



Honor yourself and
create your best life. Reach
beyond basics to find your higher
ground. Shift focus to aspects of
life you can control. **The Movement**
lets you discover the best version of YOU.



THIS
IS
THE
MOVEMENT



Inspiring and Empowering Workplace Cultures of Wellbeing.

www.McCahillGroup.com . 616.493-0476 . Grand Rapids, MI

MAKE YOUR OWN BEST MOVE

Wellbeing is earned. One tiny habit at a time,
we can build a bright future.

Our team at The McCahill Group talks the talk
AND walks the walk. As you join *The
Movement*, keep in mind these inspiring words
from our president Peach McCahill.



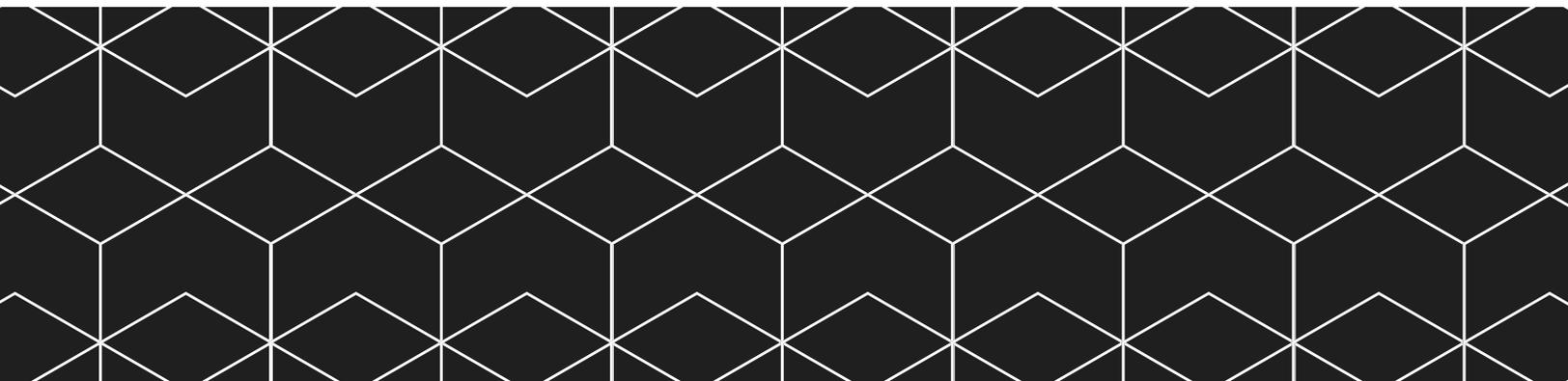
Thank you for joining *The Movement*! It has always been our objective to empower others to live a life of health and vitality. Most of us have a blueprint depicting how we think life should go. Circumstances beyond our control often create a change of plans which can sometimes challenge us, both mentally and physically.

Since we cannot control the unexpected we need to be prepared with positive thoughts and healthy behaviors which help us navigate difficult times.

It ALL begins with you! We are here to passionately support your journey with tools and resources. We ask that you start today with one thing. The time is now. Take control of your destiny and MAKE YOUR MOVE.

Healthy Regards,

Peaches



WE LIKE TO MOVE IT MOVE IT

It's ok to brag about it. Your moves, however big or small, are worth celebrating.

Share what you're up to on social media and tag us as you #makeyourmove.

Don't worry, we'll be throwing ourselves a party, too.



@mccahillgroup

SHOW US YOUR MOVES



FITNESS

We believe movement matters.

We also believe everyone is juggling a LOT. It's tough to fit everything into one day. That's why we've worked hard to bring movement opportunities straight to your place of work.

Stretch breaks, ergonomic assessments, on site gyms and one on one personal training are just a few ways we bring it to you. Our fitness videos are another way to move anytime, anywhere. [Dive into what McCahill has to offer](#) as you build movement into your day.

NUTRITION

Did you know? Unsaturated fats, like those found in olive oil, help the body fight inflammation and reduce the risk of heart disease. Homemade dressings are one way to ramp up your intake of these disease-fighting nutrients.

BEYOND BASIC VINAIGRETTE

- ½ c extra-virgin olive oil
- 3 T vinegar of choice
- 1 T Dijon mustard
- 1 T maple syrup or honey
- 2 medium cloves garlic, minced
- ¼ tsp sea salt
- Black pepper, to taste

Whisk or shake in a jar. Store in refrigerator up to one week.



WELLBEING

WHO ARE YOU WHEN YOU'RE AT YOUR BEST?

Eating well and moving is important, but emotional wellbeing plays an equal role in living our best life. Mental health includes emotional, social and psychological aspects of life and impacts how we think, feel, and act. When we're at our emotional prime, we respond well to stress, and support ourselves and others in healthy ways.

CHECK IN ON YOUR MENTAL HEALTH OFTEN.

If you need to boost your support team to improve your mental health, explore counseling options, contact your Employee Assistance Program or call 211 for local resources.

