



# BEYOND PERSONAL TRAINING

*Health Coaching – Wellness Workshops – Retreats*

Finding Balance 2 of 5...

Saying yes to others often means saying no to yourself.

## 2. Trim, trim, trim

Learn to Say NO! saying “NO” or at least “let me think about it” gives you time before responding to a request and allows you to consider weather saying “YES” will help or hurt you.

It’s a given that if your life is overflowing you will never be able to achieve balance and manage it all. It’s just not possible. Say no to everything that is either not essential or doesn’t add something valuable to your life. Be ruthless!

Drop activities that sap your time or energy. "Many people waste their time on activities or people that add no value -- Take stock of activities that don't enhance your career or personal life and minimize the time you spend on them.

**October 29, 2018**

**This wees challenges**

**Physical:**

**Take 15minues a day  
to stretch and breath**

**Nutritional:**

**Eat a fruit of  
vegetable at every  
meal**

**Behavioral:**

**Schedule something  
this week just for you!**

## Workout of the Week

**10 Squats**

**10 Pushups**

**10 Sit ups**

**X 10 Rounds**

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**"I do weights for muscle health, cardio for heart health and chocolate for mental health."**



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# Crock-Pot Chicken Enchilada Soup

Yields: 6 - 8

Prep Time: 0 hours 15 mins

Total Time: 3 hours 30 mins

## Ingredients

1/2 Onion finely chopped

1 tsp. chili powder

1 tsp. cumin

1 tsp. garlic powder

1 can (19 oz) red enchilada sauce

1 can (28 oz) fire-roasted diced tomatoes

1 can (15 oz) black beans, drained and rinsed

1 can (15 oz) corn, drained

2 lb. boneless, skinless chicken breasts cut into thirds

2 1/2 c. chicken broth

1/3 c. cheddar cheese, plus more for serving

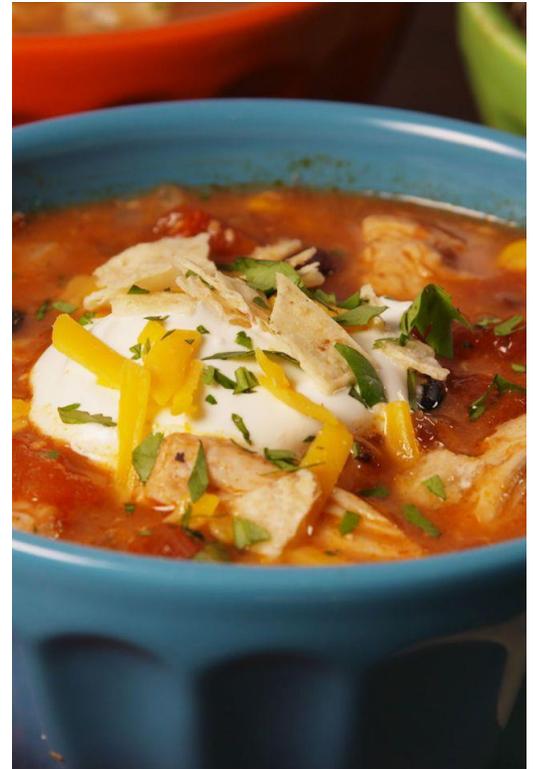
1/4 c. heavy cream

Sour cream, for serving

Chopped cilantro, for serving

Sliced lime, for serving

Crushed tortilla chips, for serving



## Directions

1. Combine onion, spices, enchilada sauce, tomatoes, beans, corn, chicken and broth in the bowl of your Crock-Pot. Stir together to combine all ingredients. Set on high and cook for 3 hours, or until chicken is tender.
2. Remove chicken from Crock-Pot and shred. Return to pot and stir in cheese and cream. Stir and place on low until cheese is melted.
3. Serve into bowls and top with sour cream, cilantro, crushed chips, more cheddar and a slice of lime if desired.