and are keeping you in a constant plantar flexed position.
2. **Narrow toe box:** are squishing your toes together leading to bunions, and decreasing the stability of your foot and affecting balance and decreasing big toe function for push off during walking and running.
3. **Thick soles:** are decreasing the strength of your intrinsic foot muscles by relying on cushion instead of learning how to walk and protect your feet with soft efficient gait.

Now, it doesn't mean that there isn't a use for some shoes like this (except narrow toe box... get rid of those asap and

check out [Anyas Shop](#) for a variety of wide toe box shoes!) With an injury or a rocky hike, you might want cushion. If your ankles are not mobile, you might want a slight heel to lift weights. But overall, we should be slowly removing these types of shoes from our daily wear, and take time to work on our feet! Start with just 5 minutes of barefoot time!



Where to start when it comes to foot function? It starts with foot awareness and paying attention to them, learning more about movement and function, and give them some love every week! *Click on each for a demo!*

1. [Give them a little rub, move them, twist them, put your fingers in between your toes](#)
2. [Roll them with a ball](#)
3. [Do some toe yoga](#)
4. [Spread your toes out and check your insoles](#)
5. [Balance one one foot and add some small movements to see how your foot reacts](#)

My favorite physical therapist and biomechanist that talk all things feet are:

[Gait Happens](#) - physical therapy for exercises, client breakdown, resources, programs +

[Katy Bowman](#) - books and fun exercises for all

NUTRITION TOPIC

I'm going to discuss the basics of whole food eating. As a nutrition coach, and a very passionate eater, I am all about whole real food. I've been blessed with growing up eating fresh ingredients, local animal products, homemade meals and it has definitely trained my palate to love good ingredients. Plus, it's the best diet you can have for ALL the reasons we will get into.

1. **Local** animal products and especially produce: You get the most nutrients from local produce. As produce travels, it can lose up to 20% of its nutrients being shipped around the world. Having seasonal produce increases variety, gut health and gives you a lot of different micronutrients as nature designed. As well as produce, sourcing local meat and dairy decreases the need for shipping, packaging and transport costs that affect the environment. 85% of Grass Fed beef is imported to America for sale, so knowing where your animals

properly cared for, ruminant animals have a carbon negative affect as well as managing run off, soil depth and health of native grasslands.

2. **Processed.** This is a word that has many meanings, but in our society, which is full of packaged foods, Americans average consuming 60% processed foods. These foods are usually packed with dyes, preservatives, sugar, salt and oil which make them hyper-palatable (obscenely tasty and in turn addictive), cheap, and even decreases our need to chew and ruins our teeth! These are what I consider “not food” as they are mostly void

of nutrients. Our society is over fed and under nourished with these processed snacks and fast foods. Now the other side of this is chopping, grating and cooking is also processing. So figure out what level of processing still contains real food, and is not focused on the added chemicals. I stick with 1 ingredient food, then chop,

3. **cook and** add them together to “process” my meals.

Nutrients that are contained in local products will give you the most amount of vitamins and minerals and will set you up to get the most bioavailable macronutrients. You can get all the protein, fat and carbohydrates without supplements from quality real food. You can also get much closer to getting all your micronutrients from diets with animal + plant sources than without. This is the simplest “diet” that will nourish you and satisfy you. When you take away these whole foods, you are more likely to be under nourished, have deficiencies or you are not hitting your macro goals. So, instead you have to over-supplement with packaged, processed foods (yes, even superfood and protein powders.)



FAVORITE WHOLE FOODS
Write down your favorite "1 ingredient food" and ADD them to your plate.
Extra credit for thinking seasonally and what is sourced locally.

ANIMAL PRODUCTS	VEGETABLES	FRUIT	NUTS/SEEDS	FRESH HERBS	BEANS/LEGUMES GRAINS
Beef	Mushrooms	Apples	Hazelnuts	Parsley	Black Beans
Pork	Butternut Squash	Persimmon	Almonds	Cilantro	White Rice
Eggs	Swiss Chard	Berries	Pumpkin seeds	Mint	Farro
Cream	Broccoli	Tangerines	Sunflower Seeds	Oregano	Bulgar
Chicken	Carrots	Banana	Chia Seeds	Chives	Split Peas
Tuna	Cabbage	Figs	Pistacios	Thyme	Peanuts
Oysters	Arugula	Lemons			
Yogurt	Canned Tomatoes				

Your homework is write down your top 10 - 1 ingredient foods - fruit, veggies, animal products and add them to your meals this month! *See mine above!*

Find your local farmer at EatWild.com

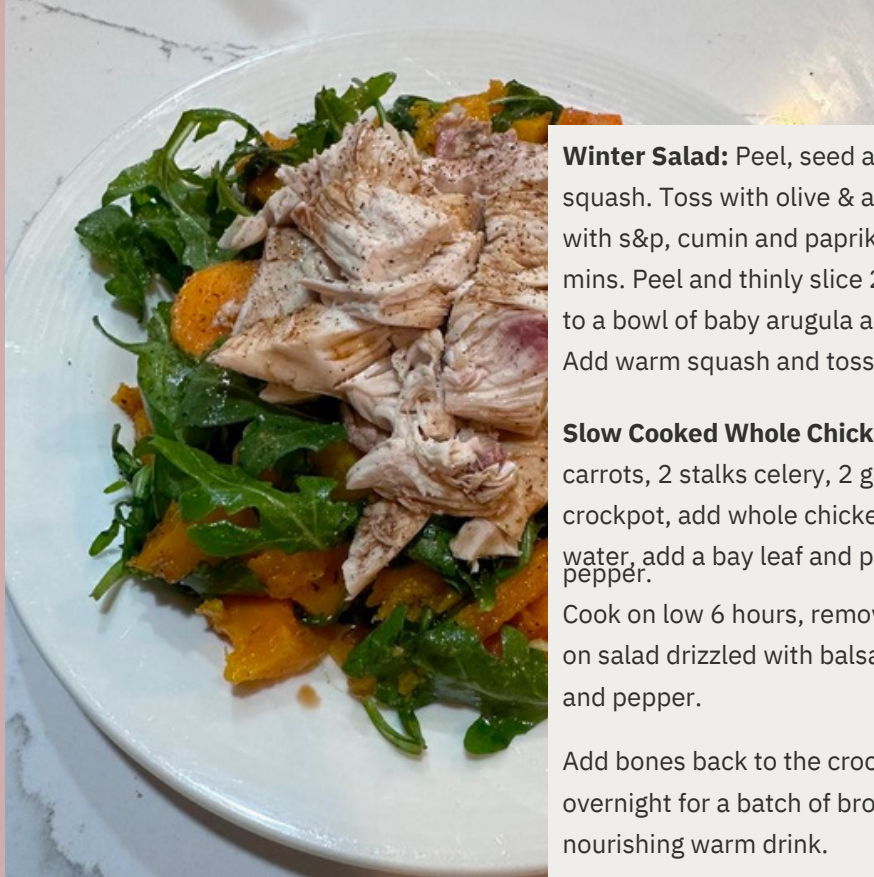
Some of my favorite resources for podcasts, articles, books and even movies on whole food eating are:

[RD Diana Rogers](#) - Sacred Cow (book+movie)

[Functional Nutritionist Chris Kresser](#) - Great podcasts and free downloads

[Protein Centric MD Gabrielle Lyon](#) - Great podcasts and easy to follow graphics

Winter Chicken Salad Recipe



Winter Salad: Peel, seed and cube 1 butternut squash. Toss with olive & avocado oil and sprinkle with s&p, cumin and paprika. Bake 365 for 35 mins. Peel and thinly slice 2 persimmons and add to a bowl of baby arugula and juice of 1 lemon. Add warm squash and toss.

Slow Cooked Whole Chicken: Chop 1 onion, 2 carrots, 2 stalks celery, 2 garlic cloves add to crockpot, add whole chicken and cover with water, add a bay leaf and pinch of salt and pepper.

Cook on low 6 hours, remove chicken and serve on salad drizzled with balsamic vinegar and salt and pepper.

Add bones back to the crockpot and cook overnight for a batch of broth for soup or a nourishing warm drink.

MEMBER Q&A

QUESTION: What are your top 3 mobility moves we should do everyday?

ANSWER: The 3 most common areas of tightness and injury are hips/low back, shoulders and neck so I like to start there. *Click on each for a demo!*

1. **Thoracic + Cervical Extension (combat being hunched over all day)**
2. **90-90 Hip Moves (combat sitting and weak/tight hip flexors)**
3. **Prone Shoulder Rotation (combat forward shoulder and neck roll)**

What question or topic are you looking to hear more about? Please let me know and I'll add it to the list!

Thank you so much for being a part of my community and reading my Newsletter! I'm looking forward to covering a lot of information to help you in the future.

In Good Health, **Coach Raina**