

February 2024

# M.O.V.E. Forward!

*with Life!*



Leap  
Forward!

EmPOWERHer  
REWARDS PROGRAM

Participate  
in our

Monthly  
Challenge

[rwhwy.org](http://rwhwy.org)



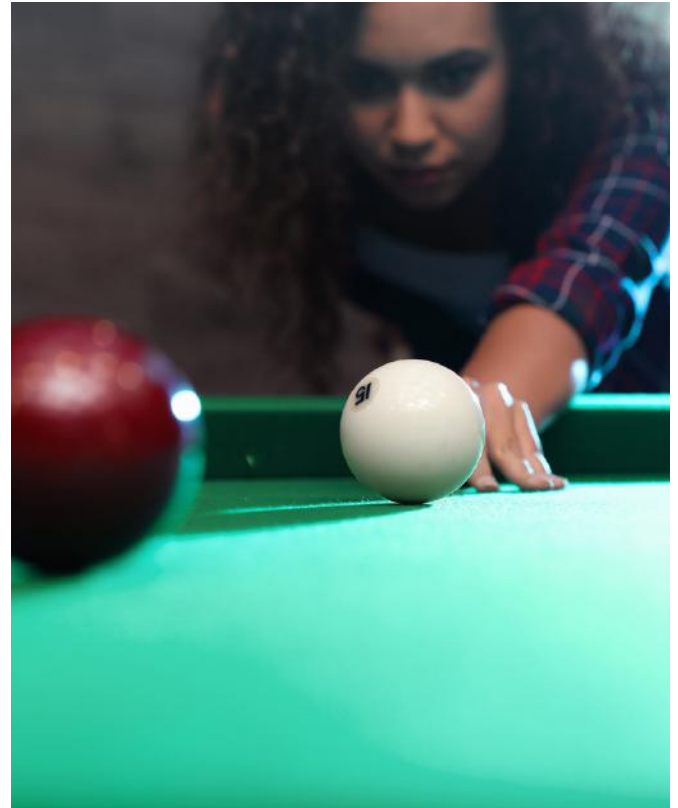


**M.O.V.E. FORWARD!**

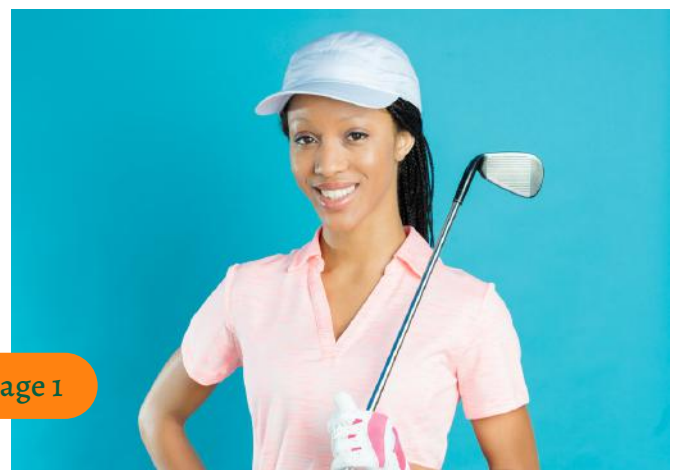
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Everything (M.O.V.E.ing) in 2024:  
Putting Wellness and Health First!

*Dr. Crawley*



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### **The Gift of Time:**

A leap year affords us the luxury of an extra day, a precious gift that we often overlook. Instead of letting it slip away unnoticed, let's use this day as a reminder to prioritize our well-being. Incorporating more physical activity into our lives is a wonderful way to seize this opportunity.

### **M.O.V.E. More, Live Better:**

The benefits of regular physical activity extends far beyond weight management. Exercise plays a crucial role in maintaining cardiovascular health, improving mental well-being, and boosting overall vitality. Whether it's a brisk walk, a dance class, or a new sport, finding enjoyable ways to move can make a significant difference.

### **Simple Steps for a Healthier You:**

**Morning Stretches:** Begin your day with a few minutes of gentle stretching. It not only wakes up your muscles but also enhances flexibility and promotes better circulation.

**Lunchtime Walks:** Use part of your lunch break to take a stroll. Fresh air and movement can invigorate your mind, making the afternoon more productive.

**Desk Exercises:** Incorporate simple exercises at your desk, such as seated leg lifts or shoulder rolls. These quick activities can break up long periods of sitting.

**Evening Rituals:** Wind down your day with calming activities like yoga or an evening walk. This can help alleviate stress and improve the quality of your sleep.

### **Community Engagement:**

Consider making movement a social activity. Volunteer to lead a session in our Slack community.

### **Setting Realistic Goals:**

Rather than aiming for drastic changes, set achievable goals. Small, consistent steps lead to lasting habits. Use the extra day in the leap year as a launchpad for creating a sustainable and enjoyable fitness routine.

### **Conclusion:**

This leap year, let's celebrate the gift of time by investing in our health. The extra day serves as a reminder that small actions can lead to significant results. By embracing movement and making wellness a priority, we not only improve our physical health but also enhance our overall quality of life. Leap into health, and let this year be a testament to your commitment to a happier, healthier you.

# It's a Leap Year! Take Time to Leap into Health: Embracing the Extra Day for Wellness!

*love and joy*  
Dr. Crawley



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Schedule an Appointment



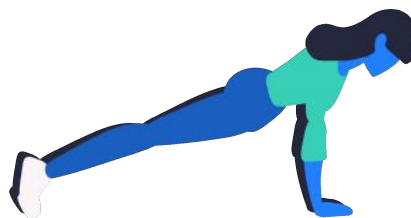


## February M.O.V.E. Challenge

### Make 2024 - A Great Year!

#### February - *For the Love of Exercise Challenge*

- Complete 24 of the following (can be a combination that adds up to 24):  
**pushups** or **burpees** or **situps** or **crunches** or **squats**
- 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 walking weights!





## Melissa

How To Perform a Proper Squat - Squats for Beginners at Home

Squats



## Charlee

How to do a Pushup - The Right Way.

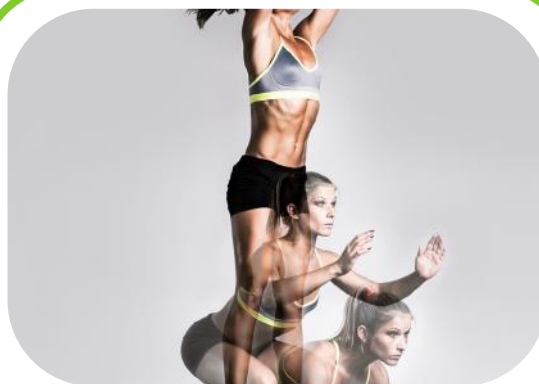
Pushups



## Jenny J

Do you want to learn how to do the perfect crunch and sit-up?

Crunches and Situps



## Charlee

Burpees are one of the most challenging moves in the fitness world.

Burpees

Click the photo to open the video.

Always consult your physician before beginning any exercise program.

For Black History Month, I chose to celebrate African American women's diverse contributions in nontraditional sports. African American women have made significant progress in traditional sports like track and field and basketball; they are still changing the perception of athleticism in nontraditional sports. Their stories aim to inspire a new generation of athletes to dream big and strive for excellence, and they go beyond simple victories on the field to include stories of empowerment and breaking down barriers.

Diverse Fields of Excellence African American women have made a name for themselves in sports outside of the mainstream, surpassing expectations.

**Dominique Dawes** – the first female African American to win an individual Olympic medal in artistic gymnastics. Her grace, strength, and dexterity demonstrated an alternative aspect of her athleticism.

**Debi Thomas** – became a trailblazer in the figure skating world. As the first African American woman to win a bronze medal at the Winter Olympics and the U.S. Figure Skating Championships, Thomas proved that talent is universal. Her on-ice performances dispelled stereotypes and demonstrated that racial preconceptions do not impede one's ability to excel in figure skating.

**Vonetta Flowers** – the first person of African American descent to win a gold medal in the Winter Olympics—showcase the range of skills present in the black community. Flowers' success on the bobsled proved that skill and perseverance can overcome any icy slope.

**Surya Bonaly** – Even though figure skating banned backflips (1994 Olympics), Bonaly was the first woman to land one on ice. Bonaly attempted the first quadruple jump in figure skating at the 1992 France Olympics. In a sport where grace and artistry often trumped athleticism, her four-revolution jump showed its potential. It took 30 years for a woman to land another quad jump in the Olympics free skate.

# The Sports M.O.V.E.ment

*love and joy* Dr. Crawley

**Bonnie St. John** – the first Black American to win a medal in the Winter Games. St. John was an accomplished ski racer, a one-legged amputee not just surviving but thriving in an able-bodied world, a Black woman

succeeding. I met Bonnie St. John in June 2013. She has a fascinating story and several great books. <http://bonniestjohn.com/>.

**Rhonda Harper** – is committed to expanding diversity in surfing and enabling young African American girls to ride the waves as the founder of Black Girls Surf.

**Tyra Black** – sent shock waves through the pickleball world when she defeated the number one pickleball player. One of the first black women in the world to reach the top 10 in pickleball, Black hopes to bring more diversity to the sport.



As we honor Black History Month, let us recognize and applaud the resilience, courage, and innovation displayed by African American women in nontraditional sports. Their stories echo the broader narrative of breaking barriers and challenging stereotypes, reminding us that true excellence knows no boundaries. In embracing diversity within sports, we pave the way for a more inclusive and equitable future for all athletes.

**Take time this month to try something that makes you M.O.V.E.!**



# 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!





**THE  
BEST  
project  
YOU WILL EVER  
WORK ON  
your  
self**

### Galentine/Valentine's Day Activity

- Purchase a variety of colorful index cards and a pretty container to hold your index cards.
- Create a peaceful setting - light music, candles, dim lighting.
- Focus and write down things that you love about yourself.
- Finding self-loving affirmations online can help you break through a wall when you feel stuck.
- Place your cards in a location that you regularly view and take the cards out regularly to practice the affirmations.





JUMP ROPE



SOCCER



HOOLA HOOP



REARRANGE ROOM



RAKE LEAVES



BAG LEAVES

# Fun ways to get M.O.V.E.ing!



VACUUM



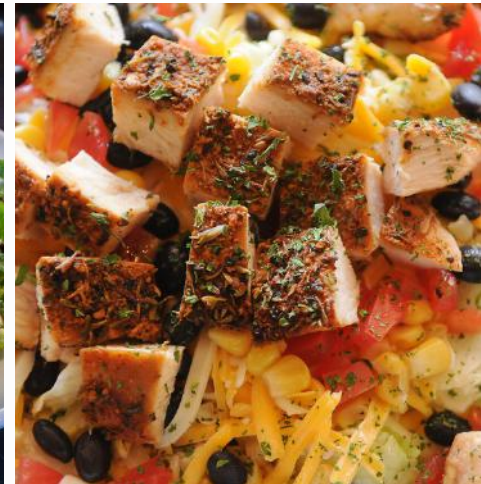
DANCE



PAINTING

*Taking care of YOU is important!*

## Easy Breezy Lunch!



## Southwest Salad

### Options

- Rotisserie Cooked Chicken
- Corn
- Black Beans
- Rice
- Bagged Salad
- Onions
- Tortilla Strips
- Chick-fil-A Creamy Salsa

### Dressing

### Directions

- Visit your local grocery store and purchase any of the product options that you want to put in your salad.
- Mix the items together
- Enjoy

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



# The Obama Presidential Center – Did You Know?



The Obama Presidential Center will feature a world-class museum and public gathering space on the South Side of Chicago. The Obama Presidential Center will be a welcoming, vibrant campus where people from across the street or from around the globe can come to get inspired, find common ground, and take action.

## [Go inside the Center - Sneak Peek](#)

**Location:** Chicago, Illinois, Jackson Park, 19.3 acres

**Estimated Opening Date:** Late 2025

## ***The History of Presidential Libraries***

The Presidential Library system is composed of fifteen Presidential Libraries. These facilities are overseen by the Office of Presidential Libraries. Presidential Libraries are archives and museums, bringing together the documents and artifacts of a President and his administration and presenting them to the public for study and discussion without regard for political considerations or affiliations. The Presidential Library system formally began in 1939, when President Franklin Roosevelt donated his personal and Presidential papers to the Federal Government. He asked the National Archives to take custody of his papers and other historical materials and to administer his library.

### **Obama Presidential Library Digital Model**

The Obama Foundation, a private organization, decided not to build a Presidential Library for NARA to house paper records and artifacts in May 2017. In Chicago, the Obama Foundation will build and run a private museum and presidential center. In a NARA facility that meets archival storage standards, NARA will digitize and preserve all original presidential records and artifacts. NARA holds records and artifacts legally and physically. The Presidential Records Act requires NARA to maintain, preserve, and provide access to Obama administration presidential records using a digital model for access to opened records and loans of materials for display around the world, including at the private Obama Presidential Center. Live and virtual educational and public programs will be essential to the Obama Presidential Library. The Obama Library's website has more digitization information.

## ***Leaders Program***

The Obama Foundation Leaders USA program is a six-month, non-residential leadership development program that seeks to inspire, empower, and connect emerging leaders across the country.

The program focuses on emerging Leaders, 24-45 years old, who aim to drive systems-level change across sectors and issues, and have at least three years of demonstrated impact. Participants are values-driven leaders from every corner of the nation who are ready to expand their impact and help strengthen our national culture of democracy.

### **The application for the 2024-2025 Leaders USA program is now open!**

The application closes on Friday, February 9, 2024 at 12:00 PM United States Central Time (UTC-6).

[Apply Now!](#)

## ***Scholars Program***

The Obama Foundation offers a robust curriculum of leadership development, training, networking activities, and customized support throughout the academic year to help the Obama Scholars gain the real-world skills, tools, and experiences they need to expand the impact of their work when they return home. These experiences allow Scholars to gain insights from high-level leaders across sectors and from the wealth of knowledge across the network of Obama Foundation program participants while planning the way they'd like to reinvest their new skills, networks, and knowledge after they graduate from the program.

## ***References***

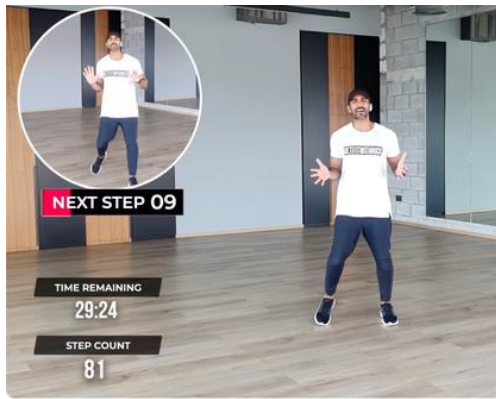
Obama Foundation: <https://www.obama.org/>

National Archives: <https://www.archives.gov/>

*In 2024, Presidents' Day will be celebrated on Monday, February 19.*



We had a blast M.O.V.E.ing with Kay in January. Below are links to a couple of the videos that Kay used to help us keep our heart rates up for at least 24-minutes!



30 minutes Fat Burn Workout at Home - Low Impact!

## 30 Minutes Fat Burn Workout at Home - Low Impact!

## Motown Soul R&B Dance Walk Sing- A-Long



## Low Impact Dance Workout

Check out our #move-health-and-wellness-activities Slack Channel to see our February schedule.

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.

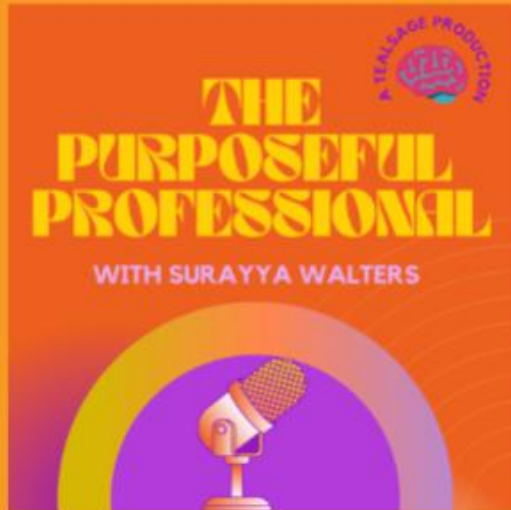


Do not miss issues. Email [realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com) to join our magazine distribution list.

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

*What does it mean to live unapologetically? Join Surayya and travel entrepreneur Imani Murray as they discuss how we can conquer the things holding us back from traveling the world and living our best lives.*

### Unapologetic Energy



### Episode Description

What does it mean to be unapologetic in your career and life? Join Surayya and Imani as they vivaciously unpack what it means to live and navigate your career authentically and unapologetically, the case for traveling abroad as a Black woman, and why it matters to craft a job and a life that you are genuinely passionate about. If you need a dose of confidence to chase your unapologetic dreams, this is the episode for you. Listen up!



RWHW&Y is a 501(c)(3) nonprofit organization that operates five programs specifically designed to enhance the well-being of women and youth.



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

O.W.L.s recent book selection is: *The Silent Patient*

The Silent Patient is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive.

Visit our Slack community for more information.

N.I.C.E. 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.



# REFER A CHILD



## BEHOLD!

**A chance to weave magic and win gold!**

**For every child that you guide towards the realm of N.I.C.E., you and the child shall earn a chance to win \$25 each. The enchanted gates welcome children of all ages.**

**young adolescents (5-8 years)**

**preteens (9-12 years)**

**teenagers (13-18 years)**

**Let the magic of kindness unfold, as you and your young companions journey towards the fabled treasure of gold and goodness.**

**Drawing, February 1, 2024**

## TO DO:

**SEND AN EMAIL TO  
REALWOMENHELPINGWOMEN@GMAIL.COM**

**WITH THE FOLLOWING INFORMATION:**

**CHILD'S NAME**

**CHILD'S EMAIL**

**CHILD'S AGE**

**CHILD'S GENDER (OPTIONAL)**





# Contributors

Thank you

- *Latanya, Heart & Soul Wellness Solutions*
- *Surayya, The Purposeful Podcast*
- *Lisa & LaKeissa, Ideas for this issue*
- *Zakkiyya, Proofreading*

**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](http://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.**





# M.O.V.E.

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A Real Women Helping Women & Youth Program

[realwomenhelpingwomen@gmail.com](mailto:realwomenhelpingwomen@gmail.com)

[rwhwy.org](http://rwhwy.org)

