

# PREMIER HEALTH

## Of Coon Rapids



## COMMUNITY SPOTLIGHT

Devo Fitness is locally owned and operated by Casie & Blake Buckley. DEVO stands for Devoted to Fitness, which is located right off of Highway 10 and Foley Blvd in Coon Rapids. Members get to enjoy a dark colorful LED-lit free weight room to really help get them in the zone during a workout! The main gym floor is fully equipped with a wide variety of cardio equipment, functional machines, boxing bags, and complimentary 3D Body Scanning. We specialize in above and beyond service with one on one personal training. We offer no contracts or maintenance fees.

Personal training is our most requested service. We have multiple options for anyone in need of guidance and support in the gym. We offer one-on-one personal training for those who need more hands-on assistance as well as virtual training for people who are comfortable in the gym but have struggled with finding progress in the past. This is our more independent approach to teach clients to become more efficient and results orientated in the gym.

Contact information:

[devofitnessllc@gmail.com](mailto:devofitnessllc@gmail.com)

763-762-6914

## PRODUCT OF THE MONTH:

25% OFF of All Vitamin D supplements



## WELLNESS CLASS

### PARTNER TRIGGER POINT

Sign up at the front desk or by calling/texting.

**763-270-5828**  
**3340 Northdale Blvd.,**  
**Ste. 120, Coon Rapids**

**Special enrollment offer if you mention Premier Health Chiropractic!**



**With November being National Gratitude Month and of course, Thanksgiving, we asked our team members what they are grateful for and how they practice showing gratitude in their lives.**

**DR. KELSEY:** I am grateful for the opportunity to genuinely love my job. I realize that the majority of people do not get the luxury of truly loving their careers, and I feel spoiled to feel as though I get to solve puzzles each day I go to work. I work to practice gratitude by trying to take a step back when I experience frustration and setbacks by asking myself what I'm supposed to be learning from the moment. It doesn't always work, especially when I'm REALLY frustrated, however I'm usually able to find a positive by the end of a negative situation.

**DR. MITCH:** I'm grateful to have an able body and able mind to treat patients to the best of my abilities. I try to make a conscious effort in showing gratitude with each patient I see by telling them they are appreciated and thanking them for committing to their treatment plan.

**SHANNON:** I'm grateful for the support system I have in my life. I practice gratitude by finding 3 good things about every day before going to sleep at night.

**LEXI:** I am grateful for my parents for being so passionate about food and raising me to love cooking. This time of the year I can really give back to them by helping out around the kitchen, making the side dishes, and doing some of the things that would usually cause them stress, like prep work and cleaning up.

**OLIVIA:** I am grateful for personal growth. This year I have been able to focus on myself and my needs which have allowed me to grow and see things from a new perspective!

**LAURA:** I practice showing gratitude by bringing the people I love together, whether that's planning a bonfire or going to see the barbie movie Because YOU are Kenough.

## RECIPE OF THE MONTH

### Protein Pumpkin Pie Smoothie (Casie from Devo's Recipe)

**490 cals, 51g protein, 39g carb, 15g fat**

- 3/4 cup almond milk
- 1.5 scoop vanilla protein powder
- 1/4 cup canned coconut milk
- 1/2 tsp pumpkin pie spice
- 8 fl oz ice
- 1/2 banana
- 1/2 cup canned pure pumpkin
- 1/2 tsp cinnamon
- 1/2 tbsp maple syrup

Blend ingredients together & enjoy!

