# Wellness Wednesday

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## The Best Party Hosts Reveal The Secrets To Making Guests Happy

Hosting a successful party is an art that combines preparation, creativity, and a genuine desire to make guests feel welcome. Whether it's a casual get-together or a formal dinner, the best hosts know how to create an atmosphere that encourages enjoyment and connection. Here, we explore the essential secrets that top party hosts use to ensure their gatherings are memorable and their guests leave happy.

### Setting the Right Tone with Invitations

Clarity is Key

The invitation is the first impression your guests will have of your event. It's crucial to communicate the theme, dress code, and any other pertinent details clearly. A well-crafted invitation sets expectations and helps guests feel more comfortable about attending.

- **Theme and Purpose:** Clearly state the occasion—be it a birthday, anniversary, or holiday celebration. This helps guests prepare mentally and physically for the event.
- **Dress Code:** Specify what guests should wear. This eliminates confusion and ensures everyone feels appropriately dressed.

Engage with Personal Touch

Adding a personal touch to your invitations can make guests feel valued. Consider handwritten notes or personalized messages that reflect your relationship with each guest. This small gesture can enhance their excitement about attending.

### Planning Ahead for a Smooth Experience

Preparation is key to a stress-free event.

- **Make a checklist:** Outline tasks like shopping, setup, and décor to stay organized and avoid last-minute rush.
- **Delegate:** Ask friends or family to help with dishes, setup, or decorations to lighten your workload and keep things running smoothly.

## Menu Planning

- Plan food and drinks that suit your guests' tastes and dietary needs.
- Offer a mix of appetizers, mains, and desserts, including vegetarian or gluten-free options.
- Prep dishes ahead so you can enjoy the party, not just the kitchen.

## Creating a Welcoming Atmosphere

- Set the tone with simple details.
- Lighting: Soft lights, lamps, or candles create warmth.
- Music: Choose a playlist that fits the vibe without overpowering conversation.
- Layout: Arrange seating and food stations to keep guests comfortable and traffic flowing.

## Engaging Your Guests

- Your energy sets the mood.
- Mingle, check in with guests, and introduce people to spark connection.
- Add light activities or conversation starters to help guests interact.

## Anticipating Guest Needs

- Think like a guest.
- Provide enough seating, comfortable temperatures, and easy movement.
- Keep pathways clear and spaces accessible.
- Refill drinks and offer help when needed.

## Embracing Imperfection

- Let go of perfection—aim for fun, not flawless.
- Laugh off mishaps and focus on enjoying your guests.
- Join the conversations, be present, and capture a few memories.

Hosting a successful party is about creating an environment where guests feel welcomed, valued, and engaged. By planning ahead, setting the right tone, and embracing the imperfections that come with hosting, you can ensure that your gatherings are enjoyable for everyone involved. Remember, the best parties are those where laughter, connection, and good memories are shared. So, take these tips to heart, and get ready to host your next unforgettable event!

# Pumpkin Ginger Coconut Soup (Dairy-Free)

## INGREDIENTS

- 2 tbsp olive oil or coconut oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp cayenne pepper (optional)
- 4 cups pumpkin puree (fresh or canned)
- 3 cups vegetable broth
- 1 can (14 oz) full-fat coconut milk
- Salt and black pepper to taste
- Fresh herbs for garnish (optional: cilantro, parsley, or thyme)
- Toasted pumpkin seeds for topping (optional)

This soup is the perfect balance of creamy, spicy, and comforting without any dairy. Coconut milk gives it a rich, velvety texture, while fresh ginger adds warmth and a subtle zing. Pumpkin provides natural sweetness and a boost of vitamin A, making it both nutritious and satisfying. Quick to make, it's a cozy dish for winter or any chilly evening.

### Nutritous

This soup is nutrient-packed, comforting, and incredibly versatile, making it perfect for weeknight dinners, meal prep, or special occasions. Its rich flavor, cozy warmth, and dairy-free creaminess make it a winner every time.

### Versatile

- Spice It Up: Add chili flakes, smoked paprika, or a touch of curry powder.
- Creamier Texture: Stir in cashew cream, almond butter, or a splash of oat milk.
- Extra Veggies: Add roasted carrots, sweet potatoes, or butternut squash.
- Protein Boost: Mix in chickpeas, lentils, or shredded chicken for a heartier meal.
- Toppings: Experiment with pumpkin seeds, nuts, coconut flakes, or a drizzle of olive oil.

### Nutrition Information

Serving: 1 ½ cups, Calories: 62.5 kcal, Carbohydrates: 9 g, Protein: 3 g, Fat: 2.5 g, Saturated Fat: 2 g, Sodium: 721 mg, Fiber: 2.5 g, Sugar: 4 g



## INSTRUCTIONS

# How to Make It

1. Sauté Aromatics: Heat the oil in a large pot over medium heat. Cook onion until soft, about 5 minutes. Add garlic and ginger; sauté 1 minute until fragrant.
2. Add Spices: Stir in cinnamon, nutmeg, and cayenne (if using). Cook 30 seconds to bloom the spices.
3. Add Pumpkin & Broth: Mix in pumpkin puree, then pour in vegetable broth. Simmer 10–15 minutes to meld flavors.
4. Blend: Use an immersion blender to puree until smooth (or carefully blend in batches).
5. Add Coconut Milk: Stir in coconut milk and heat gently. Season with salt and pepper.
6. Serve: Garnish with fresh herbs or toasted pumpkin seeds. Enjoy warm.

## Storage & Reheating

- Refrigerator: Store in an airtight container for up to 4–5 days.
- Freezer: Freeze in portions for up to 3 months. Thaw overnight in the fridge before reheating.
- Reheating: Warm on the stove over low heat, stirring occasionally, or microwave in 1–2 minute increments until hot. Add a splash of broth or coconut milk if it's too thick.

Reference: SkinnyTaste

https://www.healthline.com/health/exercise-fitness/best-exercise-to-lose-weight?epik=dj0yJnU9czdneHVyMjdYOWdaMC1nZGgzVzRQZzU1T3IPcjVwOU8mcD0wJm49SU1uYTlUMEdxZ1ICZDFFUXloNXRYUSZ0PUFBQUFBR2t4dGs4#cardio-options

# Featured Exercise

## ►Jump Rope Exercise:

### HOW TO DO IT:

**1. Basic Jump**

The basic jump is the foundation of all jump rope techniques.

- How to Perform: Jump with both feet together, turning the rope with your wrists. Aim for a steady rhythm and maintain a relaxed posture.

**2. Alternate Foot Jump**

This technique mimics a running motion and is great for building endurance.

- How to Perform: Shift your weight from one foot to the other while jumping, allowing the rope to pass under each foot alternately.

**3. High Knees**

High knees increase the intensity of your workout and engage your core.

- How to Perform: Jump while bringing your knees up towards your chest, alternating feet as you turn the rope.

**4. Double Unders**

For those looking for a challenge, double unders involve passing the rope under your feet twice for each jump.

- How to Perform: Jump higher than usual and use your wrists to turn the rope faster, ensuring it passes under your feet twice before landing.

### THE BENEFITS:

Jump rope offers a fast, effective workout—boosting heart health, burning major calories, and supporting fat loss. It works multiple muscle groups, improving strength, coordination, and endurance. Plus, it's portable, affordable, and requires very little space, making it easy to work out anywhere.

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*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*

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