



MAGAZINE

JANUARY 2023 | ISSUE 30

PERSONAL FITNESS TRAINER

RaGina MCKISSICK

THIS MONTH'S THEME IS

MAGIC



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hey, CHOOSERS!

USE THE HASHTAG #OCCHOOSER TO FIND OTHER ONE CHOICE READERS

SCREENSHOT THE ISSUE AND TAG US @ONECHOICEMAG

Magic feels like: Somehow it all freaking working out

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ONE CHOICE WILL CHANGE YOUR LIFE.

A photograph of a young Black man with a short haircut, smiling broadly and wearing a white button-down shirt. He is leaning forward slightly. The background is a bright, slightly blurred outdoor setting with a blue sky and a white structure, possibly a tent or canopy.

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Magic feels like:
Feeling you can
fly when your feet are
on the ground

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HAPPY CHOOSING

WE often discover too late in life that Disneyland is not the only place to discover magic. If you are fortunate, you realize that magical

moments are created without thought and are most often the moments we take for granted. Magic is the surprise we did not see coming. Too often, we forget that our wildest dreams fade when compared to the beauty found in genuine moments of joy. When we *choose* joy. We choose to love our lives and the people who make them worth living. When we discover our purpose.

I remember being in my early teens and loving windy days during the fall. The leaves fell off the trees and completely littered the ground without purpose. When a gust of wind came, the leaves blew through the air, using the force of the wind to wrap around buildings and even my chilled body. It was as if I stood in the eye of a tornado. Amid that chaotic scene, I was powerless, and yet I felt safe and free. Obviously, it was the effect of gasses moving from high-pressure areas to low-pressure areas. It was simple. But it felt like magic. Although my purpose is not to be a storm chaser, this moment taught me how to value my connection to nature and find freedom in our inescapable relationship. I don't need to understand or name the complexities of nature. Our differences, our changes, our specific and compounded purposes are an inexplicable connection. Our connection alone is magical.

Magical moments are the minutes that change everything you knew to be true and euphoric seconds you wish would last a lifetime. Do you recall the first time you felt butterflies in your stomach? The first time you accomplished something you did not think you could? Your baby's first steps? These are moments of magic. If you are still searching for a new goal or narrative, instead of setting goals and crafting a grand list of things to accomplish, choose to celebrate your life as is and honor the places, things, and people that give you purpose. Celebrate the ordinary tasks and routines as if they are extraordinary because that is where the true magic lives. In this issue of One Choice, we want to share how we are finding magic in the world and a few things that might help you on your wellness journey.



Sierra McKissick

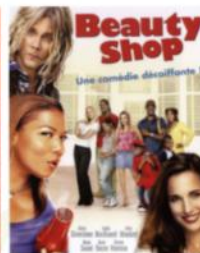
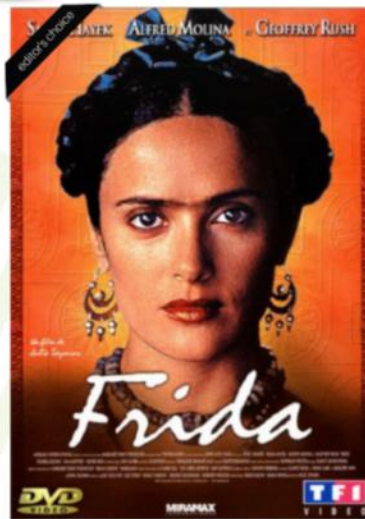
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OUR MOVIE PICKS

films and television shows available on **HBO MAX** **prime video** **NETFLIX** **hulu** **ATV** **Disney**



"FRIDA" **HBO MAX** **prime video** **ATV**

"THE SOCIAL NETWORK" **hulu** **prime video** **ATV** **N**

"THE DEVIL WEARS PRADA" **prime video** **ATV**

"BEAUTY SHOP" **prime video** **ATV**

"YESTERDAY" **prime video** **ATV**

"THE BOLD TYPE" **hulu** **prime video** **ATV**

"GOOD GIRLS" **hulu** **prime video** **ATV** **N**

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tough CHOICES

After COVID our school cut a few teaching positions to make room for online courses. Since then, I have been unemployed. I'm doing Uber, but I'd like to have a full-time position with benefits. I have an English degree and I feel like outside of teaching; I don't have a clear career pathway. I'm happy I have professional experience, but I'd like professional security so I can move forward and feel better as a man. Any advice is welcome.

- Anonymous Reader

The good news is you are not alone. There are thousands of former educators and professionals from other disciplines navigating the unemployment crisis in the United States. Although that might seem like more competition, it is not. Learn from what your colleagues are doing and the innovative strategies they implore to gain employment or create their own career pathway. If you cannot locate a teaching position, look into alternative positions that help you use and enhance your skill set. Jobs as an editor, private tutor, copywriter, content creator for social marketing, or grant writer will help you exercise your literary muscles while earning an income. You might also set your own salary which will give you financial flexibility. Besides seeking a position that offers the security you desire, consider the other options this is giving you. Are you able to spend more time doing something you have a passion for but never had enough time? Do you have more time for friends and family? Have you taken up a new hobby? These are important activities to consider and lean into. Your career shouldn't seem foreign to

the life you want to create for yourself. If it does, you might find it difficult to enjoy or sustain in the long haul. Note the activities, groups and relationships you love most and brainstorm related employment positions in each area. It may surprise you to discover you have overlooked a satisfying career. Last, many people experience an identity crisis after a major life transition. Feeling confident in your identity as a man, educator, or whatever you label yourself, shouldn't be defined by your current location or what you can produce. You should be proud of your personal values and determination to contribute to the world around you. You are a treasure to the world without reservation. Your breath is invaluable. Your presence is healing. Find a friend or community that reminds you of that when things get difficult. Best of luck!





NEW

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"PAMELA, A LOVE STORY" **N**

"MINIONS: THE RISE OF GRU"



N

"HOW I MET YOUR FATHER"



"GINNY & GEORGIA" **N**

"THE 1619 PROJECT"



"THE LAST OF US"



#OCMAG



HEALTHY CHOICES

PAY OFF



Changing your mind seemed easy as a child. One day you liked orange M&M's and the next day you picked them out of your candy bag and traded them with a classmate for another color. Being able to change your mind, follow a new idea, cut your hair, or move to London in less than 48 hours are often seen as juvenile or impulsive behaviors. However, that couldn't be further from the truth. Research studies show although when presented

1



<RECOVERY MODE/>

REASON TO START LIVING A NEW NARRATIVE

think about...

what story you are telling yourself about your needs?

what do you need to release to move forward?

where do you want your life to go?

with new information we are better informed, are not the cause of a changed mind. Human's predominant mode of functioning is based on instinct and learned patterns which when unchallenged leaves little room for improvisation and even less for adaptability. Adaptability is one of the most important capabilities within human development and is essential to human survival. If you could not change your mind about orange M&M's, you would be more likely to fall victim to dangerous behaviors that could easily get you killed. Much like a dog who tries repeatedly to eat grass while on a morning walk. If you could not control your inclination to take risks, it would no doubt end in suffering. Knowing when and choosing to let go of things that harm us, that we no longer like, or that are no longer useful ensures our survival.

The same can be said for your mindset. When you hold on to a pathogenic belief or narrative about your identity or value in the world, you are more likely to experience suffering. We should note that suffering is not limited to behaviors or actions taken that end in death. Many people who experience suffering do so while having what appears to be a well-lived life. We often notice this on social media platforms where curated feeds do not show the meltdowns people feel more comfortable sharing live or on their social media stories that only exist for 24 hours. Suffering is rarely viewed as sexy. However, there is a refusal to acknowledge the ways people suffer and the unnecessary causes of the suffering. In short, we refuse to trash the orange M&M or, like the dog, we eat the grass and complain of a stomach ache. Instead of using 2023 as another case study for familiar complaints, ditch the orange M&M, stop eating grass, and start living a new narrative.

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movement

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Long-term survival depends on your ability to shift your mindset and the stories you tell about yourself to an empowering narrative that enables you to take charge of your life and achieve your goals. When reflecting, consider whether you need to let go of unkind words from a middle school bully or a parent suffering from addiction. Or maybe you need to end a relationship or tell your boss your feelings about being micromanaged and you can do your job well. See yourself as the person who confidently speaks up and pursues opportunities that enhance their life. If your path has been steady, perhaps it is time to imagine a bigger dream for yourself. Maybe you have been thriving because you choose to play it safe and not take risks. It might be time to consider exploring what a reasonable risk would look like for you. Reasonable or calculated risk takes into consideration the people, places, or things that your choice could affect [the outcomes] while critically reflecting on your reasons and intentions.

Unquestionably, this year should not be another year you ignore living the life of your dreams. The one reason to live a new narrative is because you want to. You are allowed to change without permission. Change your look. Change your mind. Change your career. Change your address. Make whatever change you think is necessary to move forward with your life. Remember if a change does not work out, you can make another change. Our lives are full of endless possibilities, choices, and changes. No matter what you choose, you will recover.

how is this change

going to impact the

rest of your life?



<RECOVERY MODE/> personal activity

Every month we share ways for you to recode your life and improve your well-being. Here are three additional questions you can ask yourself before you start crafting your new narrative or make changes to your life.

WHAT IS HOLDING YOU BACK FROM MAKING CHANGES IN YOUR LIFE?

HOW CAN YOU START MAKING CHANGES IN YOUR MINDSET TODAY?

WHAT WILL YOU DO TO OVERCOME ANY OBSTACLES AFTER YOU MAKE CHANGES?

WORDS OF THE WEEK

W G Y G L N U W N S C V T Y S
Y A O Y C Z M E B S H H S L E
K L E E N A P M I E O Q O Y V
B E J K G S Q F L N O U M P A
J I E I A M L K S T S E Q T E
Q A C F N N Q J T I E T B O K
E A N M F P S Z L F R G W P O
L T O U R O N D Q C V A D K K
K A I W A X C K N T P I J C J
C D I M W R S T N E M O M O O
A E J C Q U Y C R M I I U R G
L W O N E C H O I C E R N C A
S M G Q G P R T S P N W F N N
N A O K C E S K S A C F I K K
K G W I N T E R L Z I G C W I
W I G N I D D E B R A D X G J
Z C D S L U F E C R U O S E R

CAN YOU FIND THESE WORDS?

ASPEN BEDDING BLOG CHOOSER COFFEE CROCKPOT
FITNESS FRIENDS HOPE JANUARY JOURNAL MAGIC MAGICAL
MLK MOMENTS ONE CHOICE RAGINA RESOURCEFUL SLACK
SPECIAL WINTER

THE CULTURE COLLECTIVE

2023 FORECAST: CAN YOU STAND THE RAIN?

These curated selections have been made with togetherness in mind! We can each enjoy an album, television show, or movie right where we are. An added bonus is the singularity of each monthly offering. These contemporary artworks are iconic in their historical relevance, like Michael B. Jordan's first directorial debut or the reprisal of *The Color Purple* in film. You'll also find a few options to travel for those of you looking to get away. Whatever your preference, there's a choice for everyone to enjoy! Read on to learn more.

JAN - *Truth Be Told* returns to Apple TV+ and Gabrielle Union (*Being Mary Jane*) joins Octavia Spencer (*Hidden Figures*) in the series' third season. The series follows Poppy Parnell (Spencer), a journalist turned podcaster, who documents and solves murder cases.

FEB - Enjoy *Black Girl Magic* all month long as *Harlem* (Meagan Good, Whoopi Goldberg) returns to Amazon Prime for its much anticipated second season. And...Rihanna lights up this year's Super Bowl LVII Halftime Show! Snag some limited edition merch from her collaboration with Mitchell & Ness.



SELECCIÓN OFICIAL
TORONTO
FESTIVAL DE CINE INTERNACIONAL
2022



Kelvin Harrison Jr.
Samara Weaving
Lucy Boynton

SEARCHLIGHT
P R E S E N T S

CHEVALIER

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more information.



Chevalier (2022)

Chevalier: Directed by Stephen
Williams. With Samara Weaving, Lu...

[imdb.com](https://www.imdb.com)

PRÓXIMAMENTE SOLO EN CINES

BY STEFANI ROBINSON BY STEPHEN WILLIAMS

MAR - Michael B. Jordan leads the *Rocky* franchise in his directorial debut for *Creed III*. Jonathan Majors (*Lovecraft Country*) joins the cast as a childhood friend seeking vengeance. Majors and Jordan duke it out on screen for a champion title.

APR - Joseph Bologne, Chevalier de Saint-Georges was a famed composer, swordsman, and confidant of Queen Marie Antionette, before the French Revolution. Kelvin Harrison Jr. (*Waves*) portrays this historical icon in a vibrant and volatile period film titled, *Chevalier*.

MAY - On September 11, 2001, a prominent sculptor, Michael Richards, died on the 92nd floor of the World Trade Center during the 9/11 attacks. His work stayed buried in a storage unit for 15 years before being displayed. *Michael Richards: Are You Down?* runs from March until July 23rd at the North Carolina Museum of Art. His sculptures echo his Jamaican and Puerto Rican heritage as he blends themes of aviation with black life.

JUN - Beyonce is definitely coming to a city near you! The superstar has rolled out a lottery-style ticket registration to create an equal opportunity for fans to purchase tickets. After registering, you'll either receive a code to purchase tickets, or you'll be notified that you've been waitlisted. Beyonce's 2023 Renaissance Tour tickets can be purchased here.

JUL - Two-time Pulitzer Prize winner, Colson Whitehead, releases the sequel to his Harlem Trilogy novels with, *Crook Manifesto*. Silvia Moreno Garcia, releases another thriller, *Silver Nitrate*, a novel set in the film industry of Mexico City during the 1990s.

AUG - Stevie Wonder's *Innervisions* turns 50! The album is rooted in the aftermath of the Civil Rights Movement, with the death of several black leaders and Clifford Glover, a 10-year-old victim of police brutality. At its original release, it won several Grammys including "Album of the Year". It's an easy listen just under 45 minutes long, with a total of nine songs.

SEPT - Travel to the "Big Easy" for the National Fried Chicken Fest hosted by Raising Canes! Expect fried chicken wings stuffed with macaroni and cheese, an antique car show, and live performances from local bands. Don't miss the Beignet Fest either! It usually takes place on the very last Saturday in September. Tickets range between \$15 and \$20 for both events and kids are free.

OCT - *Red Table Talk* host and actress, Jada Pinkett Smith, plans to release a "life-spanning" memoir coming this fall.

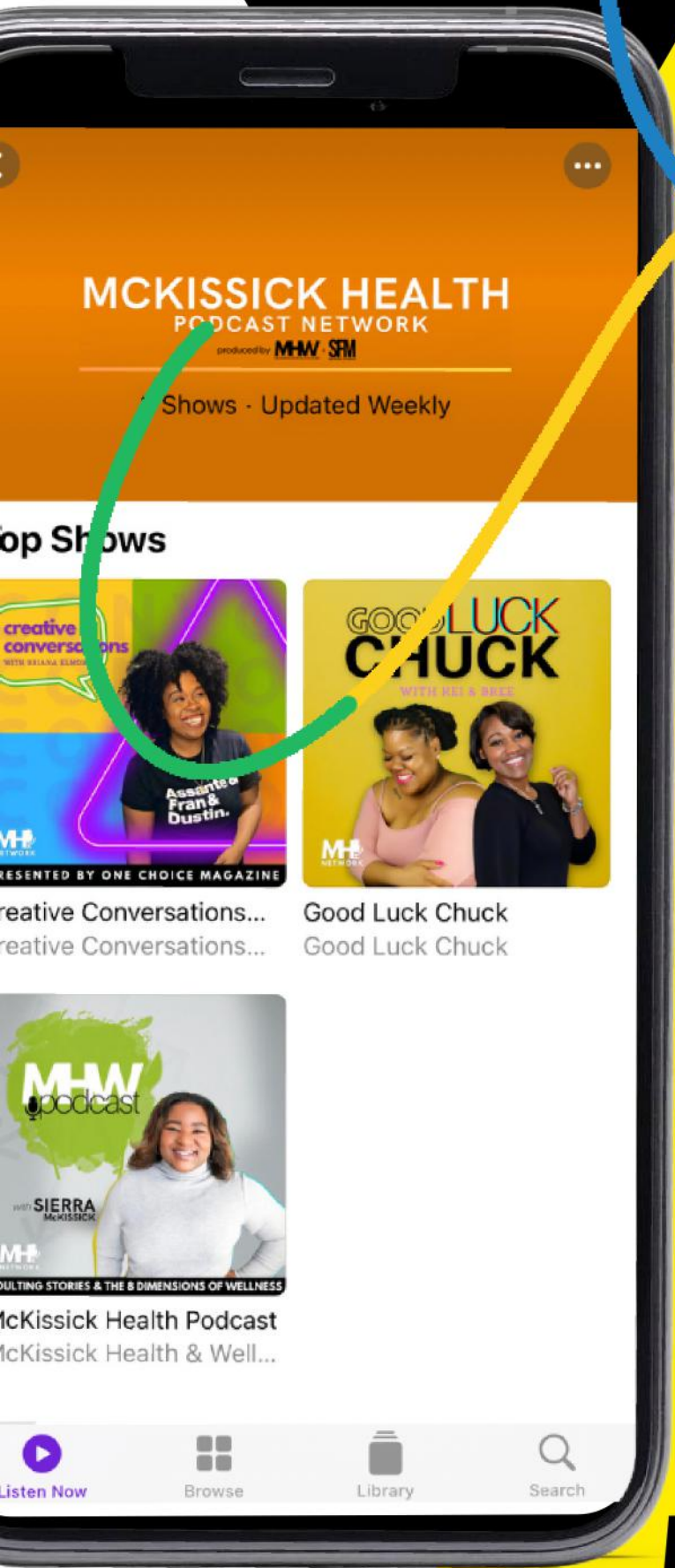
NOV - There are several interesting documentaries coming out this year. Those films include *Stephen Curry: Underrated* (Apple TV+), *Stan Lee* (Disney+), and *Nicki* (TBD). Look for these films all year long as their release dates have yet to be determined.

DEC - A film adaptation of the Broadway musical, *The Color Purple*, is coming to theaters! The cast includes Fantasia (Celie), Danielle Brooks (Sofia), Taraji P. Henson (Shug Avery), Corey Hawkins (Harpo), Coleman Domingo (Mister), H.E.R. (Squeak), Jon Baptiste (Shug Avery's husband), Halle Bailey (Young Nettie), Ciara (Adult Nettie), and so many many more.



ARTS & CULTURE

with TRISHANA HORTON



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Shows - Updated Weekly

Top Shows



creative Conversations...
creative Conversations...



Good Luck Chuck
Good Luck Chuck



McKissick Health Podcast
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JANUARY PICKS BY THE EDITORS



Photo credit: [drinksmartwater.com](https://www.drinksmartwater.com)

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Getting your life together this year has to be something you are actively documenting this journey and remembering your *why*. Having a journal will change your consistency.

\$2 - \$45* Journal



◀ Comfort is mandatory for us. There is nothing better than an **Oversized Sweater** and joggers or jeans on a cold Monday. This item comes highly recommended by our Editorial Director, Sierra, who prefers a turtleneck sweater.

Oversized Sweater **\$39***

*prices will vary



WANT OR NEED *it*

Getting a good night's sleep is a top priority during the winter season. Buying **1800 to 2000 thread count** sheets can be expensive, but it is worth the household investment. Target has several affordable brands for under \$80.

\$65* Bedding



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\$199*

coffee
first



Photo credit: Keurig.com

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30 MINUTE MEALS

Before you throw away the Crock Pot someone gave you when you graduated from college, remember how much you love good food that requires little to no effort. That crock pot is more than a bulky appliance on your kitchen counter, it is the answer to your dreams. Often overshadowed by air fryers and all-in-one ovens, crock pots remain the undefeated champion of passive cooking. While it is virtually impossible to make a mistake with the simplest recipe, there is an art to cooking exceptional meals in a crock pot. This is a 30-minute meal when preparation and most of the cooking is done in the crock pot for 7-8 hours in advance. At least when following this recipe for beef stew.

1. Heat olive oil in a large cast iron skillet over medium heat.
2. Season beef with salt and pepper, to taste. Add beef to the skillet and cook until evenly browned, about 2-3 minutes.
3. Add flour to skillet
4. Place beef, potatoes, carrots, onion and garlic into a 6-qt slow cooker.
5. Stir in beef broth, tomato paste, Worcestershire, thyme, rosemary, paprika, caraway seeds and bay leaves until well combined; season with salt and pepper, to taste.
6. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.

In a small bowl, whisk together flour and 1/2 cup stew broth. Stir in flour mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until thickened. Serve immediately, garnished with parsley, if desired.

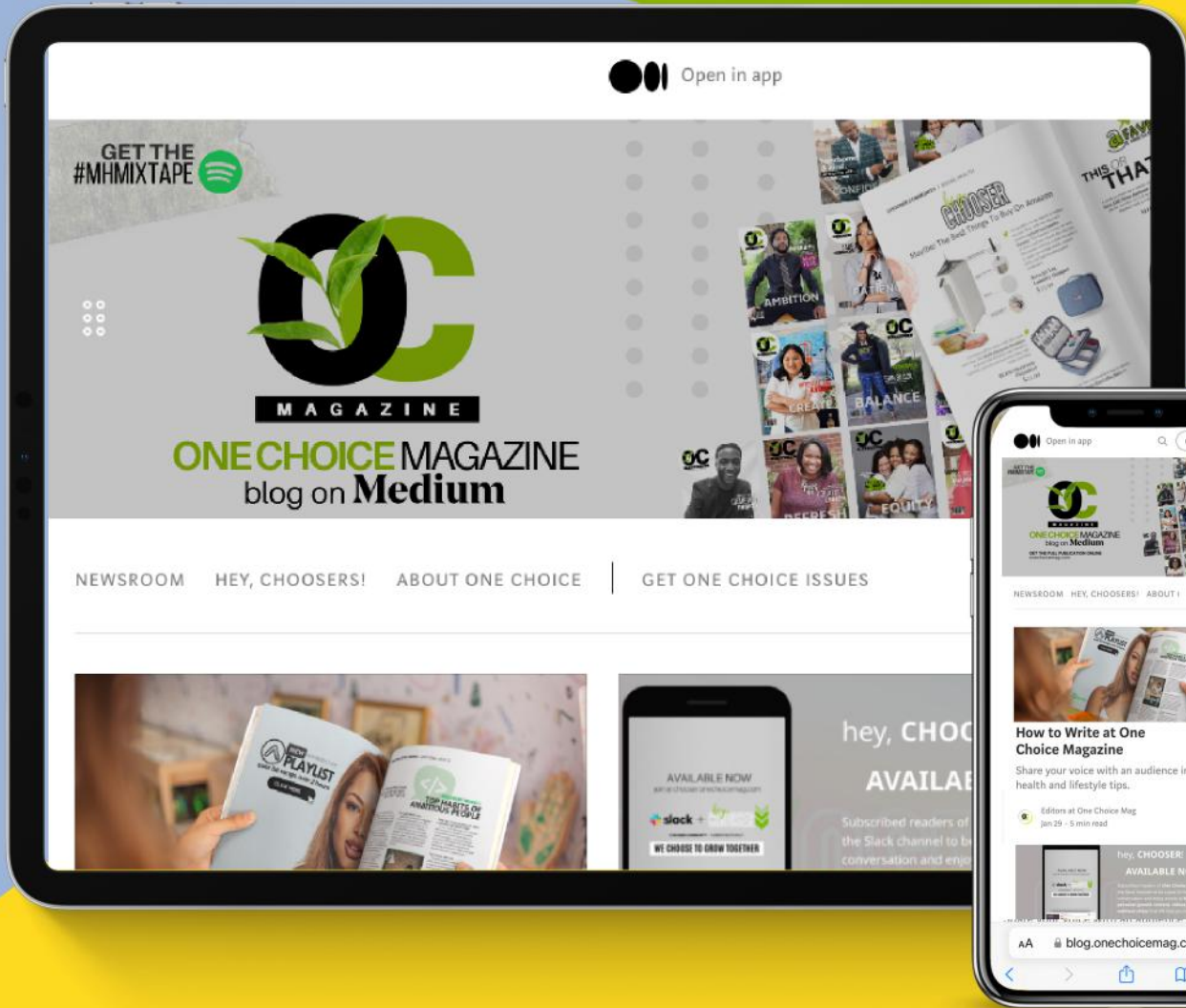
INGREDIENTS

- 2 tablespoons olive oil
- 2 pounds stew meat, cut into 1-inch cubes
- Kosher salt and freshly ground black pepper, to taste
- 1 pound baby red potatoes, quartered
- 4 carrots, cut diagonally into 1/2-inch-thick slices
- 1 onion, diced
- 3 cloves garlic, minced
- 3 cups beef broth
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon smoked paprika
- 1 teaspoon caraway seeds, optional
- 2 bay leaves
- 1/4 cup all-purpose flour
- 2 tablespoons chopped fresh parsley leaves

two words:
Crock Pot



read our new blog on **Medium**



happy choosing.

blog.onechoicemag.com

IMPROVE YOUR RELATIONAL INTELLIGENCE

BOUNDARIES & GOALS



MEN having feelings too is no longer a topic necessary for debate. Sadly, the emotional expressions by men are still a surprise to people and institutions in our society. In relationship coaching, Mark expressed his desire to meet a partner who is attracted to his eccentric personality, invested in the adventures his work creates, and, eventually, wants to marry and build a family. His intentions for dating are serious, but to his demise, Mark finds himself having sexual hook ups with potential partners and later unloading the breadth of his goals, personality, and career, which is more of a commitment for some partners than casual sex. After several hours of conversation, Mark discovered that his decision to lead with sex was an attempt to safeguard the more vulnerable parts of him: his personality and career. While he knew he could sexually satisfy his partner, he did not know if he would be enough for his partner. If a partner rejected Mark because his job was too boring or his lifestyle was too colorful, he would be deeply hurt, sad, and even ashamed. His resistance to being transparent about his needs and feelings early on was holding him back from finding a partner who would accept him without reservation. Men who struggle with emotional transparency often have deep concerns about whether their expression of emotion and honesty will be met with acceptance and genuine sympathy. A man who enjoys being excited about something new might believe he will not be taken seriously. A man who is an entomophobia is likely to worry he will not be masculine enough for his partner or mocked by his siblings. Men who experience genuine sympathy from others when expressing their emotions are often more transparent when expressing other views or feelings. Most commonly, men who struggle with expressing their emotions do not trust the other person to provide emotional security or hold beliefs that reflect the assumptions made by gendering emotions. The 'raging man, weeping woman' dualism portrays the male archetype as a stoic without emotions that have been assigned to women, like sadness or fear. Creating emotional security in a friendship, relationship, or brotherhood requires a deconstruction of gendered emotions. All humans have access to a spectrum of emotions that vary in presentation. To accept a person's emotional state means you acknowledge the person's experience of the emotion or reaction to an event and you choose to respond with compassion. Respecting the other person's experience of emotions and your own will improve your connection and create healthy bonds of trust and safety. If you are a man who finds it difficult to express deeper emotions with others, consider contacting a professional who can help you explore obstacles that hinder expression. Hiding parts of yourself that were not accepted by others in the past will lead to vain emotional connections and dissatisfaction in your future relationships. Lead and freely share your inner worlds that define who you are and trust that if they are not accepted by one person, there is another person who will cherish it entirely. Before discovering them, you should first enjoy yourself.



FEATURE PROFILE

RAGINA MCKISSICK

RAGINA McKISSICK is a personal and certified prenatal and postpartum fitness trainer in the Philadelphia area. Her rise within the fitness industry was fast tracked by her persistence when helping clients achieve their fitness goals. Her speciality is helping prenatal and postpartum women reconnect with their body by building physically appropriate group or individual fitness plans. RaGina's fitness plans address each client's unique needs throughout their fitness journey. With eight years of experience working at Philadelphia fitness facilities like City Fitness, T&N, Lumos Yoga & Barre, and Active Mom Fitness, RaGina has continued to balance her work as a fitness professional alongside her work as a master level social worker. Recently, she returned to working at the Defender Association of Philadelphia. In our conversation, she shares her role and expertise in the fitness industry, as well as what it takes to monitor her own health and follow her passions. RaGina's mission to change how we get F.I.T. is inspirational, and her ability to help people change their lives is the epitome of magic.

Sierra McKissick (SM): So, we are sisters. I don't want to confuse the readers. (both laugh) But, this feature is because late last year you made a really important shift that took you back to a familiar place. What drove you back to the Defender Association?

RaGina McKissick (RM): I have always seen myself as a powerhouse. I never considered being locked into one career because I loved fitness, dancing, and being a social worker. Each field is challenging and allows me to help people become better. Whether I'm helping someone deadlift 100 pounds or advocating for youth in the child welfare

and juvenile justice systems, I'm giving it everything I've got. As a youth, I wanted to be a lawyer when I grew up. However, after several educational experiences and professional experiences, I realized that I could do more of what I wanted as a Social Worker than I could as a lawyer.

SM: Yeah, that is a wild comparison. Not only is it physically taxing—most people don't realize that instructors teach classes at a high intensity—but you also have the emotional component of advocating for youth.

RM: Yes. Training is intense. It takes energy and endurance. When I teach three classes a day, I feel it. I go straight into muscle recovery mode. The same is true about being a social worker. When I have long reports or visits, I detox when I get home.

SM: That's a good point. Most people have a routine for unpacking their day job. Can you describe how you detox? How do you monitor your health?

RM: So, I work about 60-70 hours per week. My routine is unconventional because any day can change due to what's going on with my cases or my clients. Somehow I've found my balance. I wear an Apple Watch and monitor heart health, fitness activity, sleep, etc. I also monitor my energy throughout the day. Honestly, having the watch has improved my health tremendously by making it easier to achieve goals and hold myself accountable. If I have a day where I haven't achieved my wellness goals, like burning 500 active calories per day, I will either add missed calories to the next day or go for a 30-minute brisk walk before bed. I could also do a mini workout.

continued on page 7



SM: I have the luxury of being able to add to your responses. Because I know you, I can share that you have a 45-minute period of silence when you come home. You need uninterrupted solitude. It is sort of like a silence meditation, but I don't know how intentional you are...

RM: (laughs) You would mention that. I don't necessarily meditate. It could be. Sometimes I take a nap. I just need a moment to slow down and unplug.

SM: Right. As challenging as your careers are, you truly enjoy the work. What do you enjoy most?

RM: What I enjoy most about my work is the reaction I get from clients during and after I have helped them. They are so grateful and I feel like I have truly made an impact. It's about community. Community is extremely important to me. Without community—family and friends—a person can become lonely and depressed, which diminishes their quality of life because we as humans were not created to be alone. I believe everyone needs some type of community. You just have to understand what works for you and how much you need.

SM: I agree. Finding what works for you and fits your vision of your life is what makes it magical. What was the last magical moment you experienced?

RM: My last magical moment was becoming a homeowner. Owning my own home is probably one of my greatest achievements. It felt magical. My entire life has really made sense over the past several years.

SM: That's great! It is certainly an accomplishment to look at your life and feel at home in who you are and your life's work. I know you have been working diligently to balance your career as a social worker and trainer. Have you set any goals? What's next for you?

RM: The next goal I want to achieve is to either own or co-own my own fitness and dance studio called KissGFitness Studios. That is a part of my ten-year plan depending on how things go. I have a lot on my plate right now.

SM: Yes, but you are definitely moving towards it every day. What was one choice that helped you choose a pathway and launch your career?

RM: Choosing to stay in Philadelphia after graduating from graduate school. That choice to stick it out truly changed the trajectory of my life. If I had moved back [home] to Michigan or anywhere else in the country, I don't know if I would have achieved as much as I have in my career or made the impact that I have on the Philadelphia and southern New Jersey areas.

SM: I think many graduates feel that way. It can be a scary journey, but the process has a way of shaping us into the person we need to become. What is your advice to recent graduates?

RM: Start a savings account EARLY! As soon as you're financially stable to set aside money, do it! You will be happy you did when emergencies come up or when you just decide you want to buy a car or a house. Don't dim your light for anyone. It's okay to excel even if those around you aren't yet. Be proud of yourself. Don't let debt build up.

SM: Those are certainly words of wisdom. I know you are a familiar face in *One Choice*, but share your personal information with readers and ways they can learn more about KissGFitness.

RM: You can join my email list at [KissGFitness.com](https://www.kissgfitness.com). I'm looking forward to launching services this spring. So, subscribe to receive upcoming emails with updates and tips to help you get **F.I.T.** (Fight, Invest, Thrive).

THE
Experience

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#MHDND



On Sundays, we're putting our crazy lives on #DoNotDisturb.

Use #MHDND to share your recovery selfie or activity.
It doesn't matter if you're meditating or sitting poolside.
Let's normalize resting and taking care of ourselves.

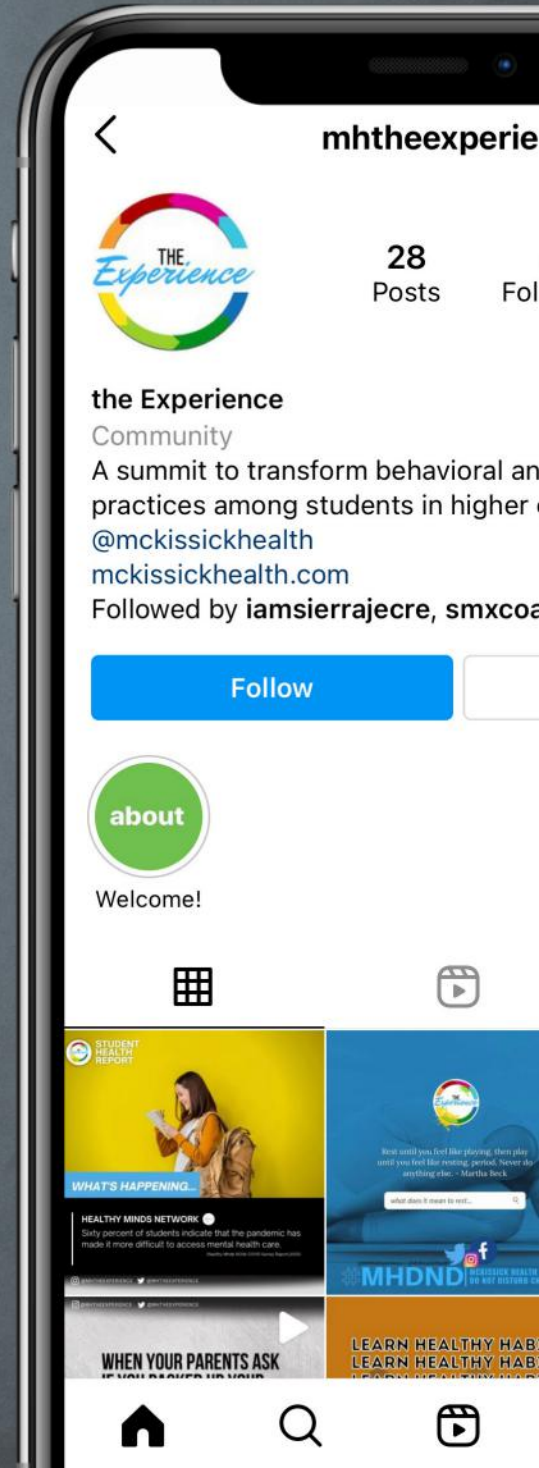


HOW DO YOU MAKE TIME FOR REST?
[reply in our Instagram stories]

Type something

Look for the
"McKissick Health Do Not Disturb"
hashtag on social media.

MCKISSICK HEALTH
DO NOT DISTURB CHALLENGE



TRAVELERS

TOP 4 PLACES TO VISIT IN JANUARY

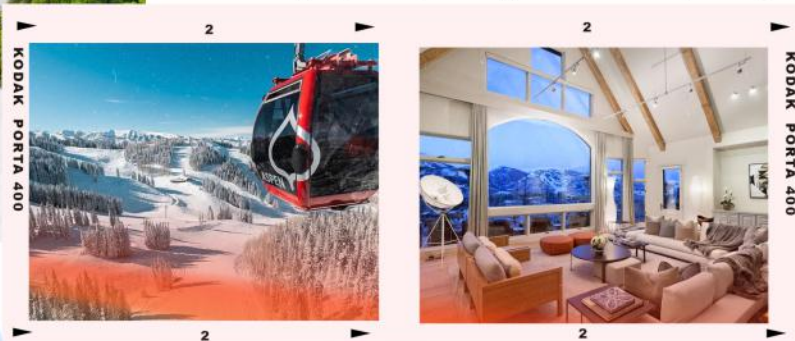
After being land bound for roughly two years, many people are eager to start traveling while others are still investing in RVs and tune-ups that allow them to explore the open road. If you are somewhere in the middle, we have a list of the top four places domestic and international that you should consider while traveling in January. After the holiday season ends, it is the perfect time to jumpstart the year and use leftover PTO hours on a quick getaway or staycation. While most of us enjoy a picturesque scene with snow, the first suggestion is for the sunshine preferred subscribers. If January is too soon, you will definitely want to add some of these to your summer vacation list.



CAVAN IMAGES/GETTY IMAGES

#4 Costa Rica (left) is for the anti-winter traveler who wants to escape cold temperatures and snow. The [Four Seasons Costa Rica at Peninsula Papagayo](#) offers guest rooms, suites, and multi-bedroom residences as well as a spa, golf, beaches, and guided eco-adventures.

#3 Aspen (bottom) is a Colorado's getaway for sunny and games like skiing or snowboarding at resorts. Local travel doesn't have to be boring especially during the month of January.



ASPEN SNOW MASS

ASPEN LUXURY CONCIERGE



ROCKY POP

#2 Chamonix-Mont-Blanc (left) is your French hiding spot for picturesque views and French wine. Mont Blanc, the tallest peak in the Alps, is a mecca for winter sports. Visitors to Chamonix can practice their skiing or snowboarding, but there are a number of other fun activities to do on the slopes as well, such as handi-skiing/sit-skiing, ice climbing, heli-skiing, or dog sledding. Plus enjoy the Lac Blanc (lower right), a legendary hike that offers breathtaking views.



Interested in travel? Here are some travel bloggers we follow.
 @travelnoire @travelandleisure @bookedandboutiqued @blacktravelfeed



PURE MICHIGAN

#1 Michigan Northern Lights and Stargazing (left) is a fairytale experience. After nightfall, enjoy star-gazing, meteor showers or other celestial happenings while listening to the rhythm of the Great Lakes waves. This is just one of the additional perks to Michigan being home to more than 300 waterfalls, 2,500 miles of trails and 11,000 inland lakes.

Grayce

DADDY'S
LITTLE
GIRL



AVAILABLE

MARCH 3rd



Daddy's Little Girl

Grayce

📅 AVAILABLE MARCH 3, 2023

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Trishana Horton

@notetonote
Arts & Culture Editor

"2023 FORECAST: CAN YOU STAND THE RAIN?," PAGE 16

Trishana is a natural creative and thinker. Her passion for music, writing, and culture is evident in her voice and the content she creates.

Magic feels like: the joy you get when something unexpected happens or being well taken care of

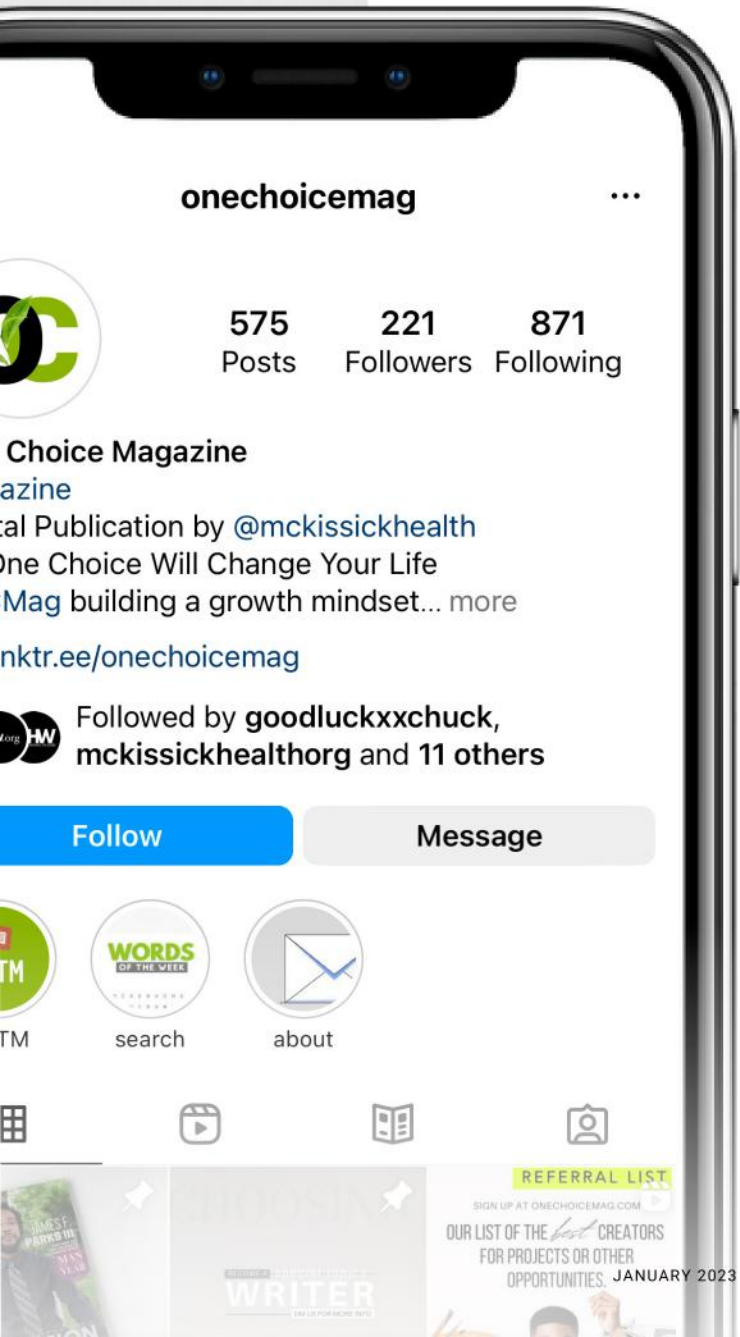


Sierra McKissick

@iamsierrajecre
Editorial Director

"HAPPY CHOOSING," PAGE 6

Sierra enjoys being the visionary behind *One Choice* and finding collaborators who are passionate about telling stories and transforming lives.



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announcements

JANUARY

National Birth Defects Prevention Month ①

Cervical Cancer Awareness Month ①

National Blood Donor Month ①

FEBRUARY

Black History Month

Senior Independence Month

Children's Dental Health Month

National Cancer Prevention Month

International Prenatal Infection Prevention Month

American Heart Month ①

Low Vision Awareness Month

3 **National Go Red for Women Day** ①

14 **Love Day [Valentine's Day]**

17 **National Random Acts of Kindness Day**

National Caregivers Day ①

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BOOK OF THE MONTH



THIS BOOK WAS WRITTEN TO HELP YOU REALIZE THAT YOU DON'T NEED "FIXING," JUST UNDERSTANDING. IT'S ALL ABOUT CREATING AN EVERYDAY WHERE YOU ARE BEING YOUR TRUEST SELF WHILE DOING THINGS THAT MATTER TO YOU.

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OUR NEXT ISSUE

THEME: PLEASURE



MOBILE FRIENDLY & DOWNLOADABLE

WORD SEARCH ANSWER KEY

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 K L E E N A P H I E O Q O Y V
 B E J K G S Q F L N O U H P A
 J I E I A M L K S T I S E Q T E
 Q A C F N N Q J T I E T B O K
 E A N M F P S Z L F R G W P O
 L T O U R O N D Q C V A D K K
 K A I W A X C K N T P I J C J
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