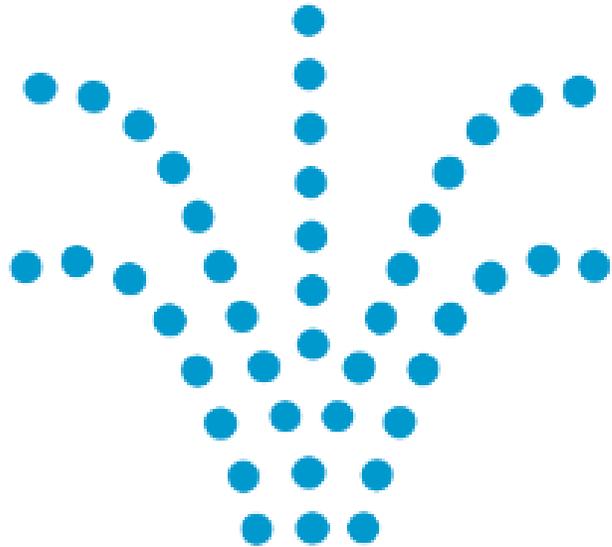


# ThriveOBX™

Inspiring well-being and longevity



# About Us



Amy H. Montgomery, MAEd, FACHE  
Executive Director of Operations  
Outer Banks Health



Sheila Davies, MPA, PhD  
Deputy County Manager  
Director Health and Human Services  
Director of Public Health  
Dare County

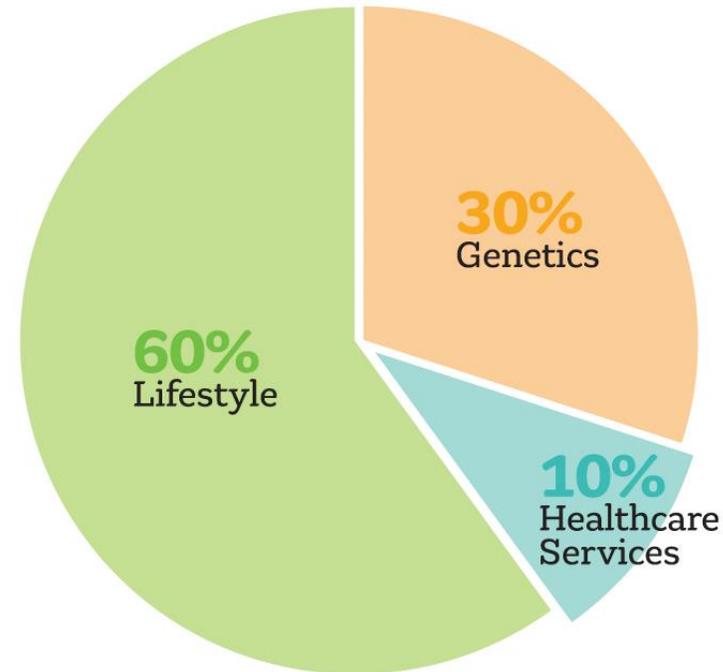


Jennifer Schwartzenberg  
Director of Community Outreach  
and Development  
Outer Banks Health



# Why ThriveOBX?

- Wellness is in Outer Banks Health's mission
- Community interest in well-being
- Remember the Blue Zones?
- Our longevity is tied to:





# What is ThriveOBX?

## What are the Thrive5?

The Thrive5 capture the everyday choices we can make to improve our physical and mental well-being, and ultimately, our longevity. They are:

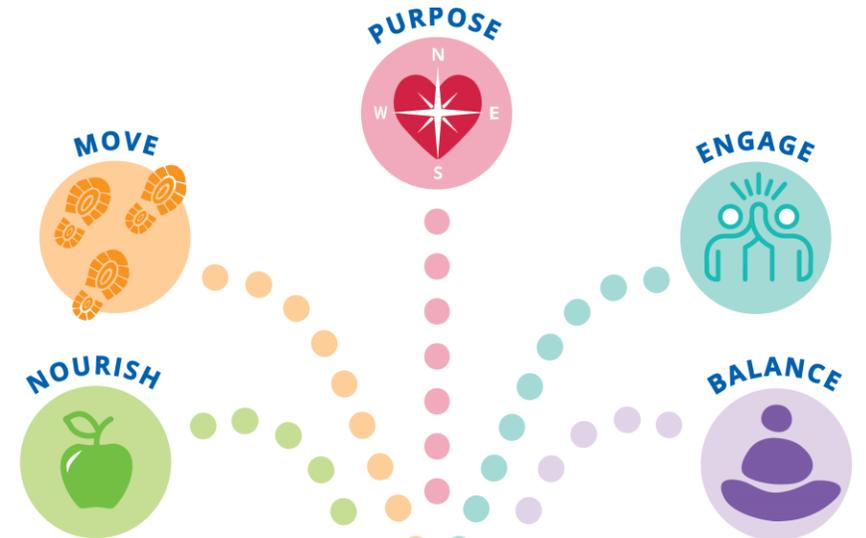
**Nourish:** Be mindful —what you put in your body matters. Do nourish your body with mostly fruits, vegetables, nuts, seeds, whole grains and beans. And avoid putting harmful substances in your body—we all know what they are!

**Move:** Stay active throughout the day! Your body was meant to move. If you sit a lot for school or work, you will need to be intentional about adding movement to your daily routine.

**Purpose:** Find what fulfills you. Why do you get up in the morning? How do you make a difference and find meaning in life?

**Engage:** Create meaningful connections with others. Human beings need social support and interaction with others like plants need light.

**Balance:** Restore with relaxation and sleep. Recharging our battery is essential. Just like our phones, we won't operate on 0%!



Thrive5<sup>®</sup>

Thriveobx<sup>™</sup>

# ThriveOBX Initiatives



- Dare County Schools
- Food For Thought
- ThriveOBX Thrive Bites Food Trailer
- ACLM for Outer Banks Health Providers
- ThriveOBX in the Workplace
  - ThriveOBX in Outer Banks Health
  - ThriveOBX in Dare County
- ThriveOBX Thrive Month





# ThriveOBX Thrive Month February 2026



## *Give Yourself a High Five!*

Select the activities you want to participate in and, using the honor system, give yourself a HIGH FIVE by coloring in the hands next to the activity. Refer back to this tracker after Thrive Month to recall the benefits you experienced with each activity. Build on the Thrive5 by practicing them regularly to enhance your well-being and longevity.

### NOURISH ACTIVITIES

-  Dine and Thrive \_\_\_\_\_
-  Souper Bowl Soup Cookoff \_\_\_\_\_
-  Winter Picnics \_\_\_\_\_
-  Mocktails and Mints \_\_\_\_\_
-  Just Breathe! \_\_\_\_\_

### MOVE ACTIVITIES

-  Thrive Move-A-Thon \_\_\_\_\_
-  The OBX Way \_\_\_\_\_
-  Big Beach Cleanup \_\_\_\_\_
-  Community Fitness Class \_\_\_\_\_
-  Movement and Strength Snacks \_\_\_\_\_

### PURPOSE ACTIVITIES

-  Community Book Read \_\_\_\_\_
-  Utilize The Thrive with Purpose Tool \_\_\_\_\_
-  Thrive Purpose Workshop \_\_\_\_\_
-  Post Your Purpose \_\_\_\_\_
-  Volunteer! \_\_\_\_\_

### ENGAGE ACTIVITIES

-  Watch the Engage in Thrive Month Video \_\_\_\_\_
-  Experience Thrive Hive \_\_\_\_\_
-  Attend a Thrive at 5 Event \_\_\_\_\_
-  Gratitude Letter or Visit \_\_\_\_\_
-  Thrive Chat Challenge \_\_\_\_\_

### BALANCE ACTIVITIES

-  Don't Stress... Thrive! \_\_\_\_\_
-  Thrive Sound Bath Reset \_\_\_\_\_
-  Take A Meditation/BreathWork Class \_\_\_\_\_
-  Read The Thrive Sleep Guide \_\_\_\_\_
-  Join The Thrive Balance Challenge \_\_\_\_\_





# Social Media and Website

- [www.ThriveOBX.com](http://www.ThriveOBX.com)
  - Launching soon
- Instagram
  - @Thriveobx\_
- Facebook
  - @Thriveobx
- TikTok
  - @Thriveobx
- YouTube
  - @Thriveobx





Questions?