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August Newsletter

Welcome to [InControl](#), where our vibrant community is all about empowering adults with disabilities to live their best lives! Our awesome wellness coaching program is packed with fun activities that boost physical fitness, tasty nutrition tips, and support for social and emotional well-being. Come join the fun and take charge of your wellness journey with us!

We're back with our second newsletter, and we've got some exciting stuff to share! From inspiring client stories to program updates, there's a lot happening in our community. Grab your drink of choice, get comfy, and dive in to see what we've been up to and what's coming next. Thanks for being part of the journey with us!

Program Updates

Big Update!

We're thrilled to welcome Adonya Gray to the InControl coaching team this month! She will be joining Coach Nick as our second Physical Wellness coach. Adonya brings such a positive energy to our team and a wealth of experience and passion for the wellness industry. With a background in Exercise Physiology from Gustavus Adolphus College, experience working as a Health Coach with HealthPartners, and owning her own personal training business, she has helped clients manage their

weight, improve their strength, and maintain healthy habits to reduce health risks. She's ready to help our clients achieve their wellness goals and lead fulfilling lives.

New Staff Member!

Physical Wellness



ME



Adonya Gray

Outside of coaching, Adonya loves working out at the gym, exploring the outdoors through long hikes, and attending live music concerts. Most importantly, she enjoys spending quality time with her family and friends, which makes her a perfect fit for our vibrant community. We can't wait for you to get to know her and see the positive impact she'll have on our team and clients. Welcome to the team, Adonya!

Client Spotlight

Each month we are going to spotlight one of our amazing clients. This month features our client, Nicolas! In our interview with Nicolas, we got to learn some awesome fun facts about him and his favorite parts of InControl.



Because of InControl and the dedication and work of the coaches Nicolas has been able to not only live independently but thrive independently.

- Katherine (Nicolas' mom)

Nicolas Diaz

Q: Tell us a little bit about yourself. What's your name? What's your favorite color? And what's your favorite thing to do in the summer?

A: Nicolas- His favorite color is blue! "My favorite thing to do in the summer is basketball and swimming." He enjoys playing it by himself to relax!

Q: What aspect of the program do you find the most enjoyable or rewarding?

A: "I have fun with the cooking. I love to cook on my own and make breakfast pizzas." His favorite toppings are cheese and sausage.

Q: What part of your wellness do you love working on the most?

A: "I love working on nutrition the most because I love the cooking and working on my skills in the kitchen." He has learned to cut with his own set of knives in his kitchen!

Q: What's your favorite food? Or favorite recipe you have made with your nutrition coach?

A: "This is actually a hard one! I really liked making the pizza with coach Mariah" He has enjoyed learning to make foods different ways.

Q: Can you think of 1 new skill you have learned or gotten better at since being a part of InControl?

A: The skill Nicolas is most proud of having grown in is his cooking skills. He lives with his brother and often cooks his own meals!

Q: What advice would you give to someone considering joining InControl? or What do you look forward to the most when participating in an InControl session?

A: Nicolas advice to someone who is considering joining InControl, is "to make good foods and always stay active!" (*Couldn't have said it better ourselves Nicolas!*)

Watch our interview with Nicolas!

Resources and tips



Spotlight on Constellation Coffee

Serving great coffee and helping great people, Constellation Coffee is more than just a coffee shop – it's a community hub in Apple Valley where individuals with special needs can find meaningful employment in a supportive environment. At Constellation Coffee, visitors can enjoy a comfortable, high-quality coffee experience while supporting a

business that celebrates differing abilities and fosters connections within the community. And fun fact- one of our very own clients works here! If you are in the area come and support this amazing local business!

[Learn more](#)

PHYSICAL WELLNESS TIP

Focus on the "mind to muscle" connection during workouts—engage specific muscles intentionally to improve performance, lift heavier over time, and boost overall results.

I want to highlight the importance of the "mind to muscle" connection. Research shows that focusing on specific muscle activation rather than just lifting weights can significantly improve performance. Studies indicate that individuals who concentrate on internal cues, like actively engaging the targeted muscle, can gradually lift heavier weights over time.

To incorporate this into your routine, be intentional about muscle activation. Before your set, identify and practice contracting the muscle you'll be working. For example, flex your biceps before

This practice helps activate more muscle fibers and enhances your workout efficiency. Additionally, it improves blood flow to the muscle, aiding in performance and recovery. Over time, this mindful approach will not only boost your results but also increase your body awareness. Remember, being attentive to the mind-muscle connection is key to optimizing your workouts and overall physical awareness.

Be attentive. Your mind and body want to communicate with each other. It is YOUR job to be the translator

doing curls and feel the contraction through a full range of motion.

InControl Recipe of the Month

Here is a healthy recipe of the month from our nutrition pillar we would love to share with you! Each month, we'll feature a tasty recipe that our very own Coach Mariah made with our clients throughout the month. Enjoy trying this recipe yourself and experience the joy of cooking nutritious and delicious meals. Let's dive into this month's delightful dish!



Egg bites



Equipment

- Medium bowl
- Cutting board
- Knife
- Fork or whisk
- Muffin tin
- Liquid measuring cup
- Dry measuring cups

Ingredients

- 8 large eggs
- 1 roma tomato diced
- 1 green onion stalk chopped
- 1/2 cup spanish chopped
- 1/2 cup shredded cheddar cheese
- 1/2 cup milk
- 1/4 bell pepper diced
- Salt and pepper to taste
- Cooking spray

Directions:

1. Preheat the oven to 350 degrees.
2. Spray each muffin tin generously with cooking spray.
3. Dice tomatoes and peppers and divide equally between all the muffin tins.
4. Take your spinach and gently tear and divide equally between all the muffin tins.
5. Top each muffin tin with cheese.
6. In your medium bowl crack your eggs one at a time making sure no shells are in the bowl. Add in your milk and whisk together.
7. Divide the egg mixture into each muffin tin. Fill the tins about $\frac{3}{4}$ full.
8. Bake for 20 minutes.

Additional notes:

1. Additional veggies that would fit into this recipe would be broccoli, red peppers, yellow peppers, orange peppers, mushrooms, and zucchini. The options are endless.
2. Egg white or liquid egg beaters would also work in this recipe. You will need about 2 cups.
3. Almond milk can be used instead of cow milk, just make sure it is unsweetened.
4. Bacon bits or sausage bits can be added into this recipe.

How can you support InControl?

1. Word of Mouth Referrals!

How to refer? Sign up for an info meeting by clicking the link below!

[Click For Info Meeting](#)

2. Comment on and share our posts on social media.

3. We are Hiring! We are looking for a social wellness coach! Someone with experience in independent living skills, coaching or special education experience. Please pass our information on to anyone who might be a great fit!

4. Financial Support: Your donation, no matter the size, directly benefits our clients. For tax deductible donations click the link below.

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