

Find Your
Rhythm

IN 2026



Family Medicine Center

STEP INTO 2026 WITH PURPOSE



Every new year brings a new rhythm.

Make yours bold, vibrant,
and intentional just like Junkanoo.



TUNE YOUR BODY LIKE A GOAT SKIN DRUM

STRONG • BALANCED • READY TO PERFORM



Hydration, sleep, movement — these are your tuning keys.
When one is off, the whole rhythm changes.
Small adjustments make the beat stronger.

TAKE YOUR STEPS LIKE A RUSH OUT

You don't need a gym to get moving.

Walk around your neighborhood, take the stairs, stretch at your desk.

Every step counts toward the bigger performance. Get your heart "jumpin, jumpin"

EAT LIKE YOU'RE FUELING THE PARADE

Your body needs energy to keep up with the pace.

Fill your plate with bright, colourful foods:
fruits, veggies, legumes, grains.

If it looks like part of a junkanoo costume,
you're on the right track.

SHAKE STRESS OFF LIKE YOU'RE SHAKING COWBELLS

Protect your peace
like it's a lead costume.

Protect what's fragile and valuable.
Rest when you need to, say no when you must,
and find moments of stillness before the next big rush.
Keep your thoughts in tune and reset your rhythm.

LET YOUR HEALTHY HABITS SPARKLE LIKE YOUR COSTUME IN THE LIGHTS

Start small – sip a little more water, move a little more, add one bright thing to your plate, find time to relax and just breathe.

These tiny choices stack up, same way costume pieces turn into something beautiful.

Stay with the slow build. One day you'll look up and realize you're moving lighter, thinking clearer, and carrying yourself with that sweet Junkanoo confidence.

FIND COMMUNITY . . . NO ONE RUSHES ALONE

Your support system – family, friends, coworkers – keeps the beat alive.

Reach out, ask for help, join wellness groups, and stay connected.



CELEBRATE YOUR WINS LIKE A VICTORY LAP

No matter how small, acknowledge your progress.

You don't need the judges to tell you you've done well – your body will thank you loudly.



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