



## The Boston Bulldogs Magic 7: Integrative Approaches to Wellness and Recovery

1. **Exercise** – overall physical training and development
2. **Community** - in service/**giving back** (BBRC 3<sup>rd</sup> principle); establishing meaningful and healthy relationships; experiencing joy and FUN in your wellness through social activity
3. **Productivity** – Healthy and balanced productivity leads to deeper purpose and meaning in life without the obsessive and avoidant behaviors that lead to mental and physical burnout.
4. **Meditation** – A commitment to **transparency** (BBRC 2<sup>nd</sup> principle) leading to self-awareness, compassion and deeper wisdom
5. **Self-Compassion**
6. **Self-Leadership** – Putting forth the necessary effort to maximize our physical, mental, emotional and social development (BBRC 1<sup>st</sup> principle)
7. **Core values** – Patience, Forgiveness, Kindness, Truthfulness, Generosity, Compassion

**Boston Bulldogs Running Club** is a 501(c)(3) organization, EIN: 47-5240494.  
Donations are tax-deductible to the amount allowed by law.

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