

February 2021 Newsletter

## **My Wellness Journey**

The Wellness Committee has been a blessing in disguise for me, and I am very grateful to be a member of this amazing team. Since the time we started back in November, we've touched on physical, emotional, financial, and mental wellness. We've learned about the value of different colors of veggies and fruits and how each one benefits our health in different ways.

We learned how to manage money and raise our credit scores. We've learned about the heart and its powerful functions. I am most grateful for the committee because it keeps me accountable with my own fitness and wellness journey. I would like to share that the Wellness Committee has made me want to look into ways to transform myself inside and out.

Attached are Before and After pictures of myself doing some weightlifting. In the picture I am doing deadlifts. On the left, is me in 2017. I'm attempting to deadlift 95lbs. As you can see, my form is off, and I couldn't do more than 1 deadlift at a time. On the right is me in 2021. I am currently deadlifting 135 lbs at 5 sets of 10 reps. I researched ways to perfect my form.

Thanks to the Wellness Committee, I also learned that certain foods, nutrition and mindfulness activities helped me perfect my form. Fitness, the gym, and especially weightlifting/training have always been very intimidating for me. But today it's a huge part of my life and self-care routine. I don't know where I'd be without it.

I am very grateful for my team!

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