



August Newsletter 2025



Saguaro National Park, Arizona

Summer Days are Here to Stay

Hello,

By August, summer is in full swing with high temps, monsoon skies, and plenty of ways to enjoy the season. Whether you're grilling with friends, splashing in the pool, or staying cool indoors, it's the perfect time to make memories while staying safe and mindful of the heat.

As *Summer Fun Safety Month*, August reminds us to stay hydrated, apply sunscreen, watch little ones near water, use caution when grilling, and take breaks from the sun when needed. A little care goes a long way in keeping the season fun, safe, and full of joy, both outside and in.

Stay cool, stay safe, and enjoy the rest of summer!

Warmest wishes,  
The Resilient Team

ARTICLES OF THE MONTH

I Fell Off a Mountain and Lived to Tell About It!



My journey into posture alignment coaching didn't begin in a classroom or a clinic. It began in desperation—in the raw, unrelenting grip of pain. For years, I lived with chronic neck and nerve pain that shot like fire down my left arm. I tried everything: physical therapy, acupuncture, cranial work, chiropractic care. Some modalities brought temporary relief, but nothing lasted. At times, my neck would suddenly “go out,” leaving me immobilized and helpless for weeks. [Read More](#)

Stay Safe With These Summer Health Tips for 2025



Summer is a time for sun, fun, and family—but it's also a season when health risks can sneak up fast. These summer health tips for 2025 will help you stay safe, hydrated, and happy as temperatures rise. Whether you're swimming, hiking, or grilling with friends, here's how to enjoy summer wellness from head to toe. [Read More](#)

EXERCISE OF THE MONTH

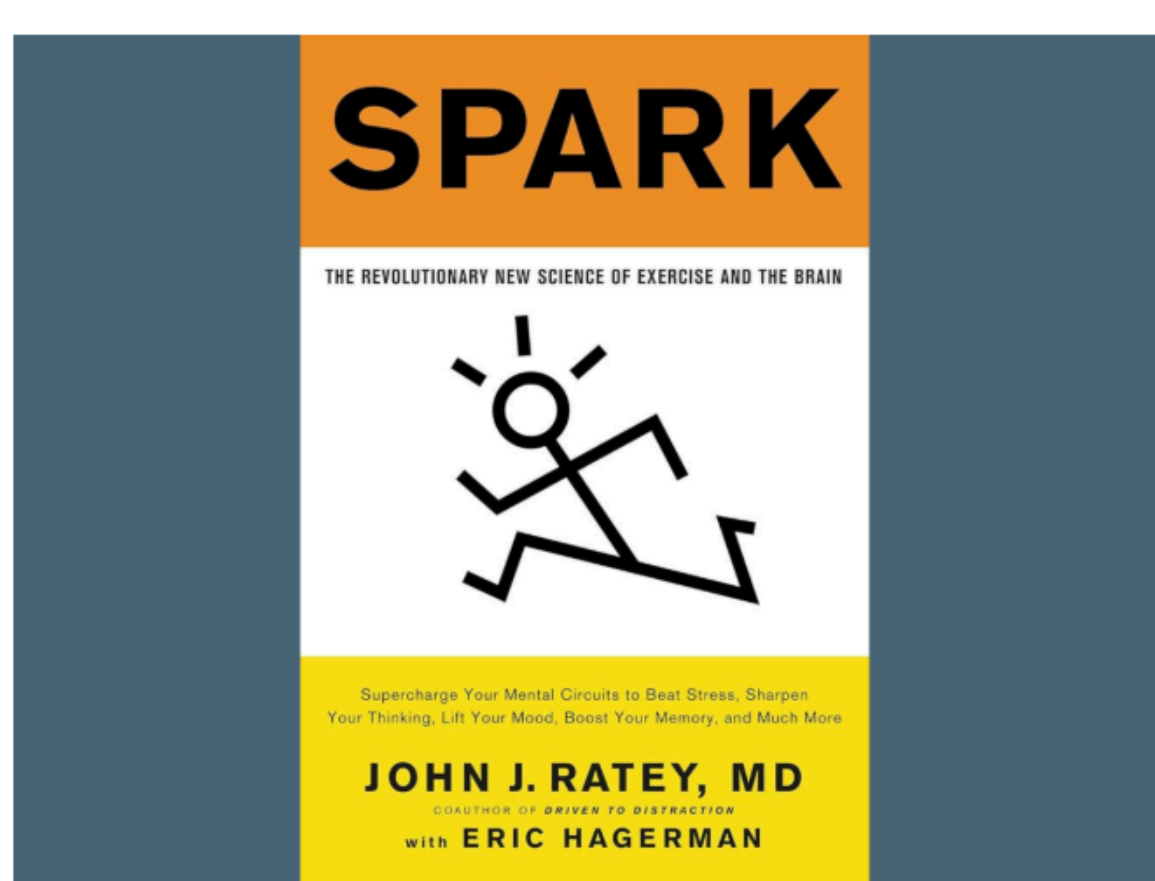
Arm Circles - Standing



- Description:
- Stand with feet hipwidth apart and pointed straight ahead, curl tips of fingers together and point thumbs straight ahead
  - Squeeze shoulder blades together, lift arms to sides at shoulder level, and circle arms forward keeping elbows locked straight
  - Then rotate arms so palms face up, thumbs back, and circle arms backward
  - Keep hands straight out to side of shoulders the entire time, not forward of shoulders
  - 50 Reps EACH direction

JOHN'S BOOKSHELF

Spark



In *Spark*, Dr. John Ratey, a clinical psychiatrist and Harvard professor, presents compelling research showing that exercise is not just good for the body — it's transformative for the brain. He explains how regular aerobic activity boosts brain performance, improves mood, reduces stress, enhances learning, and even helps combat mental disorders like ADHD, depression, anxiety, and addiction. Ratey also explores how movement promotes neuroplasticity and emotional resilience, making it a powerful tool for mental well-being across all ages.

BILLIE'S RECIPE OF THE MONTH

Chocolate Covered Dates with Almond Butter

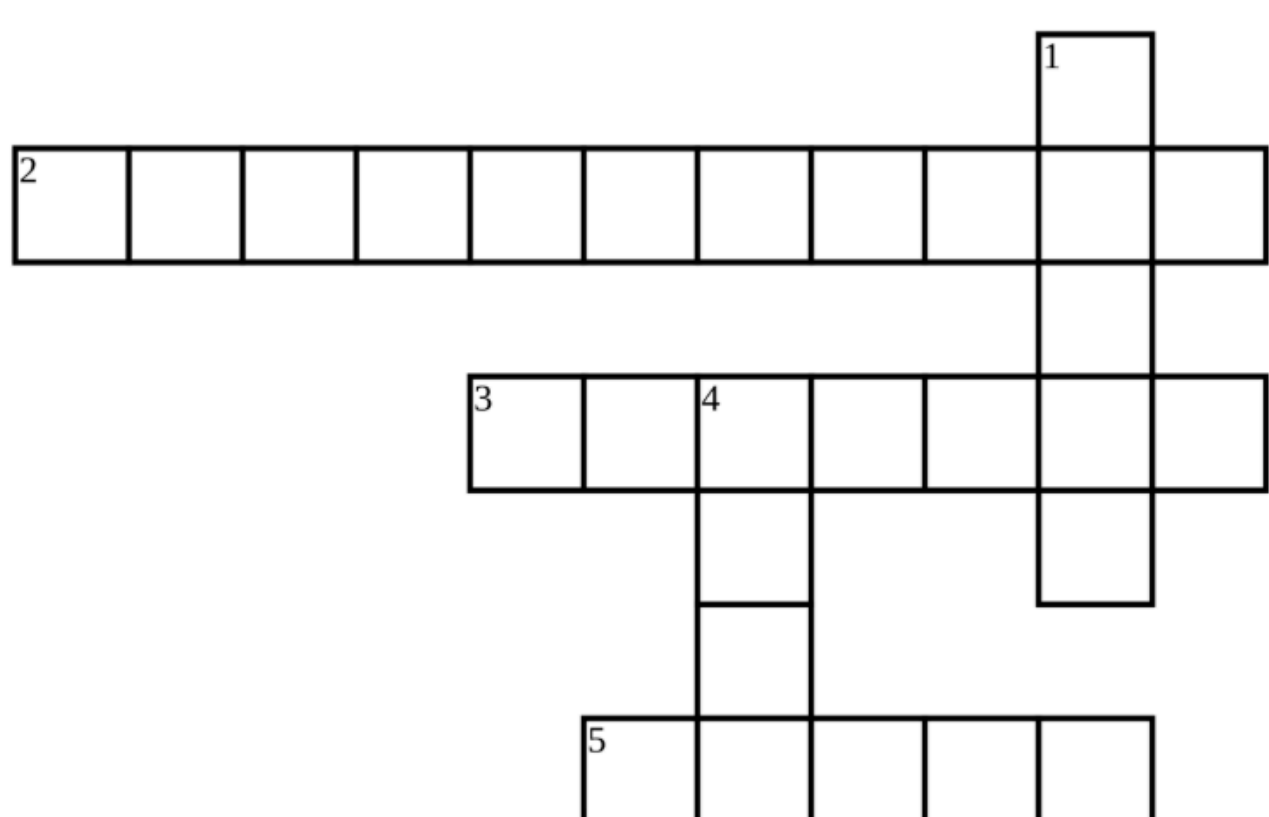


- Ingredients
- 24 Medjool dates, pitted
  - 9 tablespoons almond butter (or nut butter of choice)
  - 1 1/2 cups dark chocolate chips
  - 1 1/2 teaspoons coconut oil
  - 6 tablespoons crushed almonds (optional)
  - Flaky sea salt (optional)

- Instructions
1. Slice the top of each each so that you're able to stuff it, however, make sure not to cut all the way through the date (you want them to close easily).
  2. Fill each date with 1/2 teaspoon – 1 teaspoon of almond butter. (The dates I used were quite large, so they each have around 1 teaspoon). Gently push the sides of the dates together so that they close. Place the dates in the freezer while you melt the chocolate.
  3. Place the chocolate chips and coconut oil in a heat-safe bowl. Place the bowl over a small pot with about 1 to 2 inches of simmering water. Melt the chocolate, stirring frequently. Alternatively you can melt them in the microwave. Stirring every 10-15 seconds to make sure the chocolate is melting evenly.
  4. Line a cooling rack or sheet tray with parchment paper. Using two forks or a candy utensil, dip each date into the chocolate to coat. Alternatively, if you don't want to completely coat the dates in chocolate, you can use the fork and drizzle the chocolate over each date with as much chocolate as you like. I had a little chocolate leftover, however, it's better to have a little extra than not enough when dipping in chocolate.
  5. Sprinkle the flaky sea salt and chopped nuts over the dates after they have been dipped in chocolate. This is optional if you like sweet and salty.
  6. Chill the dates in the freezer for 10-15 minutes or until the chocolate is set. You can store the dates in the refrigerator or leave them in the freezer.

- Notes
- As mentioned, depending on the size of your dates, you may need more nut butter and/or chocolate. You can add more or less to your liking.
  - Don't overly crush your almonds as you do want some texture, if using.
  - Chocolate melts best using the double-boiler method. However, when I'm pressed for time I'll use the microwave. Adding the coconut oil allows for a 'magic shell' coating along with it being shinier and smoother. It's optional if you don't want to add, however, as many times as I've melted chocolate, I recommend adding just a smidge. It will take a bit longer to set in the freezer/refrigerator.

RESILIENT PUZZLES



WORD SCRAMBLE

- Down:
1. Calcium helps keep these strong
  4. The body's largest organ that helps protect us from the sun
- Across:
2. Drinking plenty of water helps prevent this dangerous state
  3. These contract and relax to help you move and maintain posture
  5. Joints that bend when you sit or squat

- MISALNGTE \_\_\_\_\_
- ACICUML \_\_\_\_\_
- AHTE \_\_\_\_\_
- TOYNRDAIH \_\_\_\_\_
- ENESK \_\_\_\_\_

ANSWERS: 1. LIGAMENTS 2. CALCIUM 3. HEAT 4. HYDRATION 5. KNEES      ANSWERS: Down 1. BONES 4. SKIN Across: 2. DEHYDRATION 3. MUSCLES 5. KNEES

If you have a moment, we would be incredibly grateful if you could share your experience by leaving us a review on Google. Your feedback helps us improve and assists others in finding our services.



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