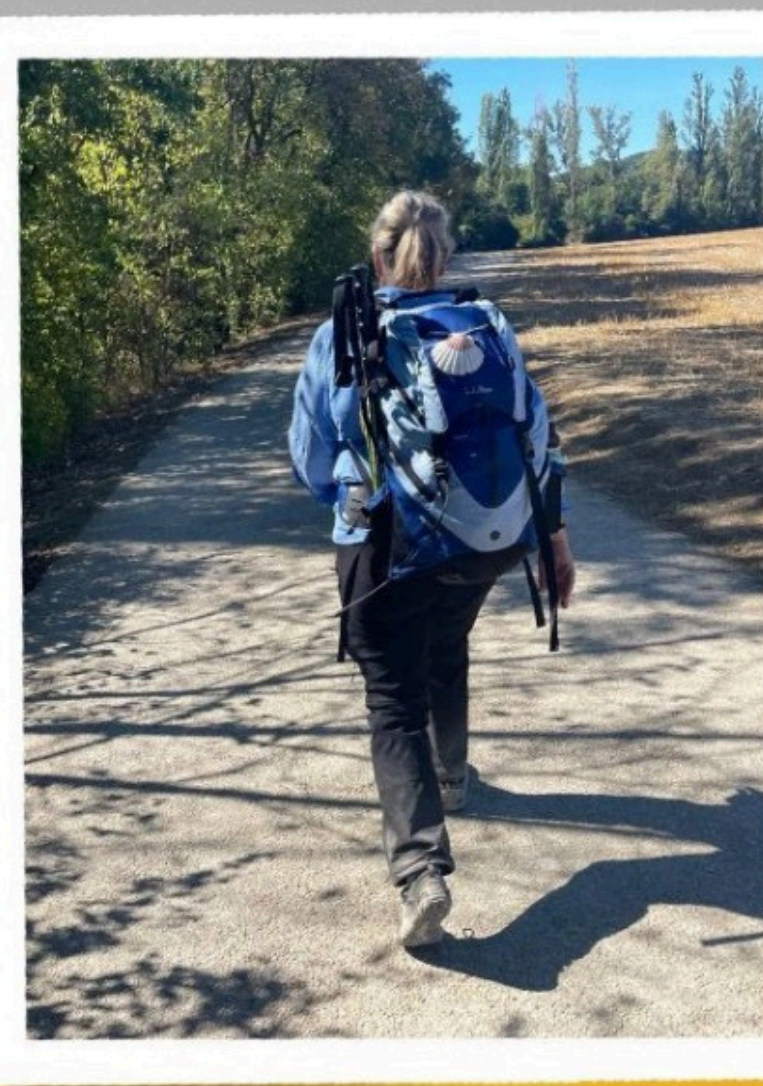
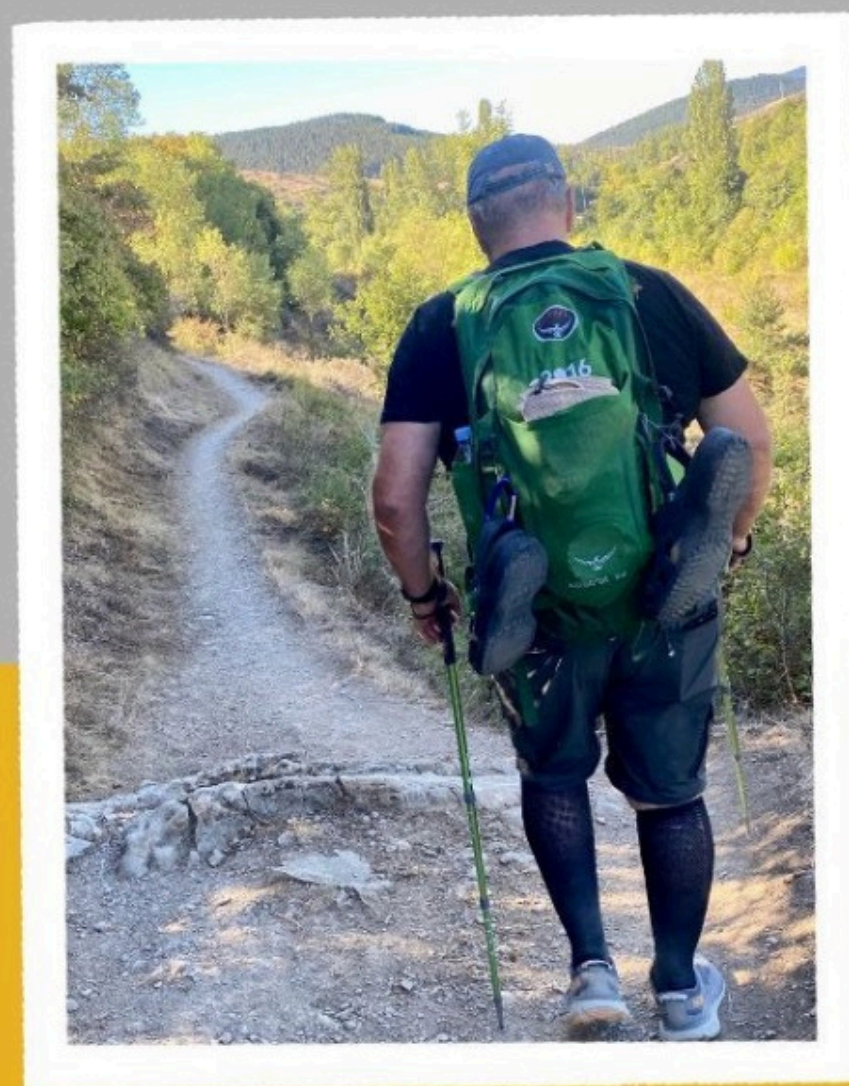


August Newsletter 2026



CAMINO DE SANTIAGO, SPAIN

Happy Wellness Month,

Wellness Begins with Balance

August is National Wellness Month, a perfect time to pause and ask ourselves, "Am I taking care of my whole self?" True wellness is about more than eating healthy or exercising a few days a week. It is the harmony of the **mind, body, and spirit**—each one influencing the others in ways we often overlook. At Resilient Align Pain Solutions, we believe **the body is a unit**. When one part is out of balance, the whole person is affected. Physical pain can impact our mood and energy. Chronic stress can change our posture, breathing, and sleep. Likewise, nourishing our bodies with wholesome foods, moving regularly, cultivating a positive mindset, and nurturing our spiritual lives can help restore balance and improve our overall quality of life. Wellness isn't about being perfect. It's about making intentional choices every day that move us toward better health. Whether it's taking a morning walk, preparing a nutritious meal, spending a few quiet moments in prayer or reflection, or practicing the posture alignment exercises that keep you moving without pain, every small step matters. This month, we encourage you to invest in yourself. Choose one healthy habit to begin today and build upon it tomorrow. Your future self will thank you, and your mind, body, and spirit will be stronger because of it.

BLOG OF THE MONTH



How to Hike Without Foot or Knee Pain | Camino Lessons

Don't let foot or knee pain end your hiking adventures. Discover what the Camino de Santiago taught us about posture, alignment, and staying on the trail. Whether you're walking the ...[Read More](#)

National Wellness Month



Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life's possibilities.

[Read More](#)

EXERCISE OF THE MONTH

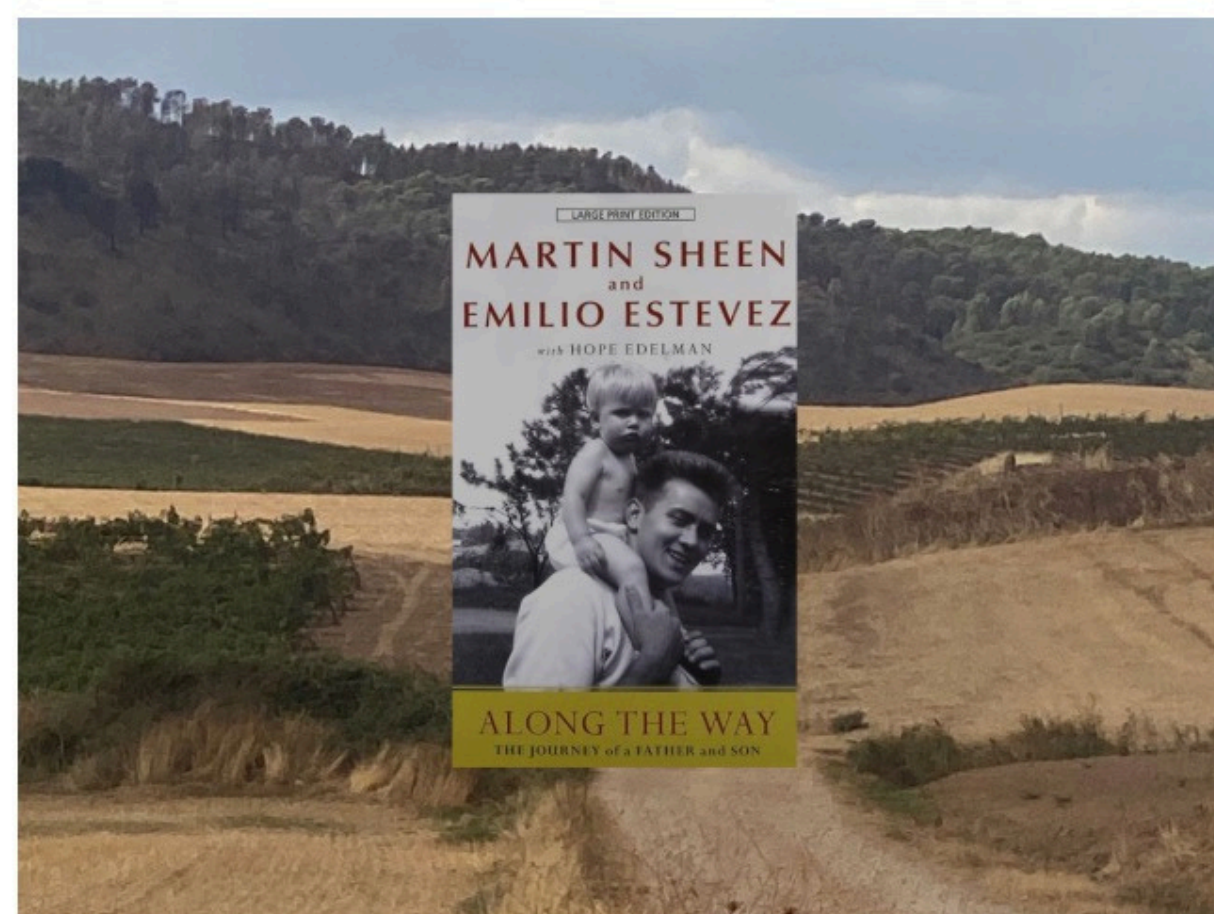
Spread Foot Forward Bend



Description:

- Stand with feet hip width apart. then move one foot forward so that the heel is in line with toes of other foot (but still hip width apart)
- Make sure both feet remain pointing straight ahead, and that your weight is evenly distributed between them
- Curl the toes of the forward foot up off the floor using the muscles on the top of your foot, spreading the toes as you lift (do not let the ball of your foot lift up off the floor, only the toes)
- Then evenly press the bottom tips of the toes into the floor, pulling them towards the arch without lifting your heel (the big toe will press slightly harder)
- Note that the muscles in the arch of your foot will produce this motion, and the arch and the ball of your foot by the big toe will lift and the toes will elongate, not curl or shorten
- Repeat 3 sets of 20, and then switch feet, making sure to line them up correctly and distribute your weight between them

JOHN'S BOOKSHELF



Along The Way

In *Along the Way*, Martin Sheen and his son Emilio Estevez share the deeply personal story behind the making of *The Way* and how the Camino de Santiago touched their own lives. Through reflections on family, faith, grief, and the transformative power of pilgrimage, they remind us that sometimes the greatest journeys are the ones that change us from the inside out.

We can personally attest to the Camino's ability to heal in unexpected ways. What began as a journey through Spain became a journey of healing through grief, strengthening our bodies, renewing our minds, and restoring our spirits. It remains one of the greatest experiences of our lives.

BILLIE'S RECIPE OF THE MONTH

Coffee Protein Shake



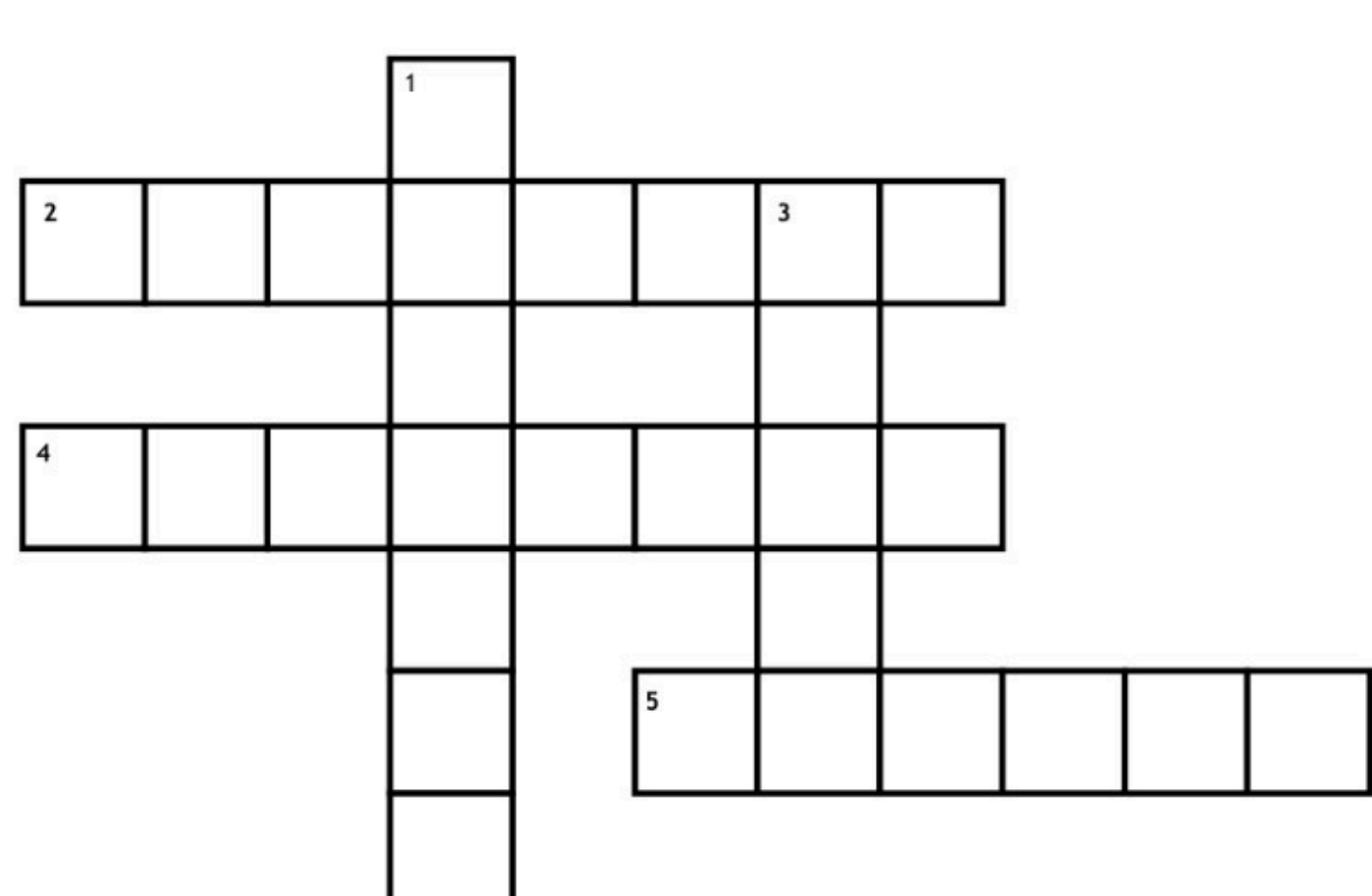
Ingredients:

- 1 large frozen banana
- 2 TBLS All Natural nut butter of choice (peanut, almond, cashew, Nutzo)
- 1/4 C Protein Powder Both vanilla and chocolate are delicious
- 1/4 C Cold Brew Concentrate*
- 1/2 C unsweetened Almond milk or more to desired consistency (Oat or Coconut if you prefer)

Instructions:

- Place all ingredients into a high speed blender
- Blend on high for about 60 seconds or until smooth
- Add more of the almond milk for thinner smoothie
- Serve immediately and enjoy

RESILIENT PUZZLES



Across
2. Daily movement that keeps your body strong.
4. Keep Work and Family relationships

5. Your body, mind, and work together for overall wellness

Down
1. Taking slow, deep stress. can help reduce stress.
3. Getting enough helps your body recover.

WORD SCRAMBLE

NIDM _____
YDOB _____
IISPTR. _____
GIKIHN. _____
BACEANL _____

answers: 1. hiking, balance, body, mind, spirit. Resilient answers: Down: 1. Breaths 3. Sleep Across: 2. Balance 4. Balance 5 Spirit

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](#)

Resilient Align Pain Solutions
6970 E Chauncey Ln. Suite 110. Phoenix, AZ 85054
480-999-5171
www.resilientaps.com