

A Healthier You

Official Newsletter for Members of the
National Wellness & Fitness Association

2023



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4 Things Moms Should Know About the Fourth Trimester

Did you know that the first 12 weeks after giving birth are known as the fourth trimester? While you may have just given birth, your body will continue to change just like it did during your three trimesters of pregnancy.

The fourth trimester can have many surprises for first-time mothers. They might experience many physical, mental and emotional changes as their bodies heal and adjust to motherhood. While they may expect certain changes like stretch marks, hair loss and weight fluctuations, many other postpartum adjustments aren't discussed as much.

First Response™ wants to bring awareness to the changes mothers should expect during the fourth trimester. By learning about these changes and how to manage them, women can embrace and accept them with self-compassion and feel empowered to ask for support during their postpartum journey.

1. Postpartum bleeding

If you're a first-time or soon-to-be first-time mom, you may not know you'll experience bleeding after birth. While it may seem scary, this is a very normal part of the postpartum healing process.

According to the Cleveland Clinic, this vaginal discharge is known as lochia and contains a mix of blood, mucus and uterine tissue. It's similar to menstrual blood and can last several weeks, though the heaviness of the discharge should subside over time.

During the first six weeks after giving birth, use sanitary maxi pads (not tampons) to deal with the bleeding. For the first week, expect to go through several pads throughout the day. Most importantly, remember to take it easy and give your body time to heal.

2. Breast engorgement

During the fourth trimester, you may experience breast engorgement until your milk supply regulates. Your breasts may feel swollen, tight and tender, and you may even leak breast milk until symptoms subside, usually within a few days as you begin to regularly breastfeed. Use a cold compress to relieve swelling and pain. If you choose to breastfeed, you can wear a well-fitting bra to provide support and reduce soreness, according to La Leche League International.

If you don't plan to breastfeed, it can take up to several weeks for breast engorgement to subside. During this time, do not pump so your body gets the signal that it doesn't need to produce milk. A cold compress, supportive bra and over-the-counter pain meds can help you manage pain and discomfort until you stop producing milk.

3. Poor sleep

Babies don't have the same sleep schedules as adults. According to the Sleep Foundation, while newborns sleep up to 18 hours a day, they don't sleep in one solid block of time like adults do. Until your baby begins to sleep through the night, you will likely be up several times a night to attend to your baby.

To combat sleep deprivation during the fourth trimester, nap during the day when your baby sleeps. If a partner or family member is helping you, trade off middle-of-the-night feedings. Also, ask friends and family for help with house chores or child care so you can get some well-deserved rest.

4. Postpartum depression

You may have heard of the baby blues when mothers feel overwhelmed, irritable and stressed the first couple of weeks after giving birth. This is your body's natural response to the drop in hormone levels postpartum. However, some women may feel these symptoms more intensely and for long periods, indicating a more serious form of depression.

According to the National Institutes of Health, one in seven women can develop postpartum depression (PPD) within the first six weeks of giving birth. Some symptoms of PPD include:

- ▷ Depressed mood
- ▷ Loss of interest or pleasure
- ▷ Insomnia
- ▷ Loss of energy or fatigue
- ▷ Feelings of worthlessness or guilt

Because of the societal expectations of motherhood, it can be difficult for women to admit they need help. That's why it's incredibly important for new mothers to have a support system of friends, family and other mothers to help them overcome the stigma of PPD and get the care they need.

If you're experiencing PPD, reach out for help and contact your doctor. While PPD is serious, it is treatable.

Get connected

These are just four ways your life may change after giving birth. While these changes may sound overwhelming, you can manage them with a little help and understanding. That's why First Response has launched the Pregnancy Hub by First Response.

This online community aims to connect, inspire and provide resources to those navigating trying to conceive (TTC), pregnancy and motherhood. By joining, you'll have free access to resources and advice, the opportunity to engage in meaningful conversations with other members, share personal experiences, and more. To learn more and get connected, visit [FirstResponsePregnancyHub.SocialMediaLink.com](https://www.FirstResponsePregnancyHub.com).

****The content provided on this health blog is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider with any questions you may have regarding a medical condition.****



Prioritize Wellness is a multifaceted health and wellness resource that provides extensive nutrition, fitness, stress management, sleep wellness, and supplementation information.

Members can access wellness articles, a fitness video archive, personalized healthy meal guide generator, relaxing sleep wellness sounds, and more. Our goal is to improve the lives of members by making wellness affordable, and by helping them learn how to live a healthy life, by focusing on disease prevention and health promotion.

Part of our mission is to make wellness accessible and affordable. That's why we have partnered with like-minded brands to bring our members high-value discounts to lower the cost of wellness related goods and services.

Some of our partners include:

- Early Well
- Smart Buy Glasses
- Audicus
- Daily Burn
- Fresh Meal Plan
- BackJoy
- TheFeed
- Botanic Choice
- And More!

Our Services



Grocery Guide Generator

We provide users a grocery list generator that give guidance according to an individual's way of eating.



Alternative Medicine Practitioner Finder

We have partnered with Dao Cloud to provide access to an alternative medicine practitioner database.



Wellness Assessment Quizzes

Assessment quizzes will help assess your level of health and provide practical steps on how to move forward.

Visit nationalwellnessandfitness.com for complete program details.



Drug Allergies What to Look Out For

(BPT) - By Martha Weaver, Retail Gift Card Association Fraud Committee Chair

It's unfortunate, but criminals are smart and getting more sophisticated every day. With so much technology and artificial intelligence (AI) readily available, they constantly find cunning ways to prey on honest, hard-working people. Criminals use different scams to steal money in clever ways, and many use methods that involve debit and credit cards, bank accounts and gift cards.



People love gift cards, which have been the top requested gift in the U.S. for nearly two decades according to the National Retail Federation. And this holiday shopping season, gift cards will be a go-to for millions of people with positive intentions. But just like everyday people love giving, receiving and using gift cards, unfortunately so do criminals.

I am a fraud expert with the Retail Gift Card Association (RGCA), a nonprofit trade organization that represents the gift card industry. We have more than 100 of the world's top brands on our roster, and our mission is to promote positive gift card experiences among shoppers - which includes working with law enforcement to go after criminals and providing shoppers like you with tools that help you spot and avoid fraud, protect yourself and report the crimes.

Here are our top gift card safety tips:

- Gift cards can only be used at the company on the card. If you get asked to send money or pay for another service with a gift card, STOP and contact law enforcement, even if the fraudster tells you not to talk to anyone or a loved one is in trouble. No real government agency or business will ever reach out and ask you to pay them with gift cards - and you can't pay taxes or bail money with gift cards.
- Check gift card packaging at the store and make sure the gift card hasn't been tampered with. Look for things like ripped or torn packaging or missing scratch-off material over the top of the PIN number. If something doesn't look right, pick another card and show the questionable card to a store associate.
- When you buy a gift card, keep your activation receipt as proof of your purchase. This will help make sure that, even if a criminal does get ahold of your card or card information, you can get your money back.
- Only buy gift cards from trusted sources. If you're offered a deal that's too good to be true, like a big discount on a gift card, it's likely a scam or you're getting a fraudulent card.
- Store your gift cards securely and don't share gift card numbers or PINs with people you don't know.

If you think you have been scammed or see fraud happening, contact your local law enforcement or the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or via this toll-free number: 1-877-FTC-HELP. You can also report IRS impersonation scams to the Treasury Inspector General for Tax Administration, visit their website or call 800-366-4484.

More information about how to have amazing gift card experiences is available at [GiftCardSafety.org](https://www.GiftCardSafety.org). You can learn more about the gift card industry at www.thergca.org.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of National Wellness & Fitness Association will be held at 12444 Powerscourt Drive, St. Louis, MO 63131, on Thursday, December 28, 2023 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

National Wellness & Fitness Association December 28, 2023 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF NATIONAL WELLNESS & FITNESS ASSOCIATION

The undersigned member of National Wellness & Fitness Association does hereby constitute and appoint the President of National Wellness & Fitness Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of National Wellness & Fitness Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Ryan Kerner, Mike Lorenz and Tom Ebner
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2023

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
December 1, 2023
Date

National Wellness & Fitness Association

A Healthier You is published by:
National Wellness & Fitness Association

For information regarding your membership
and association services, call or write:

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1-800-992-8044 or (636) 530-7200

Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels.
For more information, or to upgrade your membership, please call 1-800-387-9027.