



THE FOSTER FIRM



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5 Foods for a Healthy Digestive System

Gut health goes beyond your stomach — in fact, it plays a vital role in your overall well-being! Research shows that about 39 trillion bacteria live in your large intestines. Collectively, all of these bacteria make up your gut microbiome, which helps keep you healthy. A balanced gut also promotes proper digestion, nutrient absorption, immune function, and mental health.

For a healthy gut and body, start incorporating these five food types into your daily diet.

Yogurt

Yogurt is an amazing source of probiotics, beneficial bacteria that support and balance your gut flora to prevent harmful bacteria from taking over. As a general tip, look for yogurt labeled "live cultures" for a tasty treat full of probiotics!

Whole Grains

Because whole grains, such as brown rice, quinoa, and whole wheat, are high in fiber, they promote optimal digestion and, in turn, a thriving gut. Fibrous foods also act as prebiotics, which facilitate the growth of beneficial bacteria.

Berries

Blueberries, blackberries, strawberries, and raspberries are not only high in fiber but also rich in antioxidants that help reduce inflammation all over the body. The fiber-

antioxidant combination works wonders for gut health!

Sauerkraut

Some people love sauerkraut, and others aren't very fond of the fermented cabbage dish. However, those who can get past the acquired taste will find that sauerkraut is abundant in probiotics, as the fermentation process encourages the growth of beneficial bacteria to aid digestion.

Tempeh

Tempeh is a plant-based protein made from an Indonesian fermented soybean product. Because tempeh is fermented, it is a probiotic, but because it is made from soybeans, it is also a prebiotic, making it a powerhouse for creating beneficial gut bacteria.

Incorporating these gut-friendly suggestions into your daily diet is a rewarding and delicious way to improve your gut health and, in turn, the health of your entire body. Remember, it all starts in the belly!

THE TRANSFORMATIVE POWER OF COACHES

An Impact That Lasts a Lifetime

Throughout our lives, many different people inspire and impact who we become. One group of said people are coaches.

The word "coach" may remind you of someone who instructed your Little League team or high school football program, but a coach spans far beyond athletics. There are fitness coaches, life coaches, business coaches, self-care coaches, wellness coaches, and even your friends and family who can act as impromptu coaches to help you move through a time when you need guidance. Really, the true meaning of a coach is someone who can guide you when you feel stuck or need to be pushed to greater heights.

I've had many coaches that shaped me into the person I am today, but two stick out most prominently in my mind. The first is a woman named Kimberly Alexander, a group fitness instructor.

Once upon a time, I was a middle-aged woman going back to the gym for the first time in years. After taking a few Zumba classes, the instructor of that class suggested I become a Zumba teacher. I thought they were joking at first, but after some consideration, I decided to sign up to become a certified fitness instructor. That's where I met Kimberly. Kimberly is a coach for, well, other coaches. She mentored our class in demonstrating fitness routines, interacting with our students, appearing confident in front of a class, and much more.

I've since taught Zumba for years and have traveled the world to teach it, meeting celebrities and other influential people in the fitness community. Becoming a Zumba instructor has completely changed my life, and none of it would have happened without Kimberly's help.

The second influential coach that has impacted me is Anana Harris Parris; she has been — and still is — my business coach. Anana is incredibly smart, organized, and enthusiastic about business, even the things I find completely boring, like Excel spreadsheets. She has pushed me in all the ways I need, holds me accountable, and never forgets to celebrate my wins. Anana's steady hand has helped me create The Foster Firm that exists today, and she continues to help me improve to make our firm even better for the future.

After working with incredible coaches like Kimberly and Anana, I was motivated to pursue my own coaching opportunities and help others like me. I'm already a certified nutrition coach and group fitness trainer, but I'm also in the process of becoming a business coach. My goal is to help others launch, grow, and improve their businesses, especially by assisting them through all of the legal requirements of starting a business.

And, I'm also a coach to many of my clients as a personal injury attorney. When people visit our firm to discuss their case, they're often unsure of how to proceed and sometimes just plain scared of the process altogether.



My job is to walk clients through the process and help them understand what happens in each step. As a coach, it's my job to ensure the legal process doesn't feel inaccessible or daunting and that our whole team works together to ensure the success of each case.

So, regardless of whether you need guidance through a personal injury claim or wellness goal, my advice is undoubtedly to enlist the help of a coach. It's always valuable to understand where your blocks and limitations are and have an outside perspective on how you can reach your goals successfully. And, if you have or had a coach in your life who has made a lasting impact, I urge you to reach out to them and say thank you, even if it's someone you have to dig up on Facebook. As a coach myself, I can tell you that your gratitude will mean the world to them.

ARNICE FOSTER

Empower Your Teen With Fitness Goals

A Parent's Role in Creating Healthy Habits

Countless adults struggle to set fitness goals, so it shouldn't be surprising that many teens don't know where to start either. Parents can be a critical source of motivation and support for young adults as they create healthy habits. Whether your teen is a natural-born sports star or a bit of a couch potato, you can help them be more purposeful about exercise and fitness.

The process begins by discovering what drives them. If your teen is already active, ask what they enjoy and what goals they have for themselves. For those more reluctant to break a sweat, discuss whether they're happy with their fitness level. Are they satisfied with their current level of activity? Do they think it will continue serving them well as they age?

But even more important than their goals is their motivation. We only achieve something with a compelling reason to drive us. Whether your teen's goal is strength, weight loss, endurance, or something else, ask why it matters to them.

Don't be surprised if your teen's motivations center around their looks — after all, we live in a very appearance-conscious society. But you can both acknowledge the pressure to look a certain way while reminding your kids that their health is more important. Many

reasons to exercise focus on avoiding negative emotions like insecurity, so help your teen flip their perspective and concentrate on how they want to feel in the future.

Your teen probably won't stop caring about how they look in bathing suits, but having these conversations is crucial. Adolescence is a particularly vulnerable time for developing eating disorders, so discourage calorie-counting or obsessive exercise. If you are concerned about your child's relationship with food or fitness, you should speak with their doctor.

Ideally, the focus should be on the benefits of physical activity. Talk about the reasons you make time to exercise. And if you don't move as much as you should, see if your teen would be interested in joining you in becoming fit together.

Parents play a crucial role in shaping their children's relationship with fitness. Help them understand the lifelong advantages of being active so that the habits they create now follow them well into adulthood.

HOLIDAY HEALTH HACKS

Enjoy the Season Without Sabotaging Your Goals!

Between Halloween's sweet candy treats and Thanksgiving's feast, staying on track with your health and wellness goals can seem impossible as we enter the holiday season. But it doesn't have to be!

Many people believe that if they don't stick to their diet or exercise routine perfectly through October, November, December, and January, they've failed and should just give up and try again later. This couldn't be further from the truth. You can enjoy the season's delicious foods, skip a few workouts, and still stay healthy.

We mentioned on page 1 that Arnice Foster is a certified nutrition coach and fitness instructor. So this edition, we've gathered the secret tips she gives her students to stay healthy during the holidays, and we're sharing them here with you!

Tip No. 1: Use a smaller plate.

Arnice's favorite health and wellness saying is "Everything in moderation." You shouldn't have to give up your favorite holiday meals to be healthy, but you also shouldn't overindulge either.

That's why she advises her students to start with a smaller plate as they serve themselves seasonal meals. You can have the turkey, stuffing, mashed potatoes, mac and cheese, and everything else you want just by physically limiting the amount you take in.

Then, she says you must clear the whole plate before returning for seconds. If you choose to grab more, she advises that you only grab

your favorites from the first time around.

Tip No. 2: Add more greens to your plate.

When you serve yourself, try to ensure your biggest helping is greens or vegetables. This way, most of your plate still gives you many essential vitamins and minerals, even if it is cooked in an unhealthy way.

Tip No. 3: Stay consistent with your exercise.

You'll miss a few workouts over the holidays — and that's okay! The goal is to keep your body moving about as much as you usually would, even if it's in a different way. For example, you may not get to lift weights during the Thanksgiving break, but try to take a walk for as long as you would typically work out. This keeps your body in a healthy routine!

And remember, it takes more than a few missed workouts or bad meals to ruin your progress. As long as you keep at your goals, you'll still achieve them!

Arnice Foster

HAVE A MONSTROUSLY SAFE HALLOWEEN!

Keep Your Little Pumpkins Protected With These Tips

It's that time of year again, when tiny ghouls, goblins, zombies, superheroes, and more roam the streets to trick-or-treat! Halloween is a family affair many children and parents look forward to every year. But, as fun as the holiday is, it can also be incredibly dangerous. In fact, many experts have dubbed Halloween "the deadliest day of the year for children." On Oct. 31, children are three times more likely to be struck and killed by a car than on any other day of the year!

At The Foster Firm, we love celebrating Halloween, so we hope you and your family never experience something as terrifying as a pedestrian accident while out trick-or-treating. If you do, however, we're here to represent you and help you and your family receive the justice you deserve. Or, if a dog bites you or your child while in someone's yard, we're also happy to help.

But, as we said, we hope your Halloween night goes off without a hitch, and to help ensure your plans are both spooky and safe, follow our helpful tips!

No. 1: Consider trick-or-treating during the day.

One of the main reasons so many cars strike kids on Halloween is that it's more difficult for drivers to see them at night. So, while your kids are small, think about heading out before sunset to get your treats.

No. 2: Park your car and walk with your kids!

In many neighborhoods, it's becoming more popular for parents to drive their children from house to house, even if they're right next door. This is EXTREMELY dangerous as it increases traffic on

roads with children nearby. Unless you or your child have physical limitations preventing them from walking, park your car nearby and walk with them to trick-or-treat.

No. 3: Use reflective tape or glow sticks on your child's costume.

If you do decide to trick-or-treat at night, place a few strips of reflective tape on your child's costume or candy bag or give them a glowstick to wear around their neck. This will help drivers see them clearly.

No. 4: Ensure teens are safe in or around golf carts.

Quite a few Atlanta communities are golf-cart friendly, and teens with their licenses can drive them. If you allow your child to drive a golf cart, make sure their lights are on, and they go slowly!



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Anana Johari Harris Parris is the founder and CEO of the Self Care Agency, LLC where she operates as the lead Strategic Business & Self Care Consultant Program Designer as well as the co-founder of the Wellness & Justice Group, LLC. Ms. Parris is also the author of "Self Care Matters: A Revolutionary's Approach."

SPOTLIGHT

ARNICE FOSTER'S SECRET SANGRIA RECIPE

INGREDIENTS

- 2 bottles of red wine
- 1 citrus fruit, sliced (your choice)
- 1-2 cups of your preferred fruit (Arnice recommends blueberries, blackberries, strawberries, and raspberries)
- 2 cups brandy
- 1/2 cup sugar
- Juice from 1 lemon
- Juice from 1 lime
- Juice from 1 orange
- 1 cup orange juice (store-bought)
- 1 cup of 7Up

DIRECTIONS

1. Place the two bottles of red wine into the refrigerator.
2. Into a plastic bag or dish, combine the sliced citrus fruit, 1-2 cups of your preferred fruit, brandy, and sugar. Let this mixture sit overnight in the refrigerator.
3. In a pitcher or bowl for serving, combine the overnight fruit mixture, 2 bottles of refrigerated red wine, 1 cup of orange juice, 1 cup of 7Up, and juices from the lemon, lime, and orange.
4. Add ice, stir, and serve!

Arnice's Pro Tip: if you have any of the saturated fruit left over, pop them into the freezer and add them to other drinks whenever you want some added flavor!