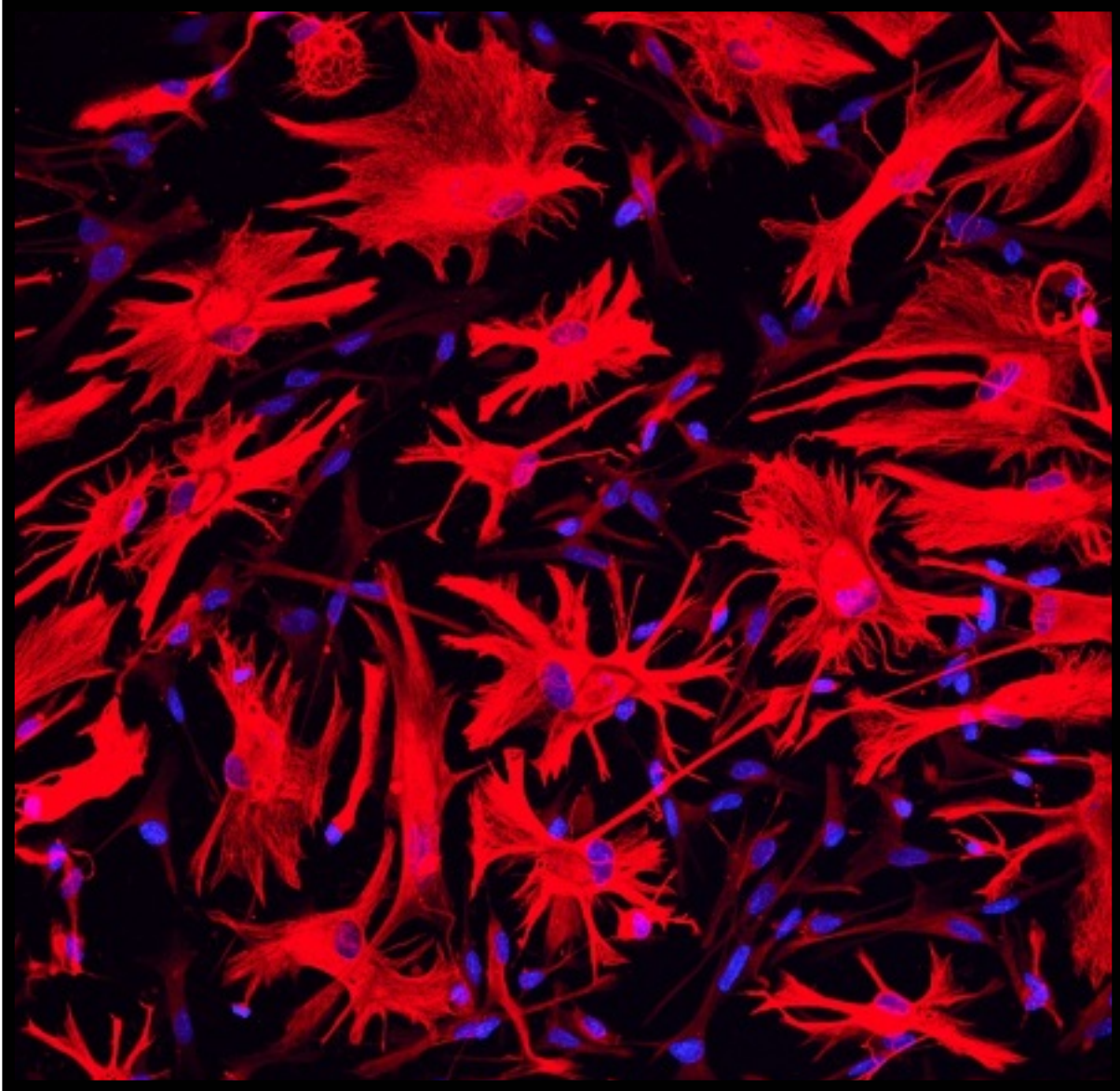


COVER FEATURE



Page 19

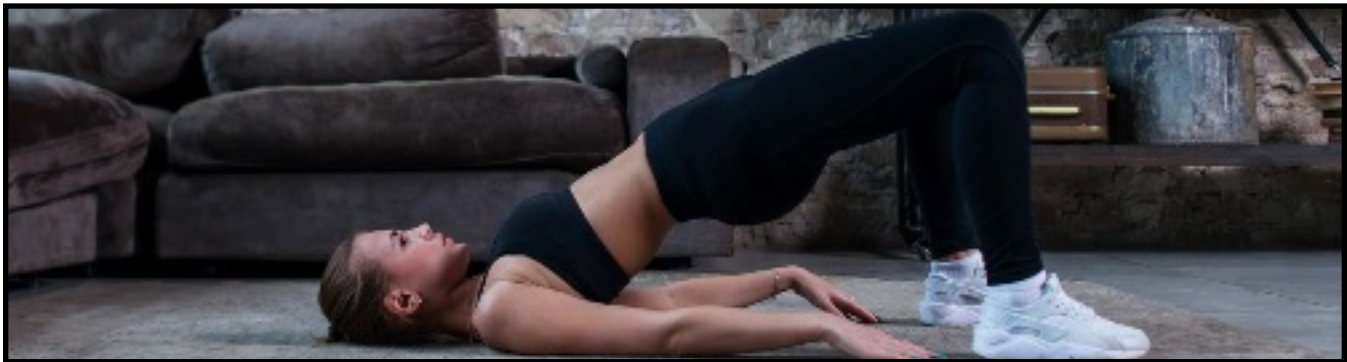
We are sharing Science and shining a spotlight on finding a cure for HIV.

CONTENTS



Page 8 | (A) Health

Being healthy means more than just getting to the gym and eating well. Physical health should be balanced with emotional wellness, a healthy social life, and more.



Page 12 | (A) Fitness

A quick and easy home workout to keep you in shape!



Pages 14 & 15 | AYME'S TABLE

Juicing can play a role in a balanced diet. For instance, it can help you get fruits and vegetables if you don't enjoy eating them. Juicing also can give the digestive system a rest from digesting fiber. This may help some people who have certain health conditions or who receive certain medical treatments.



NEW COLLECTION BY AYMEDICI

Fashion meets science for this new collection by AYMEDICI. Using microscopic images of brain cells captured by Marc Wagner that are being used to study the effect of HIV on the brain, the collection is about bringing awareness to the work happening to find a cure for HIV. Each product sold will not only add unique fashionable pieces to your wardrobe but also help people living with HIV improve their wellness and help in the search for the cure.

You can shop this collection exclusively now when you visit www.aymemagzine.com.

Daily Self-Care Checklist

Morning

- 5-Minute Meditation
- Drink A Glass of Water
- Wash Your Face
- Enjoy Some Caffeine
- Eat A Healthy Breakfast
- Say An Affirmation
- Shower & Brush Your Teeth
- Plan Your Day

Evening

- Make A Healthy Dinner
- Drink More Water
- Turn Off Electronics
- Read A Chapter In A Book
- Enjoy A Treat
- Take A Bubble Bath
- Cleanse & Moisturize Your Face
- Brush & Floss Your Teeth
- Get 7-8 Hours Sleep

Afternoon

- Write In Your Journal
- Put On A Face Mask
- 30-Minute Walk
- Drink More Water
- Eat A Healthy Lunch
- Read A Positive Article
- Take A Short Nap
- Check-In With A Friend

Any Time

- Tidy Up Your Space
- Work On Manifesting
- Try Something New
- Keep A Gratitude Journal
- Set Goals
- Start An Exercise Routine
- Try New Recipes
- Find A Mentor
- Quit An Unhealthy Habit



NATIONAL

SUICIDE

PREVENTION

LIFELINETM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Wellness Checklist for Your Mind and Body

By Anytime Fitness



Being healthy means more than just getting to the gym and eating well. Physical health should be balanced with emotional wellness, a healthy social life, and more. And keeping track of that balancing act might require a little help — like a handy checklist! So, as you head into the new year, let's take a look at what it means to be living your healthiest life, and start checking those boxes!

What should I include on my wellness checklist?

Wellness is a broad concept that can mean different things to different people. There is no one-size-fits-all wellness checklist because each of us has different needs and goals.

To start, we'll break wellness down into three categories: **mind, body, and hustle.**

And because we're here to support you along your health and wellness journey — both in and out of the gym — we've put together some ideas for getting started. Let's dig in!

Mind: Emotional, mental, and social

These goals should focus on things that will boost your enthusiasm for life while helping you understand your values, feelings, and the importance of relationships. Start by asking yourself:

- Do I take care of my mind the same way I do my physical health?
- Do I allow myself to feel or think without judgment?
- Do I have people I can talk openly with?
- Am I letting stress take a physical toll on my body?
- Do I allow myself to make mistakes — and then learn from them?
- Do I have any kind of self-care routine?
- Have I explored other spiritual beliefs?

Body: Physical and environmental

Picks goals that will nourish your body and help you stay healthy now and into the future. This could include setting goals that focus on taking care of the planet so that we can thrive in our environment. Ask yourself:

- Do I get enough physical activity every week?
- When was the last time I had an annual checkup with my doctor?
- Am I prioritizing my physical hygiene?
- How many hours of sleep am I getting each night?
- Could I drink less alcohol?
- Am I eating healthy more often than not?
- Am I getting enough fresh air each day?
- Do I recycle regularly?
- Should I carpool to work a couple of days a week?
- Does my living space bring me joy?

Hustle: Work, money, and daily life

It's important to evaluate our work life and decide if what we're doing is enriching our lives. This doesn't have to mean that we love what we do every day, but overall — are we happy?

Along the same lines, it's good to set some realistic and informed financial goals to help us live within our means and have money for emergencies or to help others. Financial wellness also means understanding that everyone's needs and circumstances are different. Ask yourself:

- Is my work/life balance where it should be?
- Do my coworkers improve my workday? Do I improve theirs?
- Do I have a plan to pay off my debt?
- Do I even know how much I'm spending every month?
- Have I considered any type of retirement plan?
- Is there a charity or nonprofit I would like to donate to on a monthly or yearly basis?
- Do I spend too much time comparing my financial status to that of others, without appreciating what I have?

Sticking to your goals

Adopting healthy habits and activities that are good for our mind and body is a great intention. But it can be easier said than done.

Sticking to goals can be tricky, so it's good to have a plan in place.

One approach to creating and maintaining healthy behaviors is to break your goals into four stages:

1. **Contemplation:** This step is covered in the above.
2. **Preparation:** Once you decide on the new habits you want to form, you can start planning how to make the changes.
3. **Action:** This is when you enact changes and start your routine.
4. **Maintenance:** Once you've kept up new habits for six months, you are in the maintenance stage.

In each stage, you can track your progress and write down any roadblocks you're experiencing. This can help you overcome challenges and stick to a new routine.

For example, in the contemplation and preparation stages, you may want to make lists of your priorities and the pros and cons of making each desired change. Once you get to the action and maintenance stages, you can track your progress, give yourself rewards, and find ways to add variety to your routine. In doing so, you'll be able to define current and future success and help yourself stick to your new, healthy routine!



Instagram @Mellsmastermix
mellsmastermix.bigcartel.com

NEW COLLECTION BY AYMEDICI

ASTROCYTES

Fashion + Science = Life
In collaboration with Marc Wagner



You can now visit www.aymemagazine.com
and shop with AYMEDICI

The Living Room Workout

15 squat jumps

5 push-ups

25 high knees

7 burpees

10 lunges

7 squats

5 push-ups

10 lunges

5 push-ups

7 squats

15 squat jumps

1 minute wall sit

5 push-ups

25 high-knees

Repeat 3 times, resting as needed

Quali 'ty KREATIONZ

Looking for treats for your special occasion?
Contact @TreatsByQuali via Instagram

3 Amazing Juice Recipes For Better Health



For Improved Heart Health

1. Carrot
2. Oranges
3. Apples
4. Beetroot
5. Kale

For A Complete Detox

1. Apple
2. Cucumber
3. Kale
4. Lemon
5. Ginger
6. Celery



For Increased Energy Levels

1. Apple
2. Cucumber
3. Kale
4. Spinach
5. Lemon



AYME'S TABLE

Ingredients

- 1 to 2 large, juicy lemons, peel and pith removed
- 1 medium Granny Smith apple, peeled and cored
- 2 romaine lettuce leaves
- 1/2 large cucumber, washed
- 1 cup loosely-packed hearty greens, such as spinach or kale
- 1 tablespoon chia seeds, optional

Directions

Juice, in this order, the lemons, apples, lettuce, cucumber and greens, following your juicer's specific settings for each. Stir in the chia seeds if using and let soak for 5 minutes. Serve the juice immediately over ice, if desired.

Recipe courtesy of Food Network Kitchens



5 Dimensions OF GOOD Health


netmeds.com
India Ki Pharmacy

Physical Health

Exercise regularly, eat healthily, be active so that your body is always ready to function optimally.

Mental Health

Your psychological well-being plays a crucial role in mental health. Feeling low? Talk to someone and seek help.

Emotional Health

Learn to handle stress and anxiety. Don't let it control you. Know your strengths, and believe that you will be able to overcome the odds successfully.

Social Health

Make friends, develop communication and cultivate a hobby. Positive interactions and something as simple as a good laugh help maintain overall well-being.

Spiritual Health

Count your blessings, let bygones be bygones. Don't be petty and get caught in materialism. Look for a higher meaning in life and a higher purpose



The background of the page is a complex, abstract pattern of fibers. The fibers are primarily red and yellow, with some purple and blue accents. They are arranged in a dense, overlapping manner, creating a sense of depth and movement. The overall effect is reminiscent of a microscopic view of biological tissue or a close-up of a woven fabric.

COVER FEATURE



The man behind the Science...

MARC WAGNER

Marc C. E. Wagner works on the effect of HIV at the University of Pittsburgh and through the course of his work has captured these amazing images of various cells that make up the human brain. Marc has been working in various aspects of research since 1983.

He has worked at the University of Pittsburgh, University of Pennsylvania, Carnegie Mellon University and the Institute of Gustave Roussy outside of Paris France. Marc has been living with HIV for going on 40 years and also volunteers from many local and global organizations that work to improve the lives of those living with HIV.

Discover more about Marc and his work by visiting

<https://www.marccewagner.com/>

<https://www.i4cacure.org/marc-c-e-wagner/>

<https://www.researchgate.net/profile/Marc-Wagner>

<https://www.hivplusmag.com/print-issue/2021/11/19/2021s-amazing-people-year-writer-and-researcher-marc-wagner>

