



Health in Season

Change starts within each of us – step by step, season by season.

JOURNEY HEALTH QUARTERLY NEWSLETTER

FALL 2025



Seasonal spotlight:

A personal Reflection on Health and Wellness in Our Current Season

Fall is nature's reminder that change is not only natural—it's necessary. Trees shed their leaves to conserve energy for the winter ahead, preparing for renewal in the spring. In health, the same principle applies. Sometimes we need to let go of old habits or routines that no longer serve us in order to make space for growth and resilience. What does that mean for us?

- **Energy balance:** Just as plants slow their growth, our bodies may crave more rest and nutrient-dense foods. It's a signal to honor sleep and nourishment.
- **Preparation:** Autumn is a time to strengthen immunity before cold and flu season, much like the earth preparing for winter.
- **Reflection:** Shorter days encourage us to slow down, reassess routines, and focus on what truly sustains us—physically, mentally, and emotionally.
- **Release & Renewal:** Releasing unhealthy habits now creates room for healthier ones to take root, just as trees release leaves to foster new growth in the spring.

At Journey Health, we embrace transitions as opportunities: whether it's resetting your sleep schedule, or changing the weekly dinner rotation, autumn is the perfect time to ground yourself and your family in healthy routines.

In this issue, we'll explore fall foods that fuel metabolism and embrace cooler weather that encourages outdoor activities for the whole family.

I hope you enjoy these personal reflections as I keep you informed, inspired, and connected.

Warmly,
Katelin

MOVE IN SEASON

Practical Tips to Keep your Body Moving with Purpose, No Matter the Season

Outdoor Strength Walk

Why do I recommend this?

Walking in the crisp autumn air is already refreshing, but you can turn it into a full-body workout with just a few tweaks. If you know me, I value practical, time-saving and inexpensive ways for patients to combine cardio and resistance training. This strength walk blends cardiovascular fitness, strength, and balance in one outdoor session.

Bonus: Turn it into a fun competition with kids or your partner—no gym equipment necessary!

Equipment: None

Warm up: 5 minutes

- Start with a brisk walk to raise your heart rate
- Add gentle arm swings to prepare your joints and muscles for work

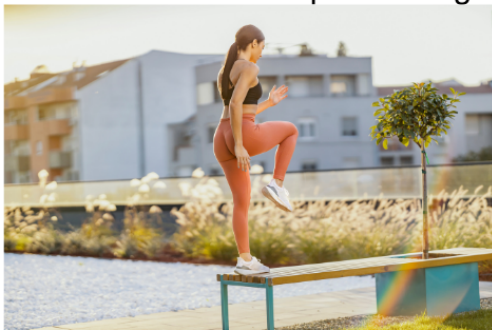
Intervals of strength (every 3-5 minutes of walking) 25-35 minutes

Do 1 round of each: (as your strength increases, you can shorten walking duration and increase rounds)

- Bench / wall push-ups (10-15 reps) - use a park bench or sturdy surface.
- Walking lunges (10 per leg) - be sure you can still see the tip of your shoe past your knee!
- Step-ups (10 per leg) - on a curb, bench, or stone wall.
- Squats (15-20 reps) Bodyweight only, feet hip-width apart.

Cool down: 5 minutes

- reduce your pace to a gentle walk.
- focus on deep breathing - inhale the crisp fall air, exhale the tension



SAVOR THE SEASON

Seasonal Recipes That Celebrate The Gifts That Nature Provides

Quinoa, Black Bean, Pumpkin Soup

Author: Vicky Berman

Why do I recommend this?

It can be challenging to find a meal that's hearty, vegetarian, gluten-free and nutritious. But this combination of quinoa, beans and pumpkin is hearty, sweet, savory and seasonally fresh, checking all the boxes for a meal that's high in protein, fiber, vitamins A and C, and antioxidants. Quinoa is a complete protein, meaning it contains all 9 amino acids that the body can't make on its own. We try to have at least 1 plant-based protein-rich meal per week, and this one goes the distance from fall through winter.

Besides, what else are we going to do with those left-over pumpkins?



Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 5 cloves garlic diced
- 1 red chili pepper diced
- 3 cups cubes pumpkin (or a 15 oz can of pumpkin puree)
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup quinoa (uncooked)
- 20 ounce can black beans rinsed and drained
- 5 cups vegetable broth
- 2 bay leaves
- Garnish (option) - lime juice, avocado, cilantro

Instructions:

1. Heat oil in pan over medium heat and cook onion, adding garlic and red chili pepper until aromatic.
2. Add pumpkin and spices and cook for a couple minutes.
3. Add 2 cups of the vegetable broth and quinoa. Bring a boil and cook for 5 minutes before adding the remaining vegetable broth. Bring to a boil.
4. Add beans and bay leaves. Bring to a boil, reduce heat and simmer for 5-10 minutes.
5. Served garnished with cilantro, avocado and lime juice.

Nutritional Information: Serving size: 1/4th of recipe.

Calories: 384 / Fat 12 g (saturated 1 g) / Carbohydrates 57 g, Fiber 16 g, Sugar 7 g, Protein 14 g

SEASON OF CHANGE

Mindful Interventions for Lifestyle Change, Growth and Living Intentionally

Behavioral Interventions That ACTUALLY Work

Celebrating sustainable behaviors, one step at a time

Why do I recommend this?

In health, lasting change rarely comes from a single decision. Just as the trees don't hold onto every leaf, you don't need to hold onto every old habit. Let go of what no longer serves you and nurture the practices that bring you energy, strength and resilience.

The problem:

- Setting large, nonspecific goals without accountability check-ins
- Example: "I won't skip meals"

Here's what you can do about it:

Step 1: Identify the habit to release

- Example: "I want to stop skipping breakfast"

Step 2: Reframe the habit into a positive action

Instead of focusing on what you're taking away, focus on what you're adding

- Example: replace "Stop skipping breakfast" with "Prepare overnight oats 3 nights a week so I start the day nourished"

Step 3: Make it SMART (specific, measurable, achievable, relevant, time-bound)

- Specific: I will eat breakfast 3 out of 5 workdays
- Measurable: Track in my food log
- Achievable: Start with quick options (e.g. overnight oats, smoothie)
- Relevant: Supports energy and weight goals
- Time-bound: Reassess after 4 weeks.



Step 4: Habit Swap / Stick

Link the new behavior to something you already do

- Example: "After I brew my morning coffee, I'll sit down with my breakfast."

Step 5: Reflect and Reset

At the end of fall, ask: Did this new habit make me feel better? What's the next small step?

Pro tip: Don't try to drop every "leaf" at once! Releasing just one unhelpful habit and replacing it with a nourishing one can create momentum for lasting change.

SHIFTING SEASONS

What's changing in Health and Wellness

Advances in Metabolic Health: Semaglutide's New Role in Treating MASH

In a big step forward for liver health, the U.S. Food and Drug Administration recently approved Wegovy (semaglutide) for the treatment of non-cirrhotic, metabolic dysfunction-associated steatohepatitis (MASH) with moderate-to-advanced liver fibrosis.

Here's what this means, based on the clinical data and what it could mean for patients and payers.

What is MASH and Why it Matters?

MASH (formerly known more commonly as NASH, nonalcoholic steatohepatitis) is a more severe form of fatty liver disease. Fat accumulates in the liver, leading to inflammation and damage and then progressing to fibrosis (Scarring.) If unchecked, it can lead to cirrhosis, liver cancer or need for transplant. MASH is on track to become the leading cause of liver transplant by 2030. Now, there is an FDA-approved treatment option to slow down the progression of this disease.

MASH is linked with obesity, type 2 diabetes, dyslipidemia (high "bad" cholesterol and low "Good" cholesterol) and other metabolic dysfunctions. Many patients don't have symptoms in early stages and it's often identified incidentally on imaging.

What does the new approval mean?

- Indication: Wegovy is now FDA-approved under *accelerated approval*
 - continued approval depends on confirmatory trials demonstrating clinical benefit (e.g. how patients feel, function, survival rates)
- Dosage: The maintenance dose for this indication is 2.4 mg once weekly. There is allowance to titrate down if the higher dose isn't well tolerated
- Wegovy must be used in addition to lifestyle interventions (e.g. nutrition, physical activity). It is NOT a replacement for these.
- Most insurances are not requiring liver biopsy for the diagnosis. Less invasive studies, including FibroScan or MRI may be considered in diagnostic criteria.
- This is not indicated for patients with cirrhosis (more advanced disease)

Key Study Results:

Based on results from the Phase 3 ESSENCE trial, semaglutide showed meaningful improvements in liver histology (composition):

- After approximately 18 months, 63% of patients treated with Wegovy achieved resolution of steatohepatitis without worsening fibrosis; compared to approximately 34% in placebo.
- Side effects included gastrointestinal symptoms (E.g. nausea, vomiting, etc.) and mimicked side effects seen in other trials of GLP1 medications approved to treat diabetes, overweight/obesity, sleep apnea, etc.
- Other improvements included reduced liver enzymes, better non-invasive fibrosis markers, weight loss, and improved cardiometabolic parameters (E.g blood pressure, cholesterol, blood sugar, etc.)

What does this mean for clinical practice and patient care?

This is an exciting milestone for GLP1 drugs, as it brings another opportunity for clinicians to address PREVENTION rather than DISEASE MANAGEMENT. Instead of waiting for symptoms or irreversible conditions (E.g. cirrhosis) to occur, we can initiate treatment to prevent the progression of disease.

- Earlier identification of patients with moderate-advanced fibrosis is more important than ever. If you have overweight / obesity, type 2 diabetes, or findings of fatty liver on imaging, you should be screened for MASH with laboratory work with or without additional imaging.
- Combining semaglutide with weight management highlights the importance of pharmacotherapy (prescription drugs) in managing serious health conditions.
- Overweight / obesity is NOT necessary to make the diagnosis or secure insurance coverage, highlighting the following extremely important concepts:
 - not all obesity results in disease
 - not all disease is because of obesity
 - adults with "normal" BMI can still have obesity-related illnesses
- Access, cost and insurance coverage will be key issues. Although indicated, payer approval will likely be slow.

Broader Trends in Metabolic Health:

- The approval reflects a shift toward treating metabolic diseases more holistically – addressing a PERSON's liver health, cardiovascular risk, weight, glucose control (not isolated organ endpoints).

References:

Food and Drug Administration. (2025, August 15). FDA approves Wegovy (semaglutide) for adults with non-cirrhotic MASH with moderate to advanced liver fibrosis. U.S. Food and Drug Administration. <https://www.fda.gov/drugs/news-events-human-drugs/fda-approves-treatment-serious-liver-disease-known-mash>

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