

INSIDE: Preventing Trauma and Burnout ♦ Trauma-Informed Principles in Delaware Courts ♦ Benefits of a Personal Trainer

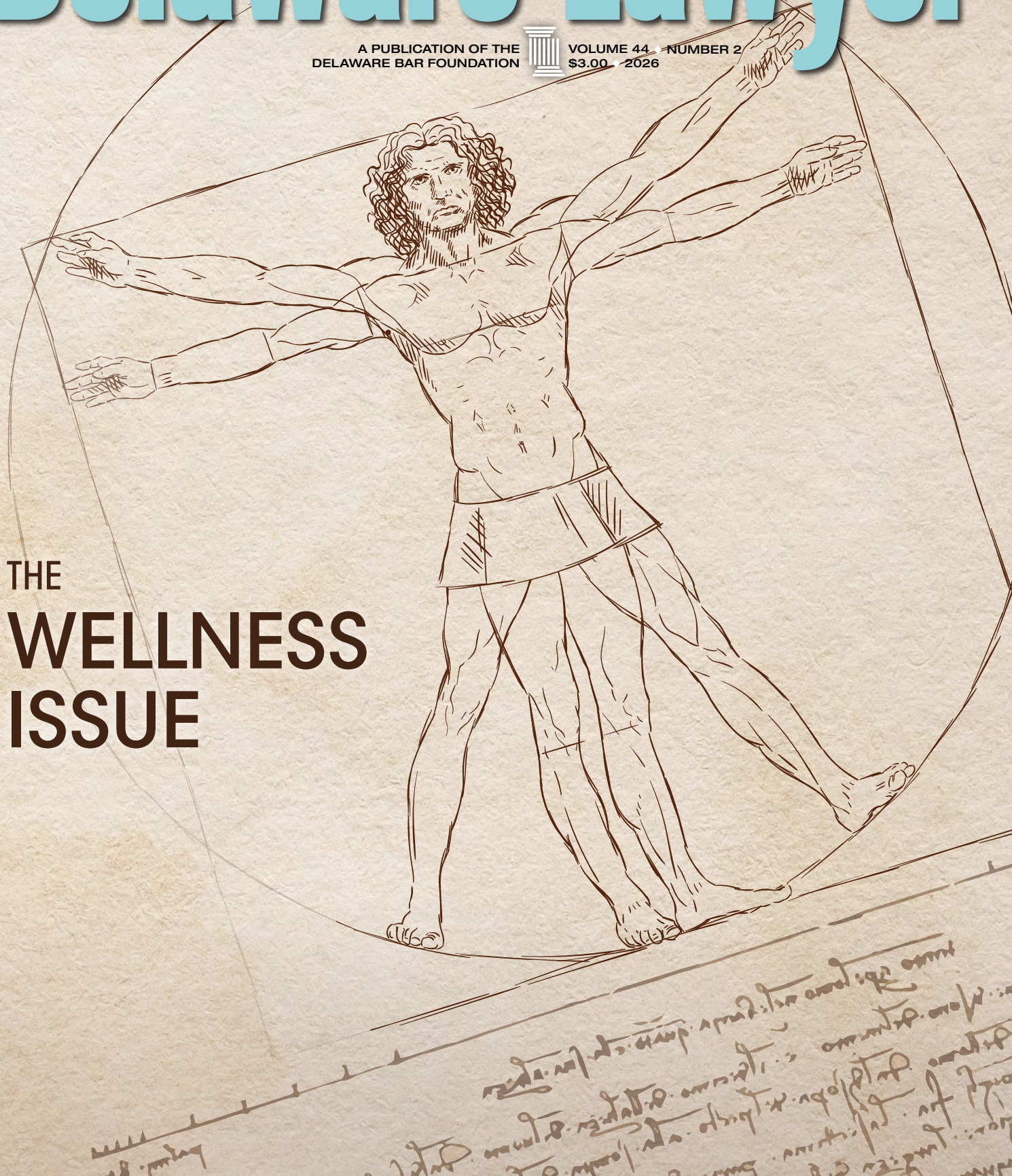
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THE WELLNESS ISSUE



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Welcome to our Wellness issue! This theme is intended to remind members of the legal profession about the importance of self-care, which includes taking care of the whole body and not only the area that hurts. In recent years, there has been a focus on mental health and trauma awareness in the legal profession. This issue is a step toward focusing on taking care of the entire body.

The drawing of *Vitruvian Man* by Leonardo da Vinci on the cover “shows two superimposed views of a man, each enclosed in a circle and square.”¹ Traditional interpretations of the drawing are from a mathematical perspective. I am taking the view that the drawing is a representation of the total body. In terms of wellness, the *Vitruvian Man* reveals how every part of the body is interdependent. Every organ, bone, blood vessel, muscle and soft tissue in the body relies on every other part of the body to function properly. If one part of the body is out of balance, it affects the entire system.

This issue represents the importance of taking care of what we view as “the little things” to be healthy. So many long-term illnesses can be detected in other parts of our body before they cause a problem. An article by Dr. Vincent Daniels, DMD on the importance of dental care reminds us that oral health is important. Doctors Tim Wright, DDS and Davis Thomas, DDS have stated: “Dental care providers can pick up subtle signs and symptoms along with the more overt ones, representing groups of conditions. Many of the pathognomonic symptoms and signs are oral manifestations. Dentists, therefore, are the guardians for these patients to aid in early recognition, identifying phenotypes that are outside the norm, making appropriate prompt referrals, and facilitating a patient’s entry into the medical and oral healthcare systems.”² (Wright is the Editor and Chief of the *Journal of the American Dental Association* as well as a

professor at the UNC Adams School of Dentistry. Thomas is a clinical associate professor at Rutgers School of Dental Medicine.) The health of one’s teeth and gums can indicate the overall healthiness of one’s body.

In addition, May was both Mental Health Awareness Month and National Trauma Awareness Month. As legal professionals, whether we realize it or not, we experience vicarious trauma in our daily work. Whether it is during a client interview, discovery review or during a trial, we are affected by what we see and hear during the regular course of job performance. Dr. Sarah Falgowski’s article talks about “Safeguarding the Mind” and provides insights into how to minimize the effects of trauma exposure for legal professionals. So many times, we overlook the emotional, physical and psychological signs of trauma. The ability to identify one’s traumatic response in non-traumatic situations is the first step in recognizing the need for help. In a profession that thrives on “I can do,” the Delaware Supreme Court over the last several years has worked to change the legal profession’s culture to recognize that judges, lawyers and their staff need to be informed and get help to cope with the stresses of the job and to find a sustainable balance. (As part of observing National Trauma Awareness Month, the Court provided a self-care assessment from ChoosingTherapy.com to provide insight into one’s need for self-care.) As legal professionals, we need to take care of ourselves and safeguard our staff, who are also exposed to traumatic material, by ensuring they are getting the help they need.

There are four types of trauma. Vicarious trauma is the continuous exposure to others’ trauma that affects one’s perception of events. Secondary trauma is when one responds to someone else’s trauma. Compassion fatigue results when one’s capacity to empathize with others is reduced due to overexposure to another’s trauma.³ Job burnout is the fourth kind of trauma

and describes the consistent stress related to employment. Burnout reduces one’s efficiency.⁴ Dr. Falgowski offers guidance on how to recognize and alleviate trauma responses.

Dr. Ava Carcirieri’s article talks about the Delaware judiciary’s journey to becoming a trauma-informed court. It begins with former Governor John Carney’s Executive Order 24, signed in 2018, which laid the foundation for Delaware to become a trauma-informed state. The Judiciary Wellness Workgroup seeks to provide judicial officers, lawyers and court staff with information and training to recognize trauma responses in us and in litigants coming before the court. Family Court in particular, interacts with litigants in difficult situations, from Protection from Abuse (PFA) orders to custody and divorce. Each situation triggers a positive or negative response. The Administrative Office of the Courts continues to inform the courts to ensure judicial officers and staff are equipped to address the trauma associated with the job.

If you have a question about your exposure to trauma and how it affects you, there are resources available through your health care provider/insurance provider, the Delaware State Bar Association’s Delaware Lawyers Assistance Program (DSBA DE-LAP) for members of the bar, and referrals for family and friends. One’s mental health impacts one’s overall health.

Finally, Orville Barnes’ article discusses the benefits of having a personal trainer. A personal trainer who adapts specific exercises to your needs, goals and abilities makes exercising more fun and beneficial. We know that exercise is the best way to alleviate stress and boost energy. Exercising also helps to reverse the sedentary effects of the legal profession by making us move. The accountability that comes from a personal trainer motivates you to work out when you don’t have the energy.

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Finding a personal trainer, or even a workout buddy, can also make the process less painful. Most of all, it helps with accountability. A workout buddy can encourage you to stay consistent with your exercise program so you can reach your goals.

Wellness of the total body results from making sure the “small things” are addressed. Annual physicals, dental visits, ophthalmology appointments to check vision and eye health, exercise and healthy eating are simple ways that legal professionals can overcome some challenges of prolonged exposure to stress and trauma. Let’s not forget the importance of a good night’s sleep. There is a link between sleep and mental health.⁵

To address the stress and trauma prevalent in the legal profession, it is important to develop trauma resilience through self-care, engaging in enjoyable activities, developing a mindset of growth experiences and making positive changes in one’s life.⁶

Access to preventive care — whether through the resources shared during Mental Health Awareness Month, the judiciary’s Employee Assistance Program (EAP) or similar resources available to non-court employees through their health insurance provider — will address so many issues associated with negative aspects and related trauma of the legal profession. So just as we schedule work-related meetings, we should schedule annual physical, mental and emotional checkups to mitigate the negative effects of our profession. Job burnout, depression, health issues and trauma responses are real.

I hope this Wellness issue can provide insight into the trauma responses we face and offer solutions to mitigate the physical effects of these trauma responses to ensure we maintain a healthy work-life balance.

Gretchen Gilchrist

Gretchen Gilchrist

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Orville C. Barnes is the founder, owner and intellectual property behind Results Personal Training and Fitness. A New York City-based fitness professional and personal trainer, Barnes opened Results Personal Training and Fitness in April of 2013 in Smyrna, DE. He inspires his clients with his constant philosophy, “Adopt

fitness as a lifestyle.” With almost 30 years of experience in the fitness industry and a background in several sports and competitive bodybuilding, Barnes has helped individuals from all walks of life achieve optimal health. Barnes holds many national certifications, specialty certifications and is a certified youth fitness coach. His clients include celebrities, models, actors, dancers, professional and amateur athletes, corporate executives, kids, blue collar workers, physically challenged individuals and many more. Barnes believes that with hard work, determination, discipline, commitment, consistency and a burning desire, anyone with proper guidance can achieve their health and fitness goals as well as improve their quality of life.



Dr. Ava T. Carcirieri holds a Ph.D. in Sociology, with research specializations in Gender and Law. Dr. Carcirieri currently fills multiple roles within Delaware, the first of which is the Sexual Violence Prevention Coordinator with the Delaware Alliance Against Sexual Violence. In this role, she works with community and public health

partners on prevention efforts that increase economic justice and healing for women across Delaware. Additionally, she serves on the Board of Directors for Trauma Matters Delaware (TMD), a nonprofit organization that acts as a central network of resources for organizations that are working to become trauma-informed. She also teaches gender-based violence courses at the University of Delaware, organizational psychology courses at Wilmington University, and holds a consultant position with the Administrative Office of the Courts, where she leads initiatives focusing on staff wellness across the judiciary and on increasing community mental health connections. She previously served as the Director of Special Court Programs for Delaware Family Court. Her work with TMD and within the Delaware judiciary focuses on educating organizations about

vicarious trauma and resilience and coordinating resources and best practices. Dr. Carcirieri has expanded these efforts in Family Court to the broader Delaware judicial branch in the hopes that all Delaware courts will become trauma-informed and trauma-responsive to both staff and litigants. She currently lives in Wilmington with the head of her household, a foxhound named Raisin.



Dr. Vincent J. Daniels, DMD, FICS (“Dr. D.”) is the dentist/owner of Blue Diamond Dental, PA in Wilmington, DE. For the past 26+ years, he’s been a family and restorative dentist treating the dental needs of patients throughout the state of Delaware. Dr. Daniels is a proud graduate of Temple University Kornberg

School of Dentistry in Philadelphia, PA. During his time in Delaware, he has been involved in organized dentistry, including the Delaware State Dental Society, where he served in several roles, including President in 2021-2022. He is also a Fellow of the International College of Dentists. Additionally, he is engaged in a number of professional and civic organizations. Most importantly, while maintaining his private practice, he has remained intimately and intentionally involved in many aspects of the Wilmington community and its organizations. Dr. D. is married to his wife of 33 years, Dr. Melanie Daniels. They have two daughters, Dr. Alexandria Daniels and Arryana Daniels.



Dr. Sarah Falgowski is a psychiatrist based in Wilmington, specializing in adult psychiatry. She completed her residency in Psychiatry at the University of North Carolina Hospitals, after earning her medical degree from Georgetown University School of Medicine in 2005. She holds a bachelor’s degree in biomedical engineering from The

Johns Hopkins University. Dr. Falgowski is the owner of Delaware Psychiatry and Wellness and has experience in treating conditions such as mood disorders, anxiety disorders, psychotic illnesses, ADHD and substance use disorders. Learn more at www.delawarepsychiatry.com.

Safeguarding the Mind

Preventing Trauma, Stress and Burnout in the Legal Profession

As a psychiatrist who works with attorneys, judges and legal staff, I have witnessed the profound psychological toll that legal work can take. The law is a profession built on precision, advocacy and intellectual endurance, but it is also a profession steeped in conflict, crisis and human suffering. Over time, these pressures can accumulate, leading to chronic stress, secondary trauma and burnout. Mental health, therefore, is not an optional enhancement for legal professionals; it is a core competency that sustains ethical judgment, cognitive clarity and long-term career viability.

The Emotional Weight of Legal Work

Legal professionals routinely encounter situations that would be emotionally overwhelming for most people. Criminal attorneys absorb graphic details of violence. Family Law attorneys navigate the emotional fallout of divorce and custody battles. Corporate attorneys face relentless deadlines, high-stakes negotiations

and the pressure of decisions that can impact entire organizations.

Yet the culture of law often discourages emotional expression. Lawyers are trained to be composed, rational and unflappable — qualities that serve them well professionally but can create internal conflict when they are privately struggling. Many describe feeling as though they must “push through” no matter the cost.





The legal profession has long valorized toughness and self-sufficiency. While resilience is valuable, the expectation of emotional invulnerability can prevent attorneys from seeking help when they need it most.

Short-term stress can sharpen focus, but chronic stress erodes well-being. It disrupts sleep, impairs concentration and diminishes emotional regulation. Many attorneys normalize symptoms such as irritability, exhaustion and difficulty disconnecting from work. These are not signs of weakness; they are early indicators of burnout.

Burnout is not a personal failure. It is a predictable response to prolonged stress in environments that demand perfection, speed and constant availability.

Secondary Trauma: The Invisible Hazard

Attorneys who work with traumatic material — through client stories, evidence or testimony — are at risk of secondary traumatic stress. Symptoms can mirror those of post-traumatic stress, including intrusive thoughts, emotional

numbing and hypervigilance. Without support, this exposure can accumulate silently and reshape a lawyer's worldview.

The legal profession has long valorized toughness and self-sufficiency. While resilience is valuable, the expectation of emotional invulnerability can prevent attorneys from seeking help when they need it most. From a psychiatric perspective, acknowledging stress is not a liability; it is a sign of insight and a prerequisite for meaningful change.

What Legal Professionals Can Do

The good news is that there are concrete, research-supported practices that legal professionals can adopt to protect their mental health. These strategies do not require dramatic lifestyle changes; rather, they involve small, consistent habits that build resilience over time.

1 *Establish Clear Work-Life Boundaries:*

Attorneys often feel compelled to be constantly available, but this is neither sustainable nor always necessary.

Practical steps:

- Set specific “off hours” and communicate them clearly to colleagues and clients.
- Disable non-urgent notifications during evenings or weekends.
- Use separate devices or profiles for work and personal life to create psychological separation.
- Schedule protected time for rest the same way you schedule meetings.

Boundaries are not barriers to productivity — they are prerequisites for longevity. Stick to these boundaries the best you are able. Not every “ASAP” email is a true urgency.



2 *Build Micro Recovery Into the Workday*

Recovery does not require long vacations. Short, intentional breaks throughout the day can significantly reduce stress.

Examples include:

- Five minutes of deep breathing between meetings.
- A short walk after reviewing emotionally heavy material.
- Standing up and stretching every hour.
- Brief “mental resets” after difficult client interactions.

These micro-practices help regulate the nervous system and prevent stress accumulation.

3 *Develop a Trauma-Informed Approach to Legal Work*

Understanding trauma, both in clients and in oneself, reduces the emotional toll of legal practice.

Key components:

- Recognize signs of trauma exposure (intrusive thoughts, emotional numbing, irritability).
- Use grounding techniques after reviewing disturbing evidence.
- Debrief with trusted colleagues after emotionally intense cases.
- Approach clients with empathy while maintaining healthy emotional boundaries.

Trauma-informed practice protects both the attorney and the client.

4 *Strengthen Peer Support Networks*

Isolation is one of the strongest predictors of burnout. Peer support is one of the strongest buffers against it.

Ways to build connection:

- Join or create peer consultation groups.
- Participate in mentorship — either as a mentor or mentee.
- Hold informal check-ins with colleagues after difficult hearings or negotiations.
- Normalize conversations about stress and workload.

Community is a powerful antidote to professional loneliness.

5 Practice Cognitive Hygiene

Attorneys often carry the weight of their cases long after leaving the office. Cognitive hygiene helps create mental separation.

Helpful practices:

- A brief end-of-day ritual (closing your laptop, writing tomorrow's priorities or physically leaving the workspace).
- Journaling to externalize thoughts and reduce rumination.
- Mindfulness practices that train the mind to return to the present moment.

These habits help prevent work from occupying mental space 24/7.

6 Prioritize Physical Health as a Mental Health Strategy

The mind and body are deeply interconnected. Physical well-being enhances emotional resilience.

Foundational habits include:

- Regular movement — even 10–15 minutes a day can reduce stress.
- Consistent sleep routines.
- Nutritious meals that stabilize energy and mood.
- Limiting alcohol as a coping mechanism.

These are not luxuries; they are essential components of psychological stability.

7 Seek Professional Support Early, Not Late

Therapy or counseling is not only for crises. It can be a proactive tool for maintaining clarity, processing stress and developing coping strategies.

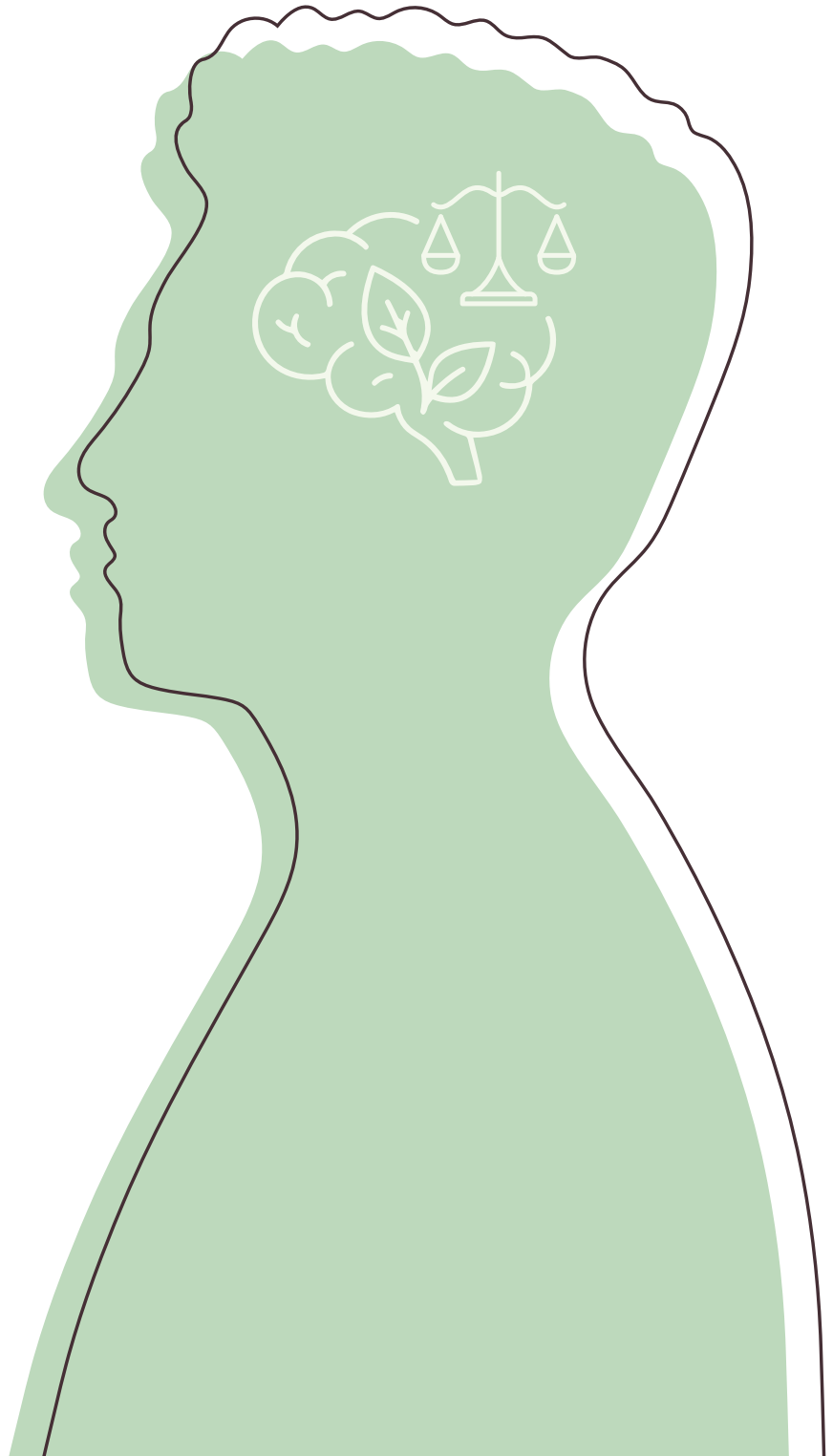
What early support can offer:

- A confidential space to process emotional strain.
- Tools for managing anxiety, perfectionism and work-related rumination.
- Strategies for navigating high-pressure environments.

Seeking support is a sign of professionalism, not fragility.

A Healthier Future for the Legal Profession

The legal profession is filled with individuals who are intelligent, dedicated and deeply committed to justice. But commitment alone cannot protect against the cumulative effects of stress and trauma. When attorneys prioritize their mental health, they become more effective advocates, more resilient to burnout, and more balanced in their personal and professional lives. ♦





Walking the Walk

How the Delaware Judiciary Employs Trauma-Informed Principles

In 2018, Delaware's then-Governor John Carney signed Executive Order 24, which designated Delaware as a trauma-informed state; this order charged state agencies to endeavor to mitigate the effects of adverse childhood experiences and to acknowledge the effects that trauma has on children and families in Delaware.¹ Since then, various agencies have provided tools, curriculum and training around Adverse Childhood Experiences (ACEs) and have worked to incorporate relevant research into direct services.

The Delaware judiciary began work in earnest in 2020, in light of the hardship experienced because of and during the COVID pandemic and civil unrest occurring around the country. During this time, the judiciary recognized that trauma-informed practices needed to start internally with judicial officers and staff.

The Delaware judiciary's efforts to incorporate various trauma-informed

best practices began with looking at workplace culture, which is the foundation to forming a judiciary that is resilient to the vicarious trauma experienced on the front lines and in the courtroom. Research has for many years underlined the importance of recognizing the increased likelihood of litigants having experienced higher rates of trauma and ACEs^{2,3,4} and it is generally known that court staff likely encounter a higher proportion



While the research focusing on trauma and trauma-informed practices and policies within various types of helping professions has existed for some time, the court systems nationally have mostly ignored the need to focus on employee wellness and vicarious trauma.

of these individuals in their roles.⁵ Incorporating trauma-informed court practices also has noted positive outcomes among those encountering the justice system, and research finds positive outcomes among court staff that employ these tactics as well.^{6,7}

Delaware's Judiciary Wellness Workgroup

The Delaware judiciary differs from many other jurisdictions in that it operates as a statewide court system, which means that all courts in the state fall under the same legal and administrative guidelines and directives. While each court has differing jurisdiction depending on the outlined Delaware Code, and each court has a presiding chief judge, the Administrative Office of the Courts (AOC) and Chief Justice provide support for all courts in Delaware.

It is within the AOC that the Judiciary Wellness Workgroup was formed and continues to work. This branch of the judiciary serves mainly as an administrative center for all courts in that it is tasked with constructing and directing statewide judicial policies and procedures (such as internal, workplace-related policies) and managing the judiciary budget. Each presiding judge has administrative privileges and is tasked with ensuring their respective courts operate statewide, but they all fall under the AOC when it comes to the previously listed directives and policies.

While the research focusing on trauma and trauma-informed practices and policies within various types of helping professions has existed for some time, the court systems nationally have mostly ignored the need to focus on employee wellness and vicarious trauma.

Unfortunately, it took the COVID pandemic for many organizations across the U.S. to begin to look at the effects of vicarious trauma and civil upheaval, and what this looks like for staff retention and safety in the workplace. Delaware's judiciary was no exception, and while meetings took place over the course of 2020, it was not until 2021 that the official AOC Judiciary Wellness Workgroup was formed and began meeting on a regular basis. This workgroup consisted of only a handful of judicial staff and was spearheaded by the author of the current paper, who led the meetings and drove initial projects despite it not being part of their regular workload. Similarly, the few other staff on the workgroup did so out of a conviction to shift focus onto employees of the Delaware judiciary and needed to balance the workload of the workgroup with regular job duties.

Today, the workgroup largely functions in the same way, with a small number of volunteers within various courts who meet and drive initiatives forward, which highlights a few of the lingering barriers that many agencies face when thinking about beginning initiatives. One of the most difficult tasks for any court (or any other helping agency for that matter) will be the maintenance of energy towards these initiatives. State and local governments are underfunded, with staff and employees at most levels having to handle workloads that do not allow them to dedicate time to culture change. Indeed, with a workforce that increasingly does not possess emotional bandwidth to handle more than what their jobs already entail, it is difficult for administrative staff to put consistent effort towards these initiatives.

This is why it is more important than ever to ensure that data collection (especially surveys from existing staff) and evidence-based practices are used to inform culture change and to alleviate the work of “reinventing the wheel” or starting from scratch.

Wellness Workgroup Highlights

One of the largest barriers that courts and organizations in general face is a lack of leadership support and involvement. Thankfully, Delaware’s AOC was immediately supportive of the workgroup’s initiatives and goals, but the organization continues to face challenges with regards to all levels of leadership supporting culture change. Courts specifically have additional layers to leadership that make culture change exceptionally difficult; rather than having a few administrative leaders, courts also have hearing officers, mid-level supervisors and managers that all have to support the initiatives coming from a trauma-informed workgroup. Having buy-in from key leadership is one of the most important things that an



organization can do when looking to engage in meaningful culture change.

Within the Delaware judiciary, the Wellness Workgroup spent the better part of several months working through some of the resources outlined in the first section of this article, skimming for inspiration and saving various documents into a shared folder for all to read through. It is important to be mindful of time and energy dedicated to reviewing resources, but it is also paramount to have a level of familiarity with the existing resources before a workgroup considers which projects to pursue. Time spent reviewing the landscape of resources will be well spent, as the workgroup will be able to focus on how existing resources will work within their court or agency. (Additional resources are available in the endnotes.)^{8,9,10,11}

Once the workgroup is familiar with the resources and existing best practices, it is easier to define what concrete strategies may work best to embark on, and the members can then begin to build the foundations of the workgroup. This work can also include things like

defining a vision and forming a formal strategic plan to outline goals, objectives, the mission, and concrete strategies that will increase the level of buy-in and develop the structure of the workgroup itself. It is also more important to be able to maintain small levels of work than to be able to accomplish large projects; culture change does not occur after a one-off project, but through slow, small and sustainable efforts, which is why it is important to consider maintenance and realistic workloads when contemplating which projects to engage with.

In reviewing the public research and best-practice outlines available, the strategic plan created by Delaware’s Judiciary Wellness Workgroup was meant both to guide concrete activities of the workgroup but to also solidify the workgroup itself as an entity that would exist within the AOC moving forward. Adding to administrative structure is critical for establishing the first cultural signifier, which is that this is something not only worth dedicating time to, but that it is worth supporting over the long term from the top down.

While there likely will always be elements of pushback from critical places within a court system, continuing the effort in small but consistent ways can ensure that the momentum largely follows the positive change. Even something as simple as regular communications centered around a topic related to trauma can help reduce stigma.

Maintaining the effort can be a hard lesson learned as well if workgroups are not carefully taking stock in what initiatives each year are worth the effort and which initiatives would be over-stretching the group. It is critical that workgroups place the feasibility of various projects at the forefront of each discussion, as the reality remains that change agents within organizations are passionate, but also have to juggle full-time responsibilities. Having a workgroup that is stable and consistent, even if small in size and few in number of initiatives, can go further towards building momentum for positive change than a single initiative or short-lived workgroup.

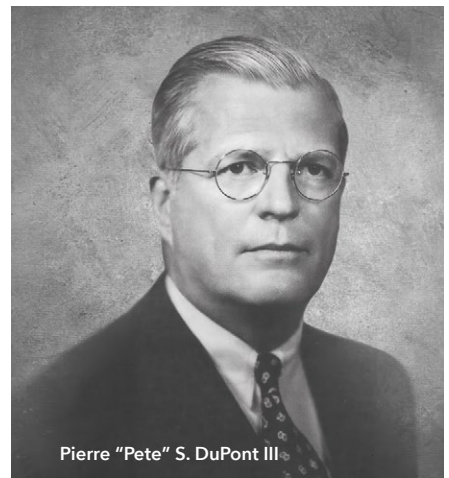
While Delaware's Judiciary Wellness Workgroup consists of only a handful of members, with the majority of work being completed by three to four people each year, the small efforts being made over time have ensured the workgroup's stability. Additionally, the AOC has been able to use grant funding to pay individuals to staff and lead the workgroup in 2025 and into 2026, which will alleviate the amount of work being done by existing staff.

Conclusion

Creating a policy was just one piece of a larger cultural shift within the Delaware judiciary; this is something that can be done in every office and in every type of legal work. It is important for leadership to recognize the impact of trauma on their staff at every level, and work in small, consistent ways to better support those that need us. ♦

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Qualified, Experienced, Professional

The Benefits of Working with a Personal Trainer

Thirty years ago, when I decided to do something I loved — becoming a personal trainer instead of getting a traditional 9-5 job — I had no idea it would be so fulfilling. I had no idea that this decision would impact so many people's lives in such a positive way.

In 1997, personal training was not a big thing in New York City. When I moved to Delaware and told people what I do for a living, most people looked at me like I was from another planet. One person asked me if people really paid for that.

Now, in 2026, personal trainers come a dime a dozen. The key is to find a qualified, experienced and professional trainer, and when you do, the benefits will change your life forever.

Personal training looks very different today than it did 30 years ago, when it

was less tech-driven and a limited number of organizations offered certifications. It was more a hardcore gym culture as opposed to some of the polished personal training studios and wellness centers we see today. Back then, personal training was heavily shaped by bodybuilding and inspired by people like Arnold Schwarzenegger. Personal trainers often came from a weightlifting background, not a formal educational program, but today's trainers come from all walks of life; some even have college degrees.



How to Vet a Personal Trainer

So, how can you tell if a personal trainer is qualified, experienced and professional? Let's look at each term:

- 1. Qualified:** Qualified personal trainers should have a personal training certificate. Thirty years ago, there were only a few organizations offering personal training certifications. Today, there are more than 50 organizations that offer training certifications; the key is to make sure the personal trainer is certified by an accredited organization. Having a certification in CPR and basic liability insurance is also extremely important.
- 2. Experienced:** Everyone has to start somewhere, but a personal trainer with three or more years of experience helping people with health and fitness goals goes a long way. You can also ask for references from current and past clients. Certifications are great, but I am a firm believer that experience is the best teacher.
- 3. Professional:** Being a professional is extremely important, especially as a personal trainer. Professionalism, or lack of professionalism, can make or break your career. Personal trainers should look healthy and be healthy. They should be setting an example by the lifestyle they live. Would you want a trainer that is unhealthy and out of shape? No one does. A personal trainer who is on time for all of your appointments is very important too — no one wants to wait for their trainer to start their session, especially since clients are paying by the hour. You deserve the entire hour. Also, the trainer should be organized and prepared for every single session. Lastly, the most important thing to keep in mind is that a professional personal trainer will not attempt to become intimately involved with a client or potential client. Professionals do not cross this line that can and will destroy a career and reputation.



No matter what your goals are, a good personal trainer can help you accomplish those goals. As you learn proper techniques and start seeing results, your confidence will grow in your life overall.

What Personal Trainers Do

So, what are some benefits of working with a personal trainer? There are some people out there who think all a personal trainer does is count reps, which is not true! Working with a personal trainer has a big impact on how safe and efficient your fitness journey will be. One of the biggest reasons why most people quit their exercise routine is because they are not getting the results they wanted. A personal trainer creates a program specifically for your goals and needs. A trainer also eliminates the need for guesswork and will give you a specific plan that works for you. Let's talk about some of the benefits of having a personal trainer:

- **Form and Technique:** Incorrect form and technique are the biggest reasons why people get injured while exercising. A trainer will make sure you use correct form, which will ensure better results by targeting the right muscles correctly.

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- **Accountability:** Most people do better when they have someone holding them accountable. Trainers work by scheduled appointments and it is harder to skip a workout session when someone is expecting you and you paid for that time.
- **Motivation:** A personal trainer will keep you motivated, which will lead to consistency and helps you stay committed long term; this increases your chances of getting the results you wanted.
- **Goal Setting:** So many people come to see a trainer, and they have unrealistic goals. “I want to lose 75 pounds in three months” is one example. A personal trainer will talk to you about how to set realistic goals, let you know a realistic time frame to achieve that goal and put together a plan to

help you reach these goals. Be mindful of trainers that tell you things like “You need four to five training sessions per week,” or “I can get you to that goal in less than a month” or “We need to put you on an 800-900 caloric daily intake.” These are unrealistic goals and are not sustainable long term. The best way to get fit is to set short-term, realistic goals towards which you can work.

- **Nutrition:** Personal trainers are not nutritionists or dietitians by trade, so they are limited in the nutritional advice they can offer a client safely. However, most personal trainers are educated in basic nutrition and know more about nutrition than the average person. This allows them to offer their clients basic nutritional advice. Nutrition is a very big part of exercising

and being healthy; it makes more sense for optimal health to combine the two. An educated and experienced personal trainer can give you overall good nutritional advice.

For clients with certain health conditions or metabolic issues, the proper course of action is for the client to seek the correct medical professional to assist with that condition.

No matter what your goals are, a good personal trainer can help you accomplish those goals. As you learn proper techniques and start seeing results, your confidence will grow in your life overall. If you are exercising already and you do not see the results you want, whether you lack consistency, have trouble staying motivated or don’t know what to do, a personal trainer can be one of the best investments you make in your health. ♦

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Dental Health Equals Overall Health

The Mouth as the Gateway to a Healthier Body

Only 45% of Americans saw a dentist in 2022, leaving roughly 183 million Americans without preventive dental care. Most people in this country only visit the dentist when they have an issue. However, regular dental care is essential for keeping your teeth healthy and avoiding cavities and other health issues.

The links between oral health and health of the body are increasingly clear. Prevention, access to care and health equity all contribute to a healthy mouth and a healthy body. With the help of brushing and flossing regularly, combined with a healthy diet and reduced social vices

(smoking and drinking), you can keep your mouth, teeth and gums healthy and free of disease and infection.

The Mayo Clinic notes that the mouth is the gateway to both the digestive and respiratory tract, meaning oral bacteria can spread to other organs and trigger disease.¹ As such,



Poor oral hygiene can lead to gum disease, which has been linked to various health problems, including correlational heart disease, endocarditis, respiratory infections, pregnancy complications (low birth weight, premature births), cognitive decline (Alzheimer's), cancers, stroke and diabetes.

oral bacteria can enter the bloodstream and cause infection. Also, poor oral hygiene can lead to gum disease, which has been linked to various health problems, including correlational heart disease, endocarditis, respiratory infections, pregnancy complications (low birth weight, premature births), cognitive decline (Alzheimer's), cancers, stroke and diabetes. Thus, the mouth is truly the gateway to the rest of the body! Prevent tooth decay.

Dental health is paramount for our overall health, and good, consistent

dental hygiene practices can help prevent gum disease and tooth decay. Brushing twice daily with toothpaste bearing the ADA seal of approval will help remove plaque, biofilm and bacteria that can cause our teeth to decay. In addition, flossing between the teeth once a day helps to remove plaque and debris that cannot be reached by brushing alone. Remember that foods high in sugar or starch can contribute to tooth decay, so limiting these foods and having them in moderation is essential in the prevention of caries.

Decrease Cardiovascular and Stroke Risks

Several studies have concluded that people with gum disease are more likely to experience higher risk of heart disease and strokes.¹ This is because bacteria from the mouth can enter the bloodstream and contribute to the formation of blood clots. In addition, inflammation caused by gum disease and damage of blood vessels can lead to atherosclerosis. As a result, taking care of your teeth through professional dental care is essential to reducing the risk of developing these severe conditions.

Fresh Breath and Attractive Smile

In addition, good dental hygiene helps to remove the bacteria from your mouth that can cause bad breath. And of course, a healthy mouth and a beautiful smile are always an attractive combination. Taking care of your teeth is good for your health, appearance and social life.

Reduce the Risk of Diabetes

Dental health is essential for more than just a confident smile and fresh breath: it can also lower the chance of getting diabetes. Studies have shown a link between periodontal disease, caused by plaque bacteria, and an increased risk of diabetes.¹ However, the inflammation associated with periodontal disease can make it more difficult to control blood sugar levels.

As a result, good oral hygiene is essential for people with diabetes and those at risk for developing the condition. Regular brushing and flossing can also help remove plaque and prevent periodontal disease, reducing the likelihood of developing diabetes.

Other Factors That Affect Your Overall Health

According to research available today, people with dental problems are more likely to suffer from low self-esteem and depressive symptoms.¹ Unfortunately, this often affects our way of life, our relationships and even our earning power.

As our lifestyles have changed in the last several decades, including an increase in social drinking and tobacco use (via cigars, vaping and

hookahs), there has been an increase in the diagnosis and treatment of oral cancers of the mouth, tongue and neck.¹ Early recognition and treatment of these diseases can mean the difference between long-term success or failure for these patients.

In conclusion, being intentional about including our dental health in our wellness plan will pay dividends across the board. Remember, our health is our wealth. This summer is a great time to get on track, stay on track and stay healthy. ♦

NOTES

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