

January 2024

M.O.V.E. Forward!

with Life!



EmPOWERHer
REWARDS PROGRAM



New Year,
New You?
Not Me!

DR. CRAWLEY

rwhwy.org



Participate
in our

*Monthly
Challenge*



M.O.V.E. FORWARD!

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A New Year and I am electing
not to work on a new me!
Dr. Crawley



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As I contemplate my aspirations for 2024, the question echoes in my mind: "What do I truly want in the coming year?" Recalling past years, the New Year has often been synonymous with the pursuit of a "new me" – the classic mantra of New Year, New Me! However, since retiring, my perspective has shifted; I'm not seeking a complete overhaul but rather an improved version of myself.

As the calendar turns towards a new chapter, I am determined to dispel the notion that the New Year demands a radical transformation. I've come to the realization that I don't need to succumb to the pressure of becoming an entirely new person. I like who I am, and that's the foundation on which I want to build.

My approach to the New Year involves embracing authenticity wholeheartedly. I acknowledge and celebrate who I am, flaws and all, recognizing that this journey can be a powerful and liberating experience. By focusing on authenticity, I am cultivating a mindset centered on genuine self-acceptance, supporting my personal growth with self-love and understanding.

While resolutions have long been a customary practice, I've concluded that, post-retirement, I don't need to make sweeping, radical changes. Instead, I will set realistic and achievable goals that align with the life I envision for myself. This deliberate approach ensures that my pursuits contribute positively to the fulfillment of my desires.

In maintaining a growth mindset, my emphasis is on learning, resilience, and viewing challenges as opportunities for development. Rather than striving to change who I am fundamentally, I choose to cultivate a mindset that encourages continuous learning, adaptability, and resilience. This shift in perspective allows for progress without the undue pressure of an entire personality overhaul.

New Year, New You? Not Me!



Recognizing that personal growth is enriched when shared, I am committing to using this magazine platform and the Real Women Helping Women & Youth program to foster a supportive community. In this community, authenticity is encouraged, and individual journeys are celebrated. The positive influence of the wonderful women in our Slack community provides the encouragement needed to stay true to myself while pursuing my goals.

Stepping into the New Year, I've rewritten my narrative. It's no longer about discarding the current version of myself in pursuit of a new one; rather, I am celebrating authenticity, setting intentional goals, and embracing personal growth with a mindset firmly rooted in self-acceptance. I extend an invitation for you to embark on a similar evaluation of your 2024 goals. For me, the New Year isn't about becoming a new me; instead, I grant myself permission to evolve into a more authentic, resilient, and empowered version of myself.

love and joy
Dr. Crawley

Email :
crawley@rwhwy.net



January M.O.V.E. Challenge



Make 2024 - A Great Year!

January - Hot Chocolate Challenge

- Boost your heart rate for at least 24 minutes each day.
- Each day that you complete the challenge, post "24" in our Slack community.
- Those who participate throughout the week will be entered into a random drawing for a \$25 prize.
- Everyone who took part during the month will be entered into a random drawing for a hot chocolate gift basket!



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24 Minutes of M.O.V.E.ment

According to the Brigham and Women's Hospital...To improve your cardiovascular fitness, you need to raise your heart rate to a certain level and keep it there for 20 minutes.

Age 20 Years
Target Heart Rate: (50-75%) 100-150 beats per minute Ave. Maximum Heart Rate (100%): 200
Age 25 Years
Target Heart Rate: (50-75%) 98-146 beats per minute Ave. Maximum Heart Rate (100%): 195
Age 30 Years
Target Heart Rate: (50-75%) 95-142 beats per minute Ave. Maximum Heart Rate (100%): 190
Age 35 Years
Target Heart Rate: (50-75%) 93-138 beats per minute Ave. Maximum Heart Rate (100%): 185
Age 40 Years
Target Heart Rate: (50-75%) 90-135 beats per minute Ave. Maximum Heart Rate (100%): 180
Age 45 Years
Target Heart Rate: (50-75%) 88-131 beats per minute Ave. Maximum Heart Rate (100%): 175
Age 50 Years
Target Heart Rate: (50-75%) 85-127 beats per minute Ave. Maximum Heart Rate (100%): 170
Age 55 Years
Target Heart Rate: (50-75%) 83-123 beats per minute Ave. Maximum Heart Rate (100%): 165
Age 60 Years
Target Heart Rate: (50-75%) 80-120 beats per minute Ave. Maximum Heart Rate (100%): 160
Age 65 Years
Target Heart Rate: (50-75%) 78-116 beats per minute Ave. Maximum Heart Rate (100%): 155
Age 70 Years
Target Heart Rate: (50-75%) 75-113 beats per minute Ave. Maximum Heart Rate (100%): 150



- When you are exercising, stop occasionally, check your pulse and make sure your activity level isn't too high or too low.
- If you are new to exercise or have not worked out in a while, start slow! Always check with your physician before starting any exercise program.
- Visit the Brigham and Women's Hospital website for more information.

Brigham and Women's Hospital
Founding Member, Mass General Brigham



EmPOWERHER!

A M.O.V.E. Rewards Program



M.O.V.E. is introducing a commitment to self-improvement reward program for women participating in group activities for various durations as a way to acknowledge and incentivize long-term engagement and foster a sense of community. Below are the details about the tiered loyalty reward program.

Tiers

Our tiers are designed to reward members who have continuously participated with our M.O.V.E. Slack channel.

When selecting fitness activities, it's essential to choose ones that align with your current fitness level. Gradually work your way up to higher intensity exercises as your fitness improves. It's critical to listen to your body, maintain proper form, and avoid injuries.

Before beginning any exercise routine, it's essential to consult with your physician. If you have specific fitness goals or limitations, a fitness professional can provide customized guidance to help you reach your goals safely and effectively.



Explorer
3 months



Adventurer
6 months



Trailblazer
9 months



Pioneer
12 months

M.O.V.E. New Rewards Program!





Fun

Find a video or play your favorite music and just M.O.V.E. and groove!

Dancing



Strength

If you do not have weights, use a can during your workout.

Use Cans for Weights



Explore Outdoors

Enjoy the sights and sounds of nature as you walk outdoors

Walking



Remove Kinks

Find a way to elongate your muscles in a way that makes you feel better.

Stretching

To increase your heart rate without purchasing or utilizing expensive equipment, simply move for twenty-four minutes.



Digital Detoxing!



EXERCISE



READ



COMMUNICATE

Taking care of your mental health is important!



The Overload Dilemma

In a world dominated by screens, notifications, and the constant hum of digital connectivity, the need for a break has never been more apparent. As our lives become increasingly intertwined with technology, the concept of a "digital detox" is gaining momentum as a crucial strategy to maintain mental and physical well-being. This article explores the significance of digital detoxing, its benefits, and provides actionable tips for a successful digital detox.

We live in an era where our smartphones are practically an extension of ourselves, and social media platforms are our virtual playgrounds. While the benefits of technology are undeniable, the constant bombardment of information can take a toll on our mental health. Studies have linked excessive screen time to increased stress, anxiety, and even sleep disturbances.

Research conducted by the American Psychological Association (APA) has revealed a significant rise in stress levels among individuals constantly engaged with their digital devices. The need to unplug and recalibrate has never been more urgent.



Benefits of Digital Detoxing

- 1. Improved Mental Health:** Disconnecting from digital devices allows the brain to rest and recover. Constant exposure to screens has been associated with symptoms of digital eye strain, decreased attention span, and an increased risk of anxiety and depression.
- 2. Enhanced Productivity:** Contrary to popular belief, taking a break from constant digital interaction can actually boost productivity. When we detach from our devices, we create space for deeper focus and concentration on meaningful tasks.
- 3. Better Sleep Quality:** The blue light emitted by screens can disrupt our circadian rhythm, making it difficult to fall asleep. A digital detox in the evening can improve sleep quality and contribute to a more restful night.
- 4. Strengthened Relationships:** Excessive screen time can strain relationships as our attention is divided between the digital and real worlds. Disconnecting allows us to be fully present with our loved ones, fostering stronger connections.



References:
Created by ChatGPT
- American Psychological Association. (2017). Stress in America: The State of Our Nation. Retrieved from <https://www.apa.org/news/press/releases/stress/2017/state-nation.pdf>

Tips for a Successful Digital Detox

- 1. Set Realistic Goals:** Start small by designating specific times for digital detoxing. It could be an hour a day or a full day during the weekend. Gradually extend the duration as you become more comfortable with the idea.
- 2. Establish Tech-Free Zones:** Designate certain areas of your home as tech-free zones, such as the dining room or bedroom. This creates physical boundaries that help reinforce the habit of disconnecting.
- 3. Utilize Apps and Tools:** Ironically, there are apps available to help you manage your screen time. Consider using digital well-being tools that allow you to set limits on your app usage and send reminders when you've reached your threshold.
- 4. Engage in Offline Activities:** Rediscover the joy of offline hobbies and activities, such as reading a physical book, going for a walk, or spending quality time with friends and family without the distraction of screens.



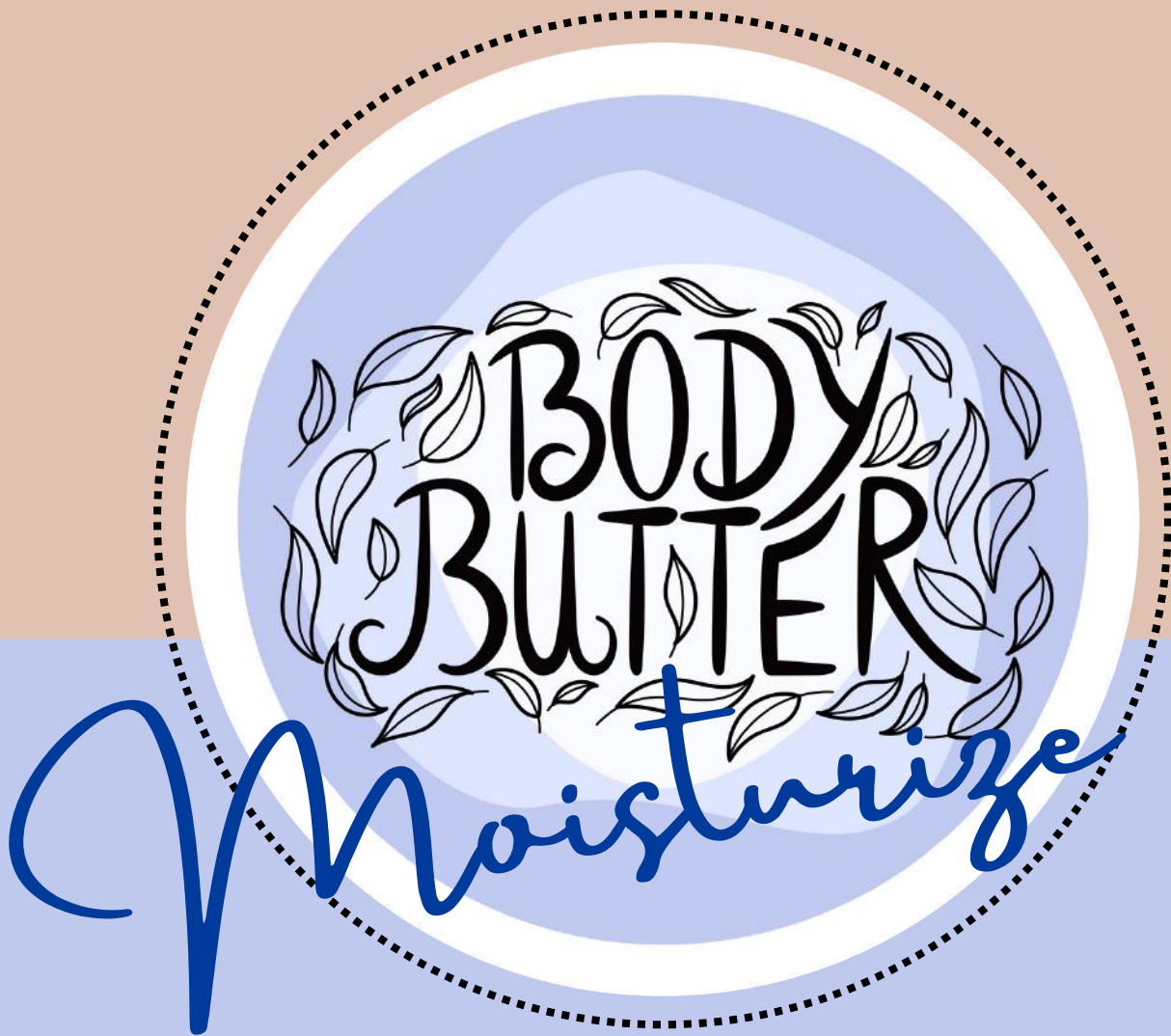
Conclusion

In a world where our lives are increasingly digital, the importance of taking a step back is more significant than ever. A digital detox is not about completely abandoning technology but rather about finding a healthy balance. By incorporating regular breaks and creating intentional spaces for disconnection, we can foster a healthier relationship with technology and, in turn, enhance our overall well-being.

Women are invited to join our Slack Community and engage in discussions about unplugging for wellness!

Make Whipped Body Butter

Soothe Dry Skin



Easy Recipe:

Melt Shea Butter in double boiler if too hard to whip

Add Essential Oils (Black Butter, Pink Sugar, Eucalyptus...)

Add Vitamin E, Almond Oil, Coconut Oil, Olive Oil (optional)

Refrigerate to harden (if necessary)

Use a mixer to whip into body butter until smooth consistency

Store in sealed containers

Grab and Go Breakfast!



Easy Breezy Options

- **Healthy Protein Smoothie**
- **Heart Healthy Cereal (Cheerios, Oatmeal...)**
- **Overnight Oats (find recipes online)**
- **Make healthy pancake and waffles and store them in the freezer until ready to eat**
- **Egg Omelet**
- **Healthy yogurt parfait**



Women are invited to join our Slack Community and post additional options in our #M.O.V.E. or #Random channels!





In a digital age where connections are forged beyond geographical boundaries, women are leveraging online platforms to build supportive networks that transcend limitations. The Real Women Helping Women & Youth Slack Community stands out as a beacon of empowerment, offering a space where women can connect, share experiences, and uplift one another. This article explores the transformative potential of this online community and how it facilitates the creation of trustworthy networks among women.



Breaking Barriers: The Rise of Virtual Communities

Women are using virtual spaces to build professional networks and meaningful relationships as the world grows more connected. The Real Women Helping Women & Youth Slack Community has become a vibrant community that unites women with a range of backgrounds, occupations, and experiences. Women are welcome to become members of our community, offer their services as volunteers, and lend their support in any way they see fit.



Why Real Women Helping Women & Youth Slack Community?

The foundation of this community lies in its commitment to fostering genuine connections. With dedicated channels for various topics, from career advice to personal development, members can find a supportive environment to share insights and seek guidance. The community's emphasis on inclusivity and diversity ensures a rich tapestry of perspectives.

Building Trustworthy Networks through Real Women Helping Women & Youth Slack Community

REAL WOMEN HELPING WOMEN & YOUTH SLACK COMMUNITY

One of the challenges of online networking is establishing trust. Real Women Helping Women & Youth Slack Community addresses this by implementing guidelines that prioritize respectful communication and genuine engagement. This commitment to creating a trustworthy environment sets the community apart as a safe space for women to connect authentically.



Navigating Challenges Together

The reality is that women face unique challenges in various aspects of their lives. Real Women Helping Women & Youth Slack Community provides a platform for members to discuss these challenges openly and seek advice from those who have navigated similar paths. This collective wisdom strengthens the sense of solidarity among members.

Joining - A Step Toward Empowerment

Provide a step-by-step guide on how women can join the community, emphasizing the user-friendly nature of the Slack platform. Highlight the variety of channels available and the ease with which members can start engaging in discussions, seeking advice, and building connections.



A Supportive Future Awaits

In a world where virtual connections are becoming increasingly prevalent, Real Women Helping Women & Youth Slack Community stands out as a testament to the power of women supporting women. By joining this dynamic community, women have the opportunity to build lasting, trustworthy networks that transcend the limitations of physical proximity. As we navigate the complexities of modern life, these connections become not just a source of empowerment but a foundation upon which future successes are built.

Why Free!

We consciously chose not to charge for our services in order to support diversity, encourage inclusivity, and give women more economic and social power. Our goal is to establish a space where all women feel appreciated, supported, and free to participate without fear of financial penalty. We aim to create a community that encourages and enables women to realize their full potential by working together.

www.rwhwy.org

realwomenhelpingwomen@gmail.com



- **References:**
- **ChatGpt**
- **Pew Research Center. (2018). "Mobile Connectivity in Emerging Economies." Retrieved from <https://www.pewresearch.org/internet/2018/09/05/mobile-connectivity-in-emerging-economies/>**
- **Campbell, S. W., & Kwak, N. (2011). "Mobile Communication and Civil Society: Linking Patterns and Places of Use to Engagement with Others in Public." *Human Communication Research, 37(2)*, 207-222. doi:10.1111/j.1468-2958.2010.01397.x**



2024

24 in

Make a list of 24 things you want to do in 2024. You can put them in a jar and pick one at random to do. After finishing the task, cross it off the list.

Did you M.O.V.E. Forward!



and send a request to join our community?

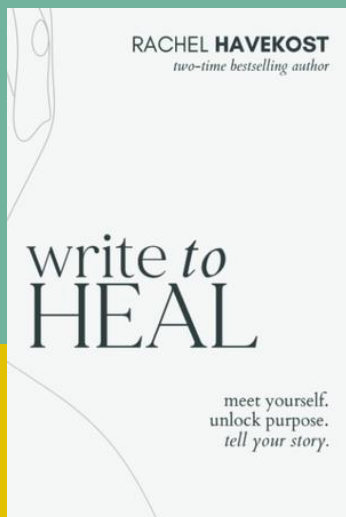
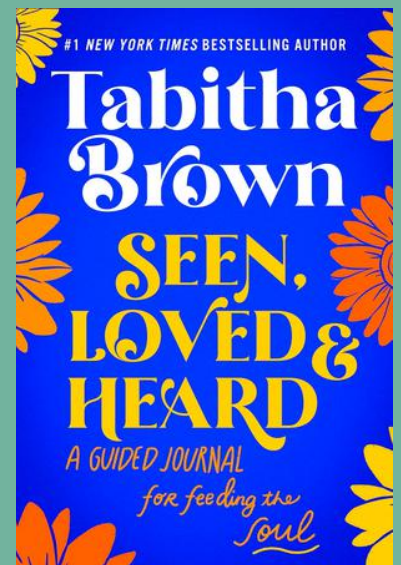
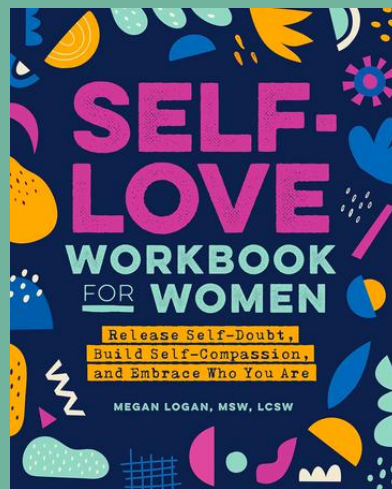
Ladies, please send an email
to inquire about joining!





2023 - 2024 JOURNALING

The following is a list of the journals that our M.O.V.E. members enjoyed reading in the year 2023. Keep an eye out for announcements in our Slack channel and M.O.V.E. Forward! magazine for journals so that you can take advantage of the additional opportunities that we will be providing in 2024.



EMAIL JOURNAL SUGGESTIONS

crawley@rwhwy.net



Our magazine has a health conscious flare. We are looking for articles focused on topics that improve women's health and wellness - weights, workouts, dating, fashion, mental health, menopause, infertility, body positivity, make-up, finances, vitamins and supplements, hair and skincare, cleaning hacks, poems, recipes, crafts, travel, and other ideas that focus on improving the lives of women.

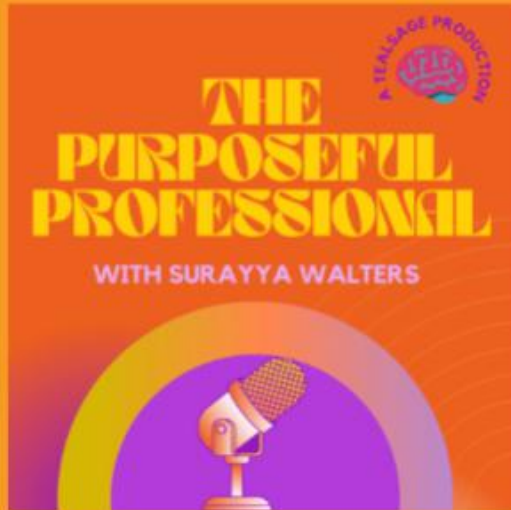


Do not miss issues. Email realwomenhelpingwomen@gmail.com to join our magazine distribution list.

Visit our website to browse previous issues of M.O.V.E. Forward! by clicking on the photo above. Submissions are due by the 24th of the month.

The Podcast For Your Career, The People, And The Culture

Join the growing movement of purposeful individuals who are re-defining professionalism on their own terms.



SHOW

The Purposeful Professional

LISTEN ON  Spotify



Well Behaved Women Don't Make History: The Power of Charting Your Own Path and Following Your Dreams with Prakriti Basyal

Podcast Discussion

Do well-behaved women make history? Our co-hosts for this episode don't think they do. Join Surayya and Prakriti as they aim to turn gender stereotypes on their heads in their quest to empower themselves and other women. We discuss gender realities in The United States and Nepal, how women can be the architects of their own destinies, and how to deal with the inevitable disappointments and social pressures on the quest for feminine power and greatness. For all of our ladies who are listening (and allies), this conversation is for you. Listen up to learn how you can be a rebel - for the empowerment of women - a noble and equitable cause.



Join our Slack Community
and post your thoughts in
the #random-thoughts-
members-sharing-area
channel.



**Volunteers
needed**

RWHW&Y is excited to announce an upcoming volunteer opportunity in 2024 for our groundbreaking initiative, "Invaluable Me!" We are seeking passionate individuals to work with Carmen Crawley and join our mission in empowering women through the creation of exclusive private group channels known as "Sister Circles" on Slack.

These free activities will be tailored to various areas of focus, each dedicated to fostering positive self-image and self-appreciation. Our "Sister Circles" aim to assist women in recognizing their unique value and contributions to both their personal lives and the broader community. Participants will engage in a supportive environment that encourages learning, interaction, and the sharing of experiences.

Through these circles, volunteers will play a pivotal role in helping women build confidence and self-esteem. By providing a platform for meaningful discussions and activities, we aim to create a community where women can learn, grow, and uplift one another. Join us in the journey to cultivate a culture of self-appreciation and empowerment through the "Invaluable Me!" program.

In 2024, we are thrilled to launch pilot programs in three transformative areas:

- 1. Self-Confidence & Self-Esteem**
- 2. Vulnerability**
- 3. Art as Self-Therapy**

These initiatives are being meticulously crafted to inspire personal growth and empowerment. The opportunity to participate will be offered to our Slack community members first.

If you are passionate about making a positive impact and are interested in volunteering for these groundbreaking programs, we invite you to connect with Carmen. Your involvement can contribute to the success of these initiatives and make a meaningful difference in the lives of those participating.



The success of this pilot initiative hinges on several key elements:

1. **Social Media Engagement:** We need individuals who can actively promote the program on social media platforms, generating interest and encouraging participation.
2. **Facilitators for Sister Circle Sessions:** Enthusiastic individuals who can lead and guide our Sister Circle sessions, fostering a supportive and empowering environment.
3. **Slack Channel Managers:** Responsible for keeping Sister Circle members engaged within the Slack platform, ensuring a vibrant and interactive community.
4. **Creative Mindset:** Individuals who bring a creative flair to the initiative, infusing fresh ideas and innovative approaches to enhance the overall experience.
5. **Willingness to Learn and Grow:** A commitment to personal and collective growth, as we embark on this journey together. No specific skill level is required; we value the eagerness to learn.
6. **Ability to Accept Feedback:** Openness to constructive feedback is crucial for refining and improving the program continuously.
7. **Focus on Fun:** Creating a positive and enjoyable experience for attendees is paramount. We want individuals who can inject a sense of joy and enthusiasm into the program.
8. **Please maintain a focus on 'Invaluable Me!' and refrain from using this opportunity to promote your company, products, or organization.** The emphasis should be on contributing to the success and impact of the 'Invaluable Me!' initiative.
9. **Commitment to this program requires dedicated time set aside for focused engagement.**

Your skill level is not a barrier; we are all here to learn and grow collectively. Join us in creating an impactful and enjoyable experience for all involved.

Please note that this is a volunteer opportunity, and there is no financial compensation. Your dedication and commitment to fostering positive change are the invaluable contributions that will help shape the success of these pilot programs. Join us in making a lasting impact on individuals seeking growth and self-discovery. A notice will also be placed in our December issue of M.O.V.E. Forward! magazine, seeking volunteers. If you know someone who is interested, please forward this information to them. They must be willing to join our Slack community.

Dr. Carmen Crawley
crawley@rwhwy.net





You are invited to join the Dream Shape Mind, Body & Spirit Facebook Group, a place where we share info about weight loss & wellness. We encourage and assist you in making your dream shape a reality, which includes positive self-care for your mind, body, and spirit. Keep in mind YOU hold the keys to your weight loss & wellness transformation!!!

Dream Shape Body Contouring offers non-invasive weight loss and spa services including:

- Ultrasound Cavitation
- Laser Lipo
- Foot Detox
- Foot Spa
- Facials
- Detoxing Body Wraps
- Steam Sauna
- Vacuum Therapy for Butt Lifting and so much more

Call Dream Shape Body Contouring today at

757-937-5652 or 757-576-7177.

Visit <https://dream-shape-body-contouring.square.site/> to book

your appointment. Make sure to follow us on FB

www.Facebook.com/Dreamshape757 and on

IG www.Instagram.com/Dreamshape757.

The [Healthy Living Center](#) is a facility devoted to increasing health awareness and education in the Norfolk, Virginia community.

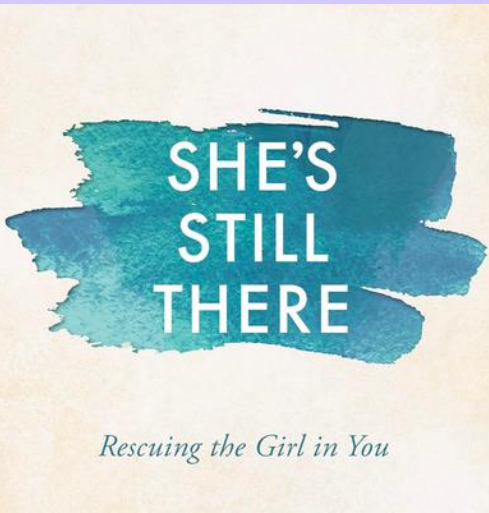
The mission of the center is to collaboratively interact with and provide self-care management skills to members of the community to modify and improve their quality of life through education.

The goals of the center are to:

- Improve quality of life through the services and products we provide
- Enable community members to take charge of their health and healthcare through interactive disease management education, collaborative self-management coaching, and building empowerment skills
- Provide current evidence-based management education that is tailored to the community in an open and encouraging environment



Sister Circle



I chose this book to kick off our 2024 Invaluable Me! program because it depicts Chrystal Evans Hurst's vulnerable side, which is one of our focus areas. Women who are not afraid to be vulnerable and who enjoy group discussions should contact me to join this private Sister Circle. We have room for 20 women to join this Sister Circle.

Timeframe:

Materials will be distributed in January
Kickoff meeting to discuss Part 1, is tentatively scheduled, February 4, 3 pm, via Zoom.
Weekly meetings and discussions will continue for the next few weeks. Six sessions discussing the videos, one session discussing our experience are planned.

Reminder: The focus is on being **vulnerable!**

Invite women who may be interested to our Slack community, so they can join this Sister Circle.

INVALUABLE ME!

Expectations:

Guideline Review: Your first step is to join and thoroughly review the guidelines outlined in the #invaluableme channel to familiarize yourself with the community standards and expectations.

Notification: Once you have completed the guideline review, promptly notify Carmen. Express your willingness to actively participate in the She's Still There Sister Circle.

Private Slack Channel: Upon notification, you will be added to a private Slack channel where you can engage in exclusive discussions and connect with fellow members.

Engagement Commitment: Active Participation: You are expected to engage in ongoing discussions within the private Slack channel, weekly Zoom meetings, and collaborative huddles.

Book: You will receive a complimentary copy of the She's Still There book, a foundational resource for our Sister Circle experience.

***Study Gateway Membership:** As part of your participation, you will be granted a 1-Year Membership to Study Gateway. This membership provides instant access to a vast library of videos, enhancing our Sister Circle by offering valuable resources, structure, and a supportive environment.

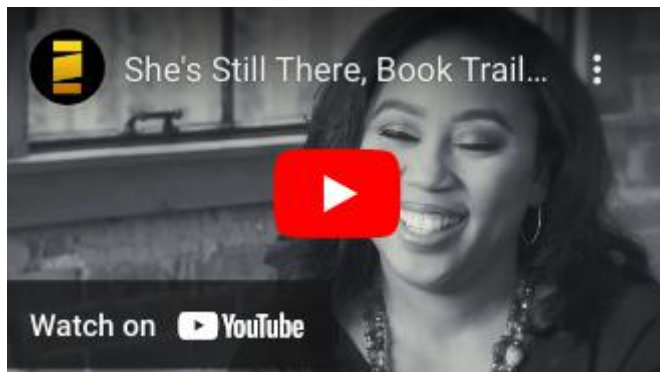
***Note about Study Gateway:** While we are not affiliated with any specific religious organization, the decision to integrate Study Gateway into our Sister Circle experience is intentional. We will use the six-session video bible study to help guide us through the book and get a deeper understanding of Chrystal's message. You are free to use the membership for personal study, women's groups, and churchwide experiences for all ages.

These expectations are designed to create a meaningful and enriching experience within the She's Still There, Sister Circle, fostering a supportive community for personal growth and connection.



**Carmen
crawley@rwhwy.net**

“What’s a woman to do if her life is not taking shape the way that she thought that it would? What happens when she looks at herself in the mirror, lingering just a little longer than usual and realizes that she no longer recognizes the person staring back at her? What does she do when she sees that, somehow, her life has drifted away from all her original hopes, dreams, or plans?”





Our Wise Ladies (O.W.L.s) is a book club

O.W.L.s recently selected two books:

- **Never Tell** by Stacey Abrams writing as Selena Montgomery
- **The Girls Weekend** by Jody Gehrman

If you have either of these books please join the conversation in our Slack Community!



NICE is being developed as a platform for youth to build meaningful connections with peers, mentors, and industry professionals. We plan to help young people grow, gain confidence, and make a positive impact on society, we want to encourage, honor, and support their successes.

M.O.V.E. (Making Our Visions Everything)



M.O.V.E. is designed to support women in their journey towards better mental and physical health. Members can participate in daily challenges and share helpful tips on women's health, mindfulness, and mental health. However, it's important to note that all content is posted by members, and you should always consult with your physician before making any changes to your healthcare regimen. It's recommended that you verify any information obtained from this group with other sources, and discuss all health and wellness information with your doctor.



RWHW encourages women to broaden their personal and professional networks while also cultivating a strong sense of community, and service. Members of the Slack community will concentrate on three pillars: 1. Socializing, 2. Networking, and 3. Volunteering. Visit our Slack community for information about RWHW events and activities.



Invaluable Me! is a private support group helping women recognize their unique value and contributions to their lives and others through Sister Circles. Women are invited to join our Slack community to join Invaluable Me! and participate in free events and activities.



Contributors

Thank you

- *Latanya, Heart & Soul Wellness Solutions*
- *Surayya, The Purposeful Podcast*
- *Sonya, Dream Shape Mindy, Body & Spirit and Healthy Living Center Community*

Advertising in M.O.V.E. Forward! magazine is free. Submissions must be educational, informative, uplifting, and positively focused on enhancing the lives of women.

Contact Us:

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rwhwy.org

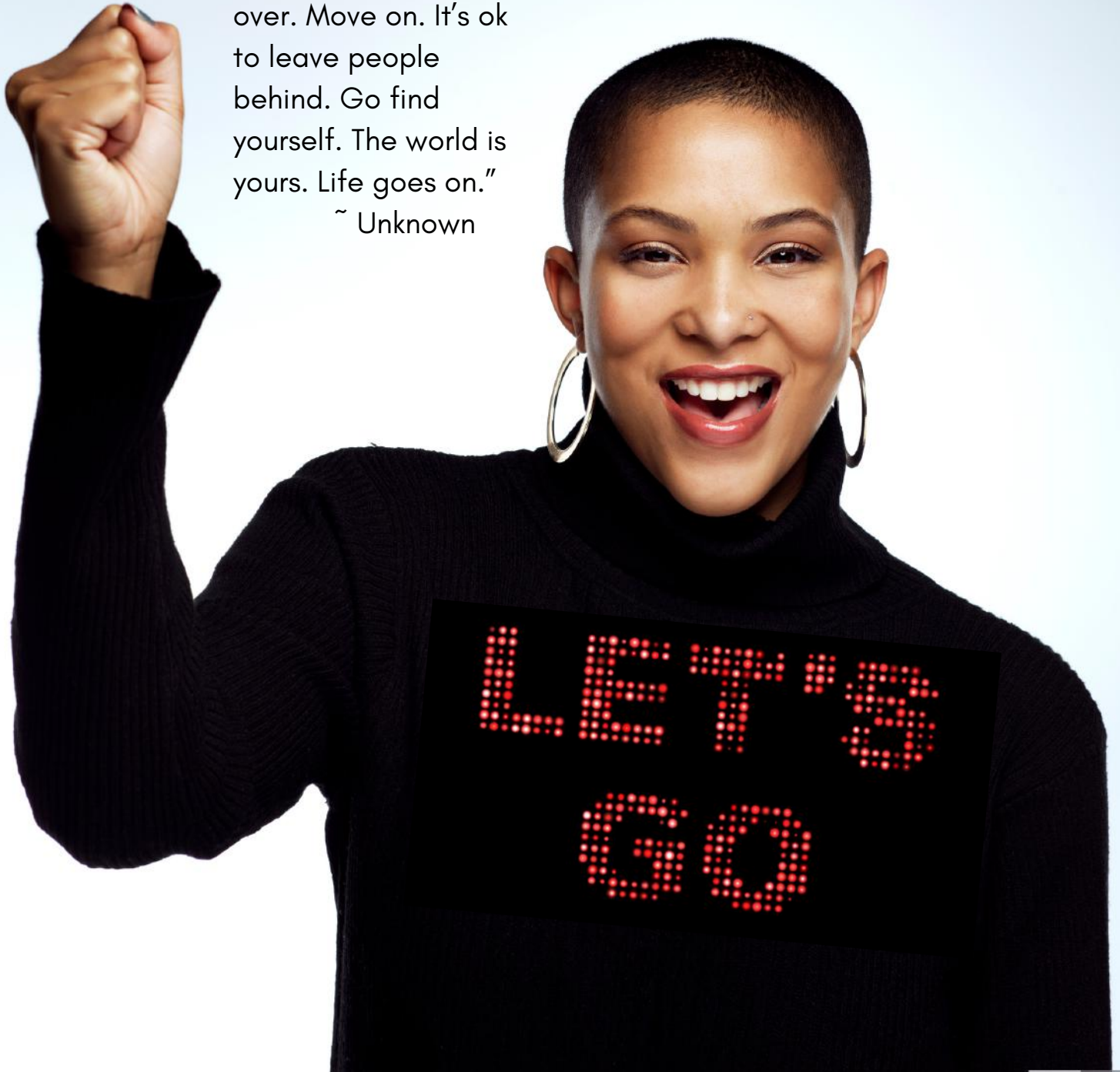
Real Women Helping Women & Youth supports M.O.V.E. Forward! magazine and encourages women to join our Slack community.

Mission: We aim to empower women and youth by providing them with the tools, skills, and opportunities to succeed.

Vision: We envision a future where the limitless potential within every woman and young person is not just realized but celebrated, contributing to a more empowered, equitable, and thriving community.



“Note to self: Nobody is worth stressing over. Move on. It’s ok to leave people behind. Go find yourself. The world is yours. Life goes on.”
~ Unknown



M.O.V.E.

A Real Women Helping Women & Youth Program

realwomenhelpingwomen@gmail.com

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