

NMRx is a system to guide us in making positive choices in 4 foundational areas necessary for health and wellness. Complete this form to help assess where you're doing well, and where you can improve to make an informed, intelligent, personalized action plan.

N	Nourish	M	Move
	Provide your body and soul with the food necessary for health and vitality.		Movement and exercise help you feel energetic and vital now and long term.
	What do you think you're doing well (or at least ok) at when it comes to nutrition?		What are you currently doing for movement?
	What is your current downfall when it comes to nutrition?		What exercise(s) will you actually do and like to do?
	Take a step. What initial steps can you make right away?		Take a step. What initial steps can you make right away?
R	Relax	X	X
	This is an <i>active</i> process of taking time out of your day to elicit the relaxation response & improve resilience to stress.		X is the spark or fire that drives every one of us & helps us stick to N, M and R. X is anything related to <b>Growth, Purpose, Motivation, Connection</b>
	What do you do to help deal with stress?		You may not have thought of this before, but ... What lights you up? What are you prepared to struggle for? What can you contribute to the world?
	When do you feel totally/mostly 'at ease'?		
	Take a step: What could you do to induce a state of relaxation/focus? Meditation, time in nature, creativity, deep breathing etc.?		Take a step: