

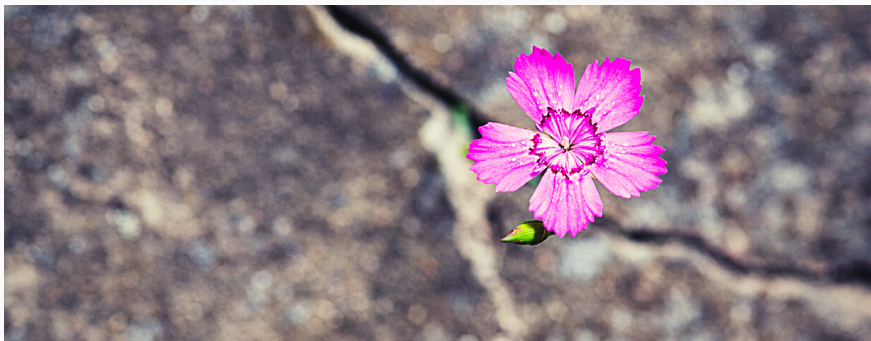
VOL. 11 ISSUE 3 · JAN 2024

THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler

ROANOKE 100 MILER RESILIENCE EDITION:

Welcome to a special Resilience Edition of the Roanoke 100 Miler newsletter, where we embark on a profound exploration of the symbiotic relationship between mind and body. In this edition, we invite you to gain valuable insights into the art of bolstering mental resilience, breaking through the invisible barriers that may hinder your path, and cultivating a mindset that transforms challenges into triumphs.



CELEBRATING INTERNATIONAL INTEGRATIVE HEALTH DAY - JANUARY 23

Begin your day with mindful practices, savor nutritious meals, and engage in activities that nourish both your body and soul. Explore holistic therapies, including acupuncture, a time-honored practice known for promoting balance and wellness.

continued on next page

SPONSOR SPOTLIGHT: SCULPT YOUR FUTURE WITH IRON OAK FITNESS

Finally, achieve and maintain your goals with custom online fitness & nutrition solutions for all levels.





Connect with nature, consider integrating mind-body practices into your routine, and take this opportunity to educate yourself on the principles of integrative health. Let's prioritize self-care, gratitude, and holistic living, one small step at a time. Happy International Integrative Health Day!

CONGRATS TO OUR PRIZE WINNERS!

Two tickets to a Railyard Dawgs game go to... Monika Bishop!



TIPS

MENTAL FORTITUDE

The Roanoke 100 Miler is not just a physical endeavor; it's a mind-body marathon where your mental fortitude propels you towards truly extraordinary achievements. Here are some tips on bolstering mental resilience:

- **Set Realistic Goals:** Break down the challenge into manageable goals. Celebrate small victories along the way, acknowledging each step as progress.
- **Positive Affirmations:** Replace self-doubt with positive affirmations. Remind yourself of your capabilities and focus on the strengths you bring to the journey.
- **Learn from Setbacks:** View setbacks as opportunities for growth. Analyze challenges, learn from them, and use the experience to refine your approach.
- **Focus on the Present:** Concentrate on the current mile rather than overwhelming yourself with the entire journey. Stay present, one step at a time.

"Your body can withstand almost anything. It's your mind you have to convince."

-UNKNOWN



GROUP WALKS

- Jan 27- Fallon Park -10 am
- Feb 13- Washington Park 5:30 pm
- Feb 25: 1/2 Way Social 10 am





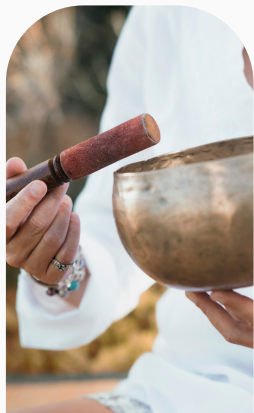
REFLECT

What specific moments from today brought a sense of joy, fulfillment, or gratitude into your life?



UPCOMING PROGRAMS

Embrace movement. Live actively.



**MON, MAR 11:
SOUND BATH
SERIES BEGINS**



**SUN, APR 7: PLAY
PRIDE KICKBALL**



**MARCH 25-
BIRDING BIKE
TOUR**

#Roanoke100Miler

Use #Roanoke100Miler to share your activities!

TOMORROWFITNESS LLC — WEST MAIN SPORTS & FITNESS
1852 WEST MAIN ST.
SALEM VA 240153

Schedule: 6-7PM
Monday 01/01
Thursday 01/04
Monday 01/08
Thursday 01/11
Monday 01/15
Thursday 01/18
Monday 01/22
Thursday 01/25

8 FREE CLASSES

FULL BODY BOOTCAMP

KICK-OFF: JANUARY 1ST

Start your fitness journey for free with a personal trainer leading you along the way.

Develop discipline while building your confidence with fitness alongside your supportive community

Just Text: "IM IN!"
to (540) 798 5801 to register!

Space is Limited, Register Today.

Check out a FREE offer from Tomorrow Fitness!