

## March Newsletter 2026



Saguaro National Park - Arizona

### Spring Is In The Air: Nourish and Thrive

Hi,

March invites a gentle shift toward nourishment and care. As we recognize National Nutrition Month, it is a meaningful time to reflect on how the foods we choose each day support our energy, resilience, and overall well-being. Small, thoughtful choices in the kitchen can have a lasting impact on how we feel, move, and show up in our lives.

This month we are also turning our attention to arthritis and joint health. Caring for your body through supportive nutrition, mindful movement, and everyday habits can make a real difference in maintaining comfort and mobility over time. We are looking forward to sharing more in our upcoming arthritis workshop and exploring practical ways to better support your joints.

Wishing you a month filled with nourishment, learning, and habits that support lasting wellness.

Warmly,  
The Resilient Team

### SPECIAL EVENTS

#### Taking Control of Arthritis



Are you or someone you know living with arthritis pain? Does it limit your daily activities or keep you from doing what you love? Join us for an engaging workshop where you will discover practical ways to reduce joint pain and improve mobility using the Resilient approach.

Register today, or share this invitation with someone who could benefit. We'd love to see you there!

**DATE:** Saturday, March 28, 2026  
**LOCATION:** 6970 E Chauncey Ln. Suite 110. Phoenix, AZ 85054  
**TIME:** 10:00am - 11:30am  
**PHONE:** 480.999.5171  
**EMAIL:** [hello@resilientaps.com](mailto:hello@resilientaps.com)

[REGISTER NOW](#)

### ARTICLES OF THE MONTH

#### When Arthritis Isn't Just Arthritis



We hear the word arthritis a lot. For many people, it feels like a vague diagnosis — a catch-all for pain when doctors aren't sure what else to call it. But arthritis is more than just a word. It's real, it's painful, and it leaves people wondering: what's causing my pain, and what can I do about it?

##### What is Arthritis?

At its root, arthritis simply means inflammation of the joints. There are many types, including osteoarthritis ("wear and tear"), rheumatoid arthritis (autoimmune), and gout (uric acid buildup). The common thread is inflammation and imbalance in the body. [Read More](#)

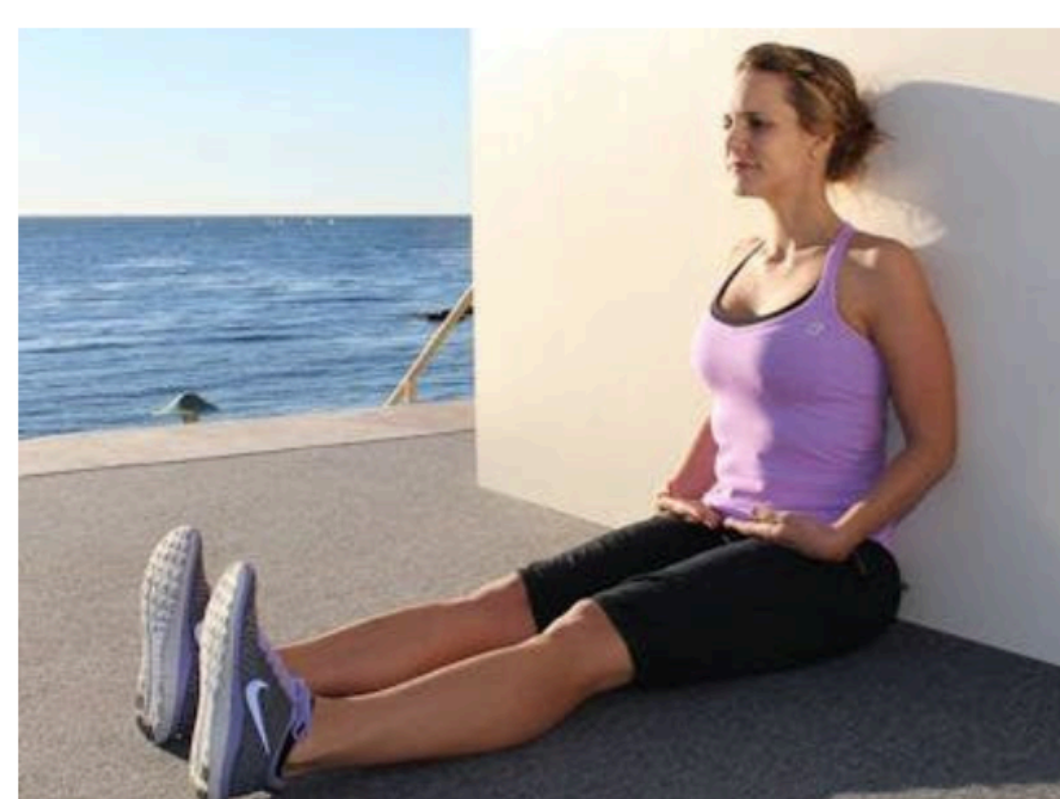
#### Treating our Bodies Right With Healthier Eating Habits



Did you know that National Nutrition Month is observed every March? It was founded by the Academy of Nutrition and Dietetics, and its purpose is to celebrate making informed food choices and adopting healthier eating habits. It's important to learn about nutrition as it affects every aspect of our lives. From embracing whole foods to prioritizing balance and moderation, there are countless ways to treat our bodies right and nourish ourselves from the inside out. In this article, we'll explore the significance of National Nutrition Month and share practical tips for incorporating healthier eating habits into our daily lives. [Read More](#)

### EXERCISE OF THE MONTH

#### Sitting Floor

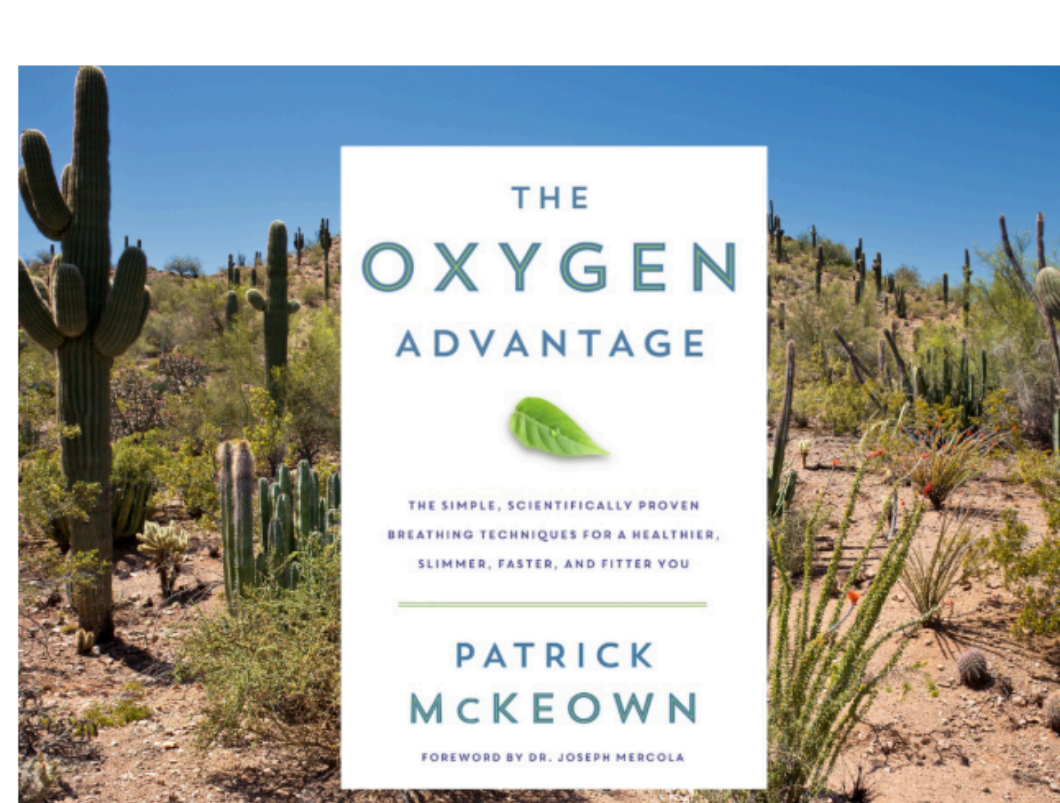


##### Description:

- Sit on floor with back and hips completely flat against wall and legs straight out in front of you
- **KEEP** thighs tight and feet pulled straight back
- Knees and toes should point straight to ceiling **DO NOT** let them splay outward
- Rest hands palms up on thighs
- Relax shoulders down **DO NOT SHRUG UP**
- Then squeeze shoulder blades together and **HOLD**
- **HOLD** for 3 minutes

### JOHN'S BOOKSHELF

#### The Oxygen Advantage



*The Oxygen Advantage* by Patrick McKeown is a practical guide to improving health, endurance, sleep, and mental performance through better breathing. The book explains how modern habits often lead to chronic over breathing and poor oxygen delivery in the body. It teaches readers how to restore functional breathing by slowing the breath, breathing through the nose, and increasing tolerance to carbon dioxide. Combining breathing science, physiology, and simple daily exercises, it provides tools to boost energy, enhance athletic performance, reduce stress, and support long term health.

### BILLIE'S RECIPE OF THE MONTH

#### Olive Garden Salad



##### Salad Ingredients:

- 8 cups chopped Lettuce
- ¼ cup red cabbage, shredded
- ¼ cup Carrots, julienne
- ¼ cup Red onion
- ½ cup black olives
- 2 roma tomatoes, sliced
- 1/3 cup pepperoncini
- 1 cup croutons
- ¼ cup grated Parmesan cheese

##### Dressing Ingredients:

- ¾ cup extra virgin olive oil, I prefer smooth over robust if given the option
- 1 (.7 oz.) packet Zesty Italian Dressing Mix
- 1/3 cup white vinegar
- ¼ cup water
- 1 tablespoon grated Romano cheese, can sub Parmesan
- 3 teaspoons sugar
- 1 ½ teaspoons mayo, not miracle whip
- 1 teaspoon Dijon mustard
- ½ teaspoon **EACH:** Italian seasoning, salt
- ¼ teaspoon **EACH:** pepper, garlic powder

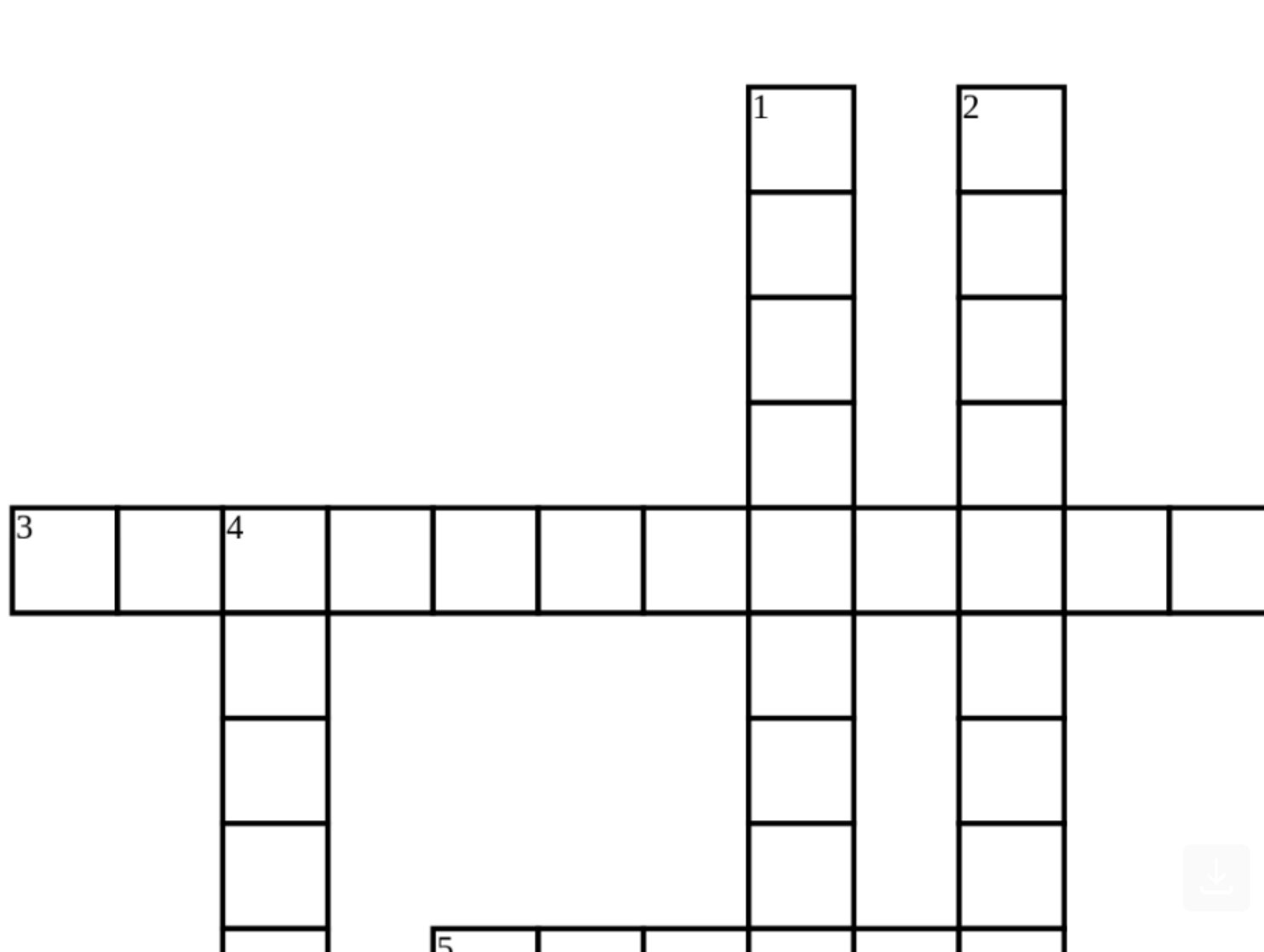
##### Instructions:

1. Combine the dressing ingredients in a mini food processor or in a jar with a lid. Blend/shake well to combine and emulsify. Cover and refrigerate.
2. Prepare salad ingredients. Use a paper towel to absorb any excess moisture from the sliced tomatoes to keep things fresh and crisp.
3. Set dressing, croutons, and Parmesan cheese aside and combine remaining salad ingredients together in a large bowl.
4. Drizzle with desired amount of salad dressing and toss to combine. (*You won't need all of the dressing.*) Sprinkle with croutons and Parmesan cheese and serve!

##### Notes:

- **Lettuce:** I like to use a combination of iceberg and romaine for this recipe.
- **Tomatoes:** **Roma tomatoes** are perfect for this recipe. I also like to use cocktail tomatoes, (pictured in this recipe). They are bigger than cherry tomatoes and smaller than slicer tomatoes, perfect for serving on salads.
- **Pepperoncini Peppers:** These are jarred and are found where the pickles and olives are.
- **Parmesan Cheese:** Freshly grated cheese is definitely best here. I grate mine from a wedge of Belgioioso. I use the same brand for the Romano in the dressing.
- **Dressing:** This recipe makes 1 ½ cups of dressing. Leftover dressing can be refrigerated in an airtight container for up to 3 days. It makes a fantastic marinade for chicken.
- **Olive Oil for Dressing:** Extra Virgin Olive Oil is best for this dressing. I prefer varieties that are smooth, I find robust to be a little too overpowering.
- **Note: If your leftover dressing solidifies during storage:** Let it sit at room temperature until it liquifies, then shake to combine and serve.
- **Mix just before serving:** This recipe needs to be combined just before serving to ensure it's crisp and fresh!

### RESILIENT PUZZLES



#### WORD SCRAMBLE

LNSIWEGL \_\_\_\_\_  
TOJISN \_\_\_\_\_  
RGNPIS \_\_\_\_\_  
NINOTRTUI \_\_\_\_\_  
TTRSIRAIH \_\_\_\_\_

##### Down:

1. Key daily habit that supports joint lubrication and overall wellness
2. Substance in food that the body needs to live and grow
4. Nutrients that help reduce inflammation and support overall wellness

##### Across:

3. Body's response that can cause swelling, pain, and stiffness in joints
5. The body parts most affected by arthritis

ANSWERS: 1. SWELLING 2. JOINTS 3. PEPPERONCINI 4. FIBER 5. INFLAMMATION

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)