

March 2024

M.O.V.E. Forward! *with Life!*

Participate in our

*Monthly
Challenge*



EmPOWerHer

REWARDS PROGRAM

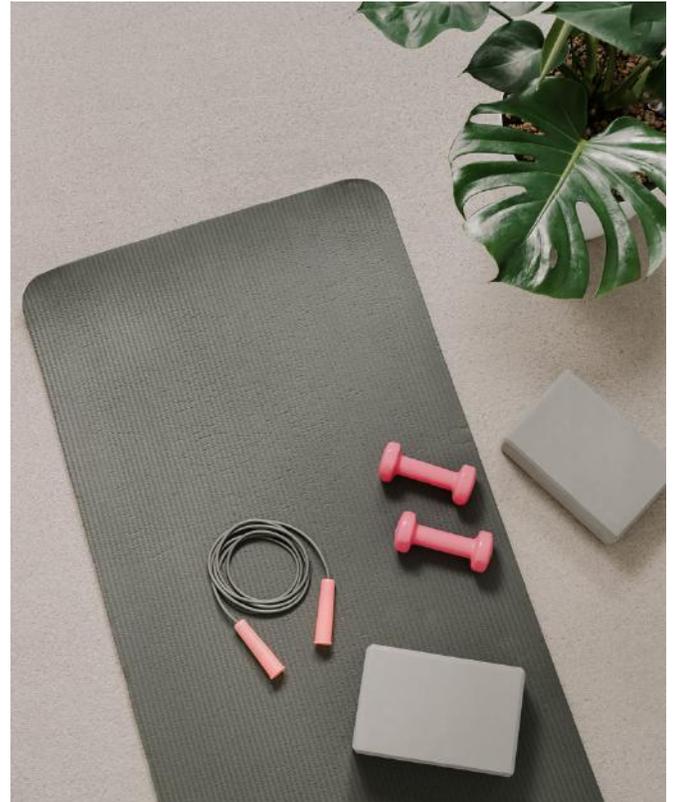


M.O.V.E. FORWARD!

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Ways to Make Our Visions
Everything (M.O.V.E.ing) in 2024:
Putting Wellness and Health First!

Dr. Crawley



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This article provides practical tips for fitness enthusiasts to maximize their home workout space and achieve their fitness goals. To create a dedicated workout area, assess the available space in your home, consider factors such as ventilation, lighting, and flooring, and choose an area that can be designated solely for exercise. Declutter and organize the space by clearing out unnecessary clutter and investing in storage solutions like shelves, bins, or baskets.

Create a home workout area for wellness!

love and joy
Dr. Crawley

Invest in multipurpose equipment that can target multiple muscle groups and serve various purposes, such as adjustable dumbbells, resistance bands, and stability balls. Utilize vertical space by installing wall-mounted racks or shelves for storage of equipment like yoga mats, foam rollers, and exercise balls. Hanging mirrors can also create the illusion of a larger space while providing feedback on form and technique during workouts.

Invest in foldable or portable workout equipment, such as folding treadmills, collapsible exercise bikes, and compact elliptical trainers, to maintain cardiovascular fitness without sacrificing space. Personalize your home workout space with motivational posters, plants, and energizing music to keep you motivated and focused on your fitness goals. Establish a regular workout routine and stick to it, designating specific times for exercise and treating them as non-negotiable appointments with yourself.

Embrace online fitness resources, such as live-streamed workout classes and on-demand exercise videos, to keep you engaged and motivated. Explore different platforms and find routines that resonate with your fitness preferences and goals.

Creating a dedicated workout space at home may seem daunting at first, but with careful planning and resourcefulness, it is entirely achievable. By following these practical tips and embracing innovative solutions, you can transform any corner of your home into a dedicated fitness haven, allowing you to unleash your full potential and achieve your fitness aspirations from the comfort of home.



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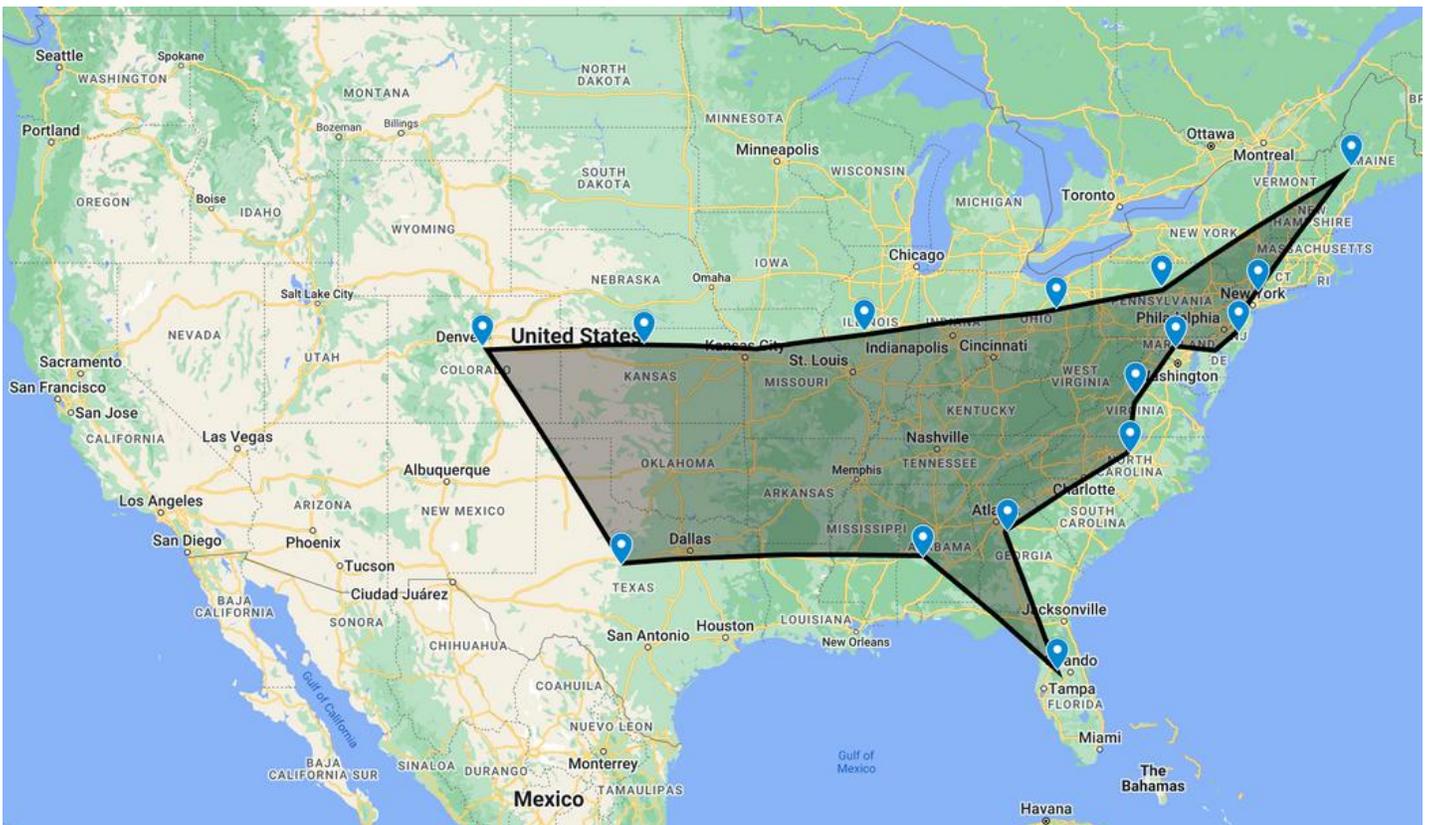
Visiting Our States Challenge

During the month of March and probably April, our Slack community M.O.V.E. members will be focusing on walking on a path that includes most of the states that we live in. As we get to your state, share a fact about your state for bonus entries. We will start and end in Maine, for a total of 5,156 miles. All you need to do is post your miles for the day and respond to the prompt if we visit your state.

Miles can be walking, running, biking, hiking... whatever your heart desires.

We will continue our Water Wednesday for an extra entry.

*Maine to New York = 320 miles; New York to New Jersey = 87 miles; New Jersey to Delaware = 56 miles;
Delaware to Maryland = 88 miles; Maryland to Virginia = 149 miles; Virginia to North Carolina = 110 miles;
North Carolina to Georgia = 334 miles; Georgia to Florida = 361 miles; Florida to Alabama = 432 miles;
Alabama to Texas = 714 miles; Texas to Colorado = 587 miles; Colorado to Kansas = 570 miles;
Kansas to Illinois = 294 miles; Illinois to Ohio = 343 miles; Ohio to Pennsylvania = 245 miles;
Pennsylvania back to Maine = 466 miles.*



No Equipment M.O.V.E.ment

love and joy Dr. Crawley

You can get a good workout from a lot of common household things. Consider these suggestions:



Water bottles: Fill them with water or sand to perform arm exercises like lateral raises, bicep curls, and shoulder presses.

Backpack: Put books or other heavy objects in your backpack to perform weighted push-ups, squats, or lunges.



Chair: Perform tricep dips, elevated push-ups, step-ups, and other exercises on it.

Towels or Rugs: Towel rows (wrap a towel around a strong object and pull it towards you) or sliding exercises such as plank knee tucks or lateral lunges on these.



Stairs: Climbing and calf raises are great cardiovascular exercises that you can do on stairs.



Cans or Bottles: In the absence of dumbbells, you can substitute lighter weights for your workouts with cans of food or water bottles.



Broomstick or Mop: stretch or perform exercises like overhead squats using it as a makeshift bar.



Rope: If you possess a robust rope, you can utilize it to perform cardiovascular exercises such as high knees and jumping jacks.



Just be sure that whatever you come up with is safe and will not hurt anyone before getting creative. If you are just starting out with exercise, it is best to ease into it with lighter weights or less resistance and focus on form. Always begin an exercise program with a warmup.



30-Minute Dance

A 3100 step dance workout to boost mood and energy.

Low Impact Dance



Grow with Jo

Cardio - no jumping, no equipment needed.

Walking

Some of our February M.O.V.E.ing videos.

Click the photo to open the video.

Suggest new videos.

Volunteer to lead a session.

Always consult your physician before beginning any exercise program.



Chair Yoga

Great for winding down from a busy day.

Yoga



Beyoncé Workout

A 20-minute fun dance workout

Dance

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!



Easy Breezy Lunch, Dinner or Appetizer!



Charcuterie Board

Options are unlimited, a few are listed below:

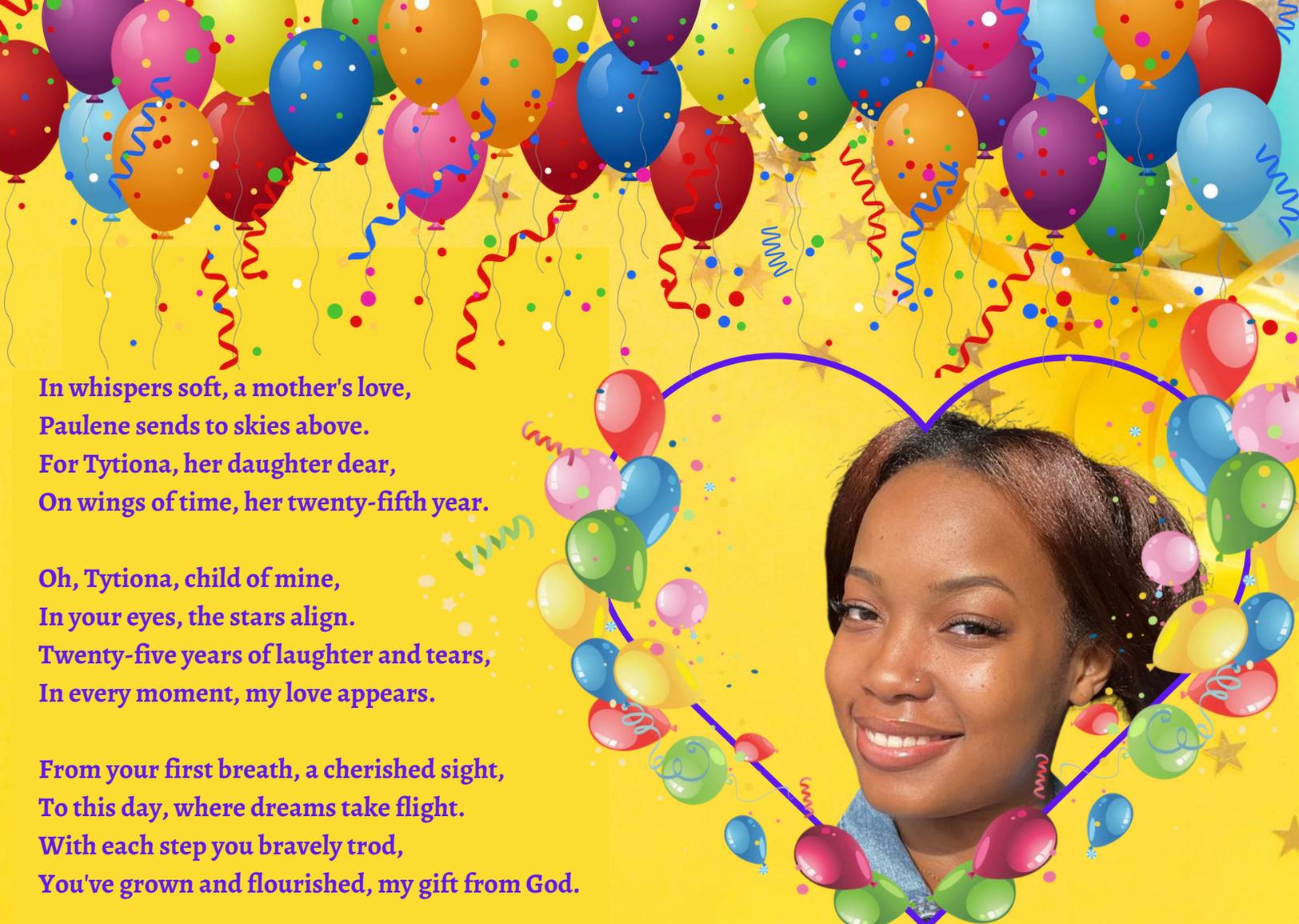
- Fruit (grapes, apples...)
- Cheese
- Lunch Meats
- Crackers
- Veggies (carrots, celery...)
- Pickles
- Hard Boiled Eggs
- Dressing (mustard, yogurt...)

Directions:

- Visit your local grocery store and purchase any of the product options that you want to put on your charcuterie board.
- Be creative in arranging your items on the charcuterie board - make it appealing to the eye.
- Enjoy!

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





In whispers soft, a mother's love,
Paulene sends to skies above.
For Tytiona, her daughter dear,
On wings of time, her twenty-fifth year.

Oh, Tytiona, child of mine,
In your eyes, the stars align.
Twenty-five years of laughter and tears,
In every moment, my love appears.

From your first breath, a cherished sight,
To this day, where dreams take flight.
With each step you bravely trod,
You've grown and flourished, my gift from God.

In every stumble, I've held your hand,
Guiding you through life's shifting sand.
With every triumph, my heart swells,
As you conquer mountains, ringing victory bells.

Today, my dear, as candles glow,
In their light, my love does show.
For you, my daughter, a beacon bright,
A guiding star in the darkest night.

May your path be lined with grace,
And joyous moments fill each space.
As you journey on, know this is true,
My love for you, forever, ever true.

So, on this day, your twenty-fifth,
In every heartbeat, my love lifts.
Happy Birthday, Tytiona, my shining star,
Forever and always, no matter how far.



Happy
Birthday!

Decorate your home gym on a budget...

Dual Functionality:

Place your gym equipment in a basket and keep it on one of your shelves.

Use an ottoman to store equipment.

Strategically place a plant, vase, or decor in the area that you workout.



Wall calendar to track your workouts.



Mirror:
Carry that mirror from your bedroom, prop it against the wall, watch yourself get in shape.

You can make a chic and motivating home gym or exercise space without spending a fortune by combining these inexpensive design ideas. Keep in mind that in order to make the room genuinely yours, practicality and individuality must take precedence.

As I concentrate on keeping M.O.V.E.ment as our 2024 focus, the question echoes in my mind: "What sports do women play? What Sports do African American women play?" So, I started Googling and found out that most African American women are represented as athletes as basketball players or track and field.

There are so many sports that women can get involved in to help with M.O.V.E.ment. Some that come to mind as being easy to play and get some M.O.V.E.ment going are playing pool, bowling, and badminton. Some of the harder games that involve running up and down a field are flag football, basketball, and soccer. It would take a lot for me to be able to join any of these teams.

Two other sports that include running across a court are tennis and volleyball.

I have participated in a variety of sports. When I was in high school we had swimming, golfing, dancing, track and field, basketball, flag football, volley ball, and tennis.

The Sports M.O.V.E.ment

love and joy
Dr. Chawley

Are you part of the sports M.O.V.E.ment or sitting on the bench waiting for someone to invite you to the team? At Real Women Helping Women & Youth, we want to help you get into the game.

Our M.O.V.E. programs stands for Making Our Vision Everything. We are building a community that helps you celebrate your wins, encourages

women to try new ways to



concentrate on improving health and wellness.



Women are invited to join our Slack Community!





Fun ways to get support for M.O.V.E.ing!



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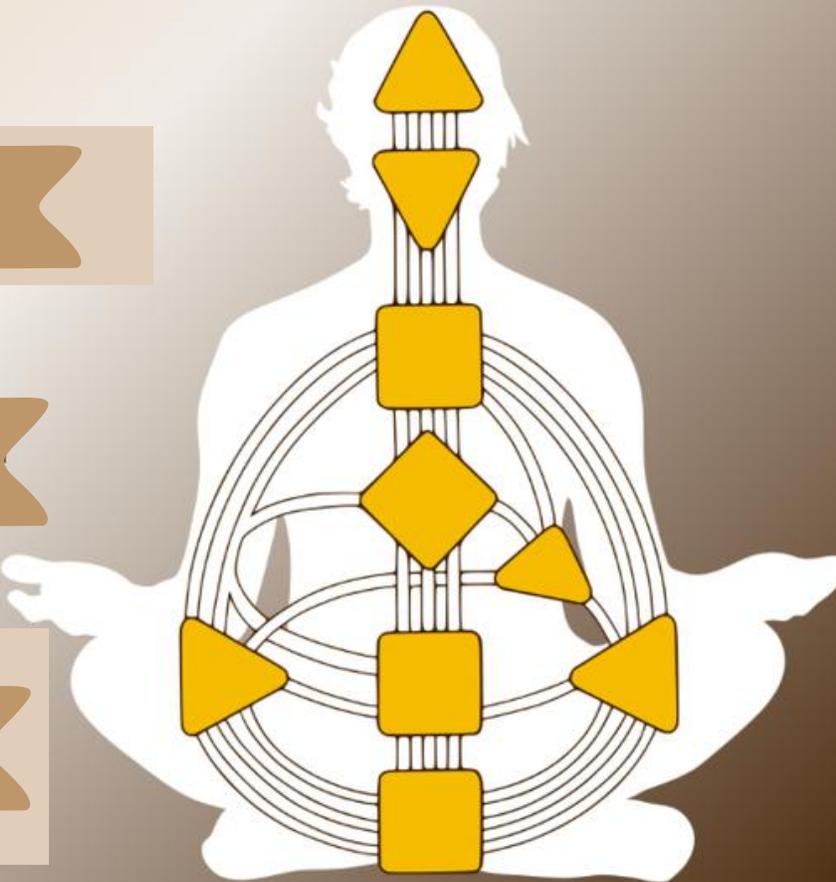


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National Women's History Alliance

HELLO



My name is Surayya Walters

I started this podcast when I was young in my entrepreneurial journey and wondered if I was a “professional” or not. While I liked the freedom and autonomy of being an entrepreneur, I also recognized that my career would be pretty “unglamorous” from here on out.

As an early-stage founder, you are the administrative assistant, HR person, and janitor all in one - on top of being your organization's visionary and chief strategist. One day, I looked at myself and asked myself if I was a professional or not. **“Am I a professional?”** I silently whispered to myself. Entrepreneurship can be a difficult path, and that day I felt very defeated.

Then it occurred to me - I am a professional! **I am a purposeful professional.** In my own way, I was building professional skills and growing my muscles in new areas. I was pursuing a purpose that was bigger than myself, and that was my motivation for developing my career. So now, I seek out to speak to others about their purposeful professions, and what we can learn from our winded, unpredictable, and sometimes non-sensical career choices.

I hope you join me on this excursion to re-define professionalism, by sharing your own purposefully professional story.

The Purposeful Professional

www.purposefulprofessional.com



THE PODCAST FOR YOUR CAREER, THE PEOPLE, AND THE CULTURE

Our motto helps us create a unique podcast and speaking experience.



Your Career

LIVE YOUR PURPOSE

This process is designed to help you clarify your values, perspective, and emerge a more dedicated and passionate person through telling your story.



The People

CONNECT AUTHENTICALLY

At the end of the day, we are people beyond our careers and how much money we make. We focus on exploring the aspects of our personality that shape our aspirations.



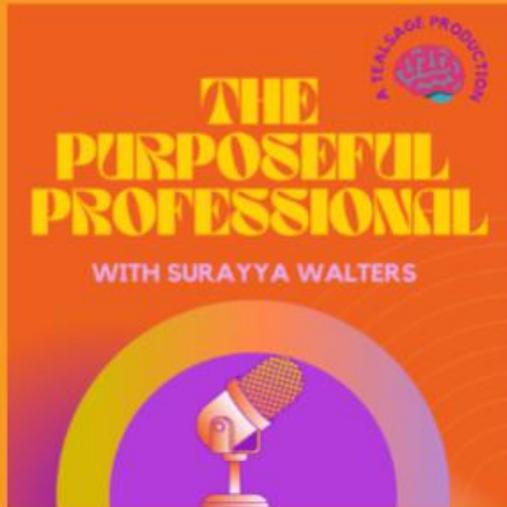
The Culture

FEEL UNDERSTOOD

Our speaker and host is a woman of color, and she understands how important it is for people to feel seen and understood. We are culturally relevant, moving beyond stereotypes and into intersectionality.

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 can you learn from New Yorkers? A lot! Listen up as Surayya and Samantha discuss life in New York, the realities of city and suburban living, and how their upbringings have shaped them.



New York State of Mind



Episode Description

When I say "New York City" and "mindfulness," what comes to mind? For Samantha Powell, it reminds her of her childhood in New York City's Upper East Side, immersed in NYC's elite schools and striving to make it in the "city that never sleeps." As a woman whose motto is "make your day, and make it last," her NYC days have shaped her perspective on what it means to live with empathy, care for her mind and herself, strive to be her ultimate best, and define herself through excellence. If you need a NY buzz of energy or a perspective on a city that is just as diverse as it is disparate, then this is the episode for you.

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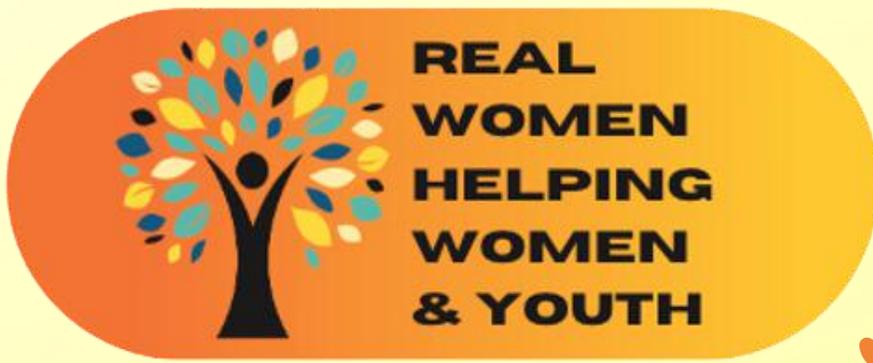
Question & Answer

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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:

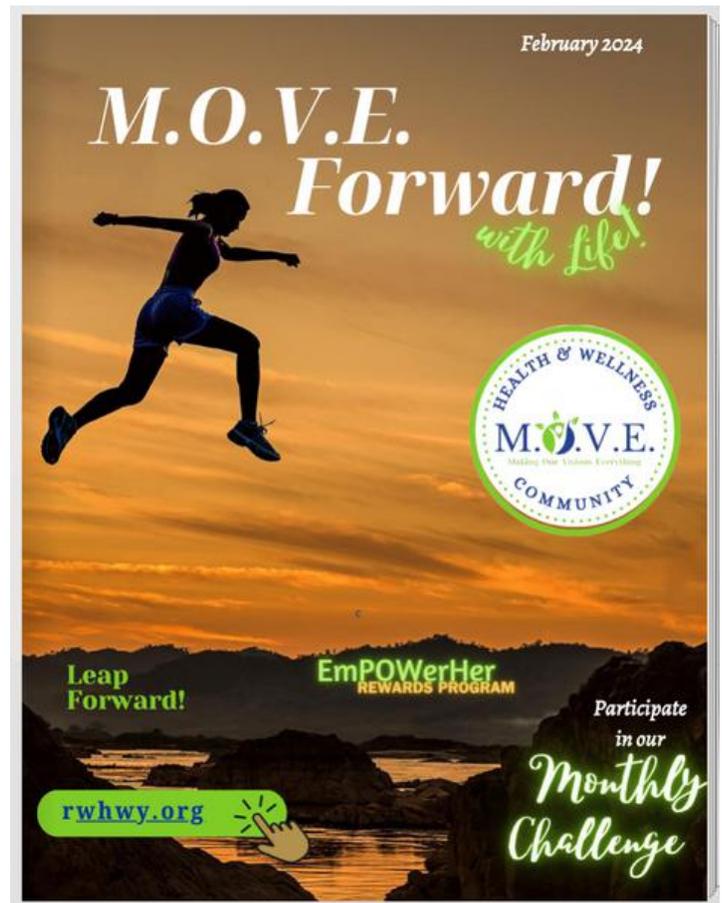
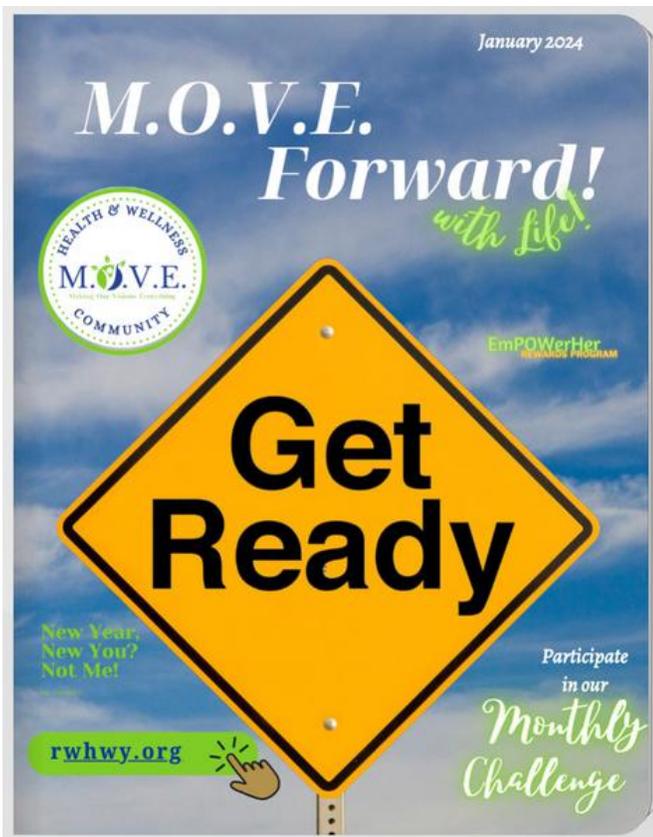
- 1. Self-Confidence & Self-Esteem**
- 2. Vulnerability**
- 3. Art as Self-Therapy**

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.



Our magazine showcases a health-conscious theme with a specific interest in articles that center on enhancing women's health and wellness. Topics of interest include fitness, exercise routines, relationships, fashion trends, mental well-being, menopause, infertility, body positivity, beauty products, financial advice, nutritional supplements, skincare and haircare routines, household cleaning tips, poetry, recipes, arts and crafts, travel, and other innovative ideas aimed at enriching 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.



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Debt-Free College
Dream for Your
Child? Learn How
with Proven
Strategies!

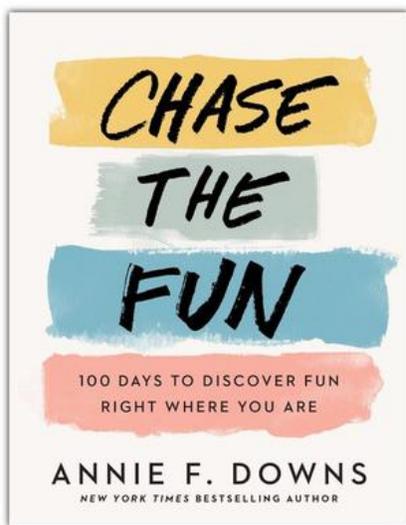
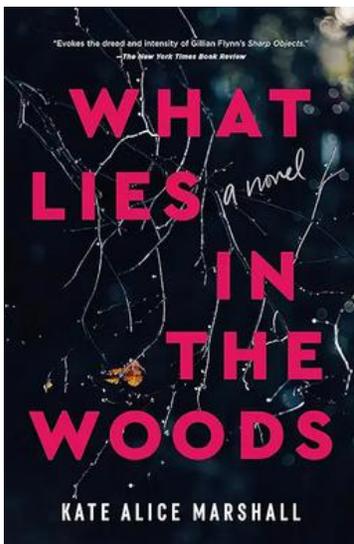
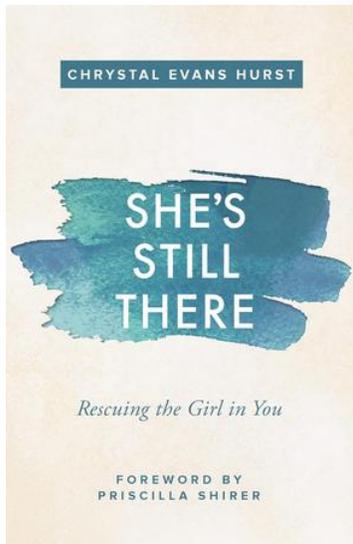


March 14th | 7:00pm

REGISTER NOW!



What's New! In



Sunday 7:00 AM
M.O.V.E.ing with Keissa
Advanced Workout (You dont have to be advanced to do)



Tuesday 6:00 PM
M.O.V.E.ing with Kay & Tiffany
Intermidate workout



Thursday 7:00 PM
M.O.V.E.ing with Carmen
Beginner Workout



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 are reading *What Lies in the Woods* by Kate Alice Marshall

Kate Alice Marshall's *What Lies in the Woods* is a thrilling novel about friendship, secrets, betrayal, and lies - and having the courage to face the past.

Join our Slack community for more information on the next book selection.

N.I.C.E. held the first meetup with preteens (ages 9-12) and is planning the first meetup with teens (ages 13-18) to discuss *Navigating the Path to College*.



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

- *Bonnie, Debt Free College*
- *Jalisa, Human Design Body Graph*
- *Latanya, Heart & Soul Wellness Solutions*
- *Surayya, The Purposeful Podcast*
- *Paulene, Birthday wishes*

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:

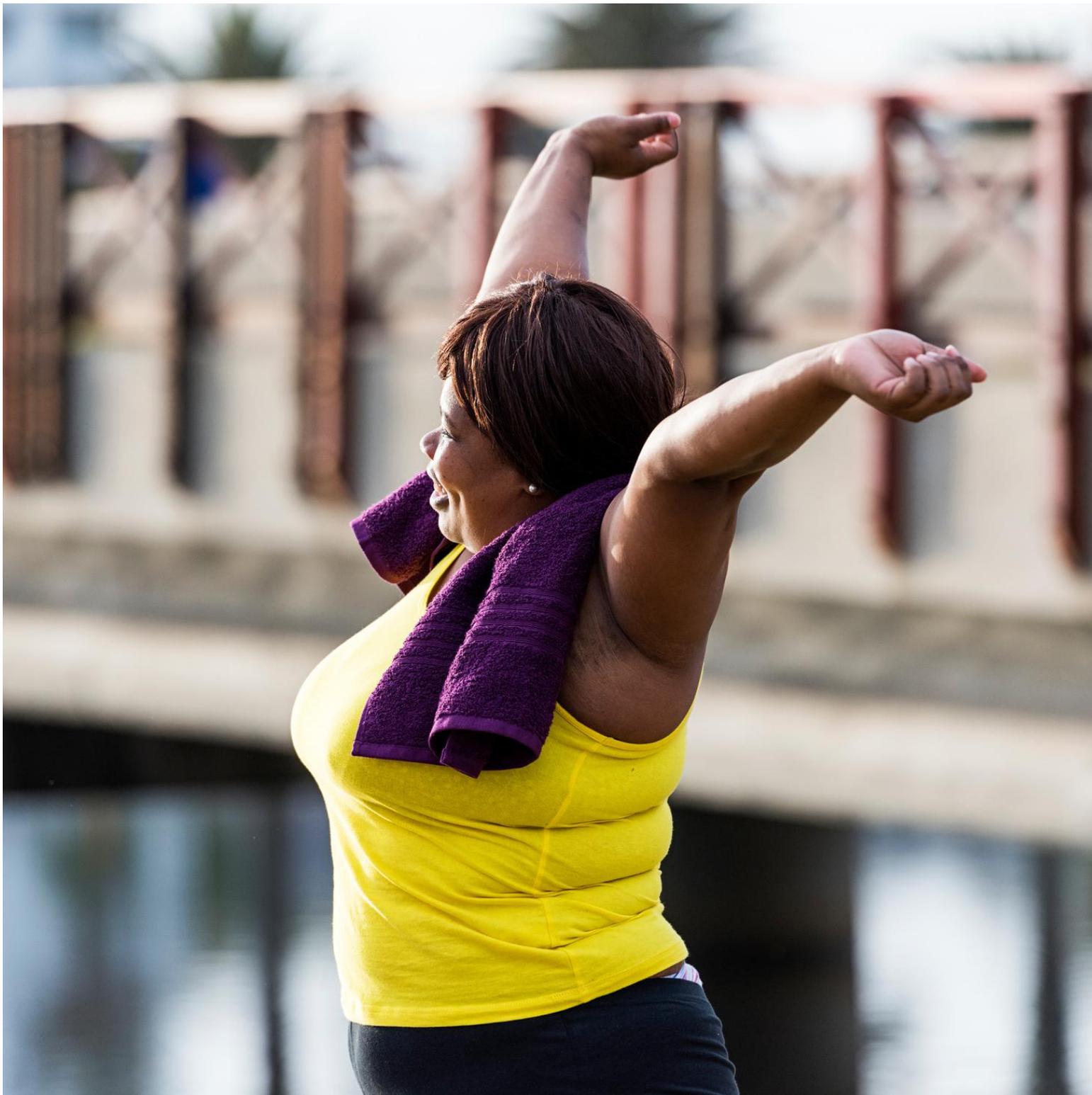
realwomenhelpingwomen@gmail.com
crawley@rwhwy.net
rwhwy.org

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.

A Real Women Helping Women & Youth Program

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