



# *Full Bodied Nutrition*

*Your Holistic Hub*



## Happy Canada Day!



### Upcoming

July is here and it's going to be a hot one! We are heating things up even more by offering a workshop we call **Sexy Food, Pillow Talk and Naughty Times**.

Also happening on **July 8th** is our FREE Sugar Detox Challenge followed immediately by a 14 day paid program to keep the momentum going!



### The Holistic Hub

**Nourishment:** Did you know that watermelon relaxes blood vessels allowing for increased blood flow and can be known as a natural Viagra!

**Lifestyle:** Now that it's summer, let's try turning off the TV and play some music. Listening to music you enjoy has the ability to improve your mood, reduce your stress and lessen anxiety. It triggers the release of dopamine which is a feel good hormone.

**Psycho/spiritual Connection:** Did you know that the thyroid is linked to poor communication and a suppression of feelings. Last month we talked about journalling, which is an effective way to communicate and release those feelings rather than suppressing them.

**NSV:** This month's non-scale victory goes to Keigan Lord, who completed the Murph Challenge in 48 minutes! The Murph Challenge involves a 1 mile run, 100

pull ups, 200 push ups, 300 squats and another 1 mile run! Well done Keigan.

**One's Wellbeing:** A GOLD STAR goes out to **Shirley Black**, who participated regularly in our June Walking Challenge. Great job Shirley! Keep up the good work. Can't wait to see how you do in our other challenges.

This month's challenge is "**Anything Can Happen Tuesday/Thursday**". This means on Tuesday's and Thursday's, we want you to try something new. ANYTHING! A new food, a new exercise, a new routine, whatever! Don't forget to tag us and let us know. We love to hear from you and you too could be featured in our next newsletter.



Wishing you well,

Janice & Ginette

Your team at Full Bodied Nutrition



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