



# BEYOND PERSONAL TRAINING

*Health Coaching – Wellness Workshops – Retreats*

**Finding Balance 3 of 5... Pay attention to your health** – We hear this repeatedly, but usually only give it lip service. We know what we need to do, but it isn't a priority until we have a health crisis. Our health really does affect the quality of our lives and our work. We are far more productive and happier when we get enough sleep, eat a little healthier and fit in some type of activity. Many of us feel guilty at taking time for themselves. Whether it's taking a vacation day, a personal day or cutting out of work early for an appointment. However, knowing how to care for yourself is just as important as knowing how to care for other people in our lives.

- Recognize signs of distress in your mood or behavior.
- Establish a balance between your personal needs and work or family-related demands.
- Maintain a sense of humor. Laughter is a stress reliever.
- Spend quality time with friends and family.
- Incorporate a healthy activity in your life that makes you happy.

*It is not selfish to love yourself, take care of yourself, and make yourself a priority. It's necessary.*

## Omelet in a Mug



Spray the inside of a mug with nonstick cooking spray. Whisk together 2 large eggs, 2 tablespoons frozen mixed vegetables, 1 tablespoon low-fat shredded cheese, and some salt and pepper. Microwave 1 minute. Stir and microwave 45 seconds to 1 minute more. Let sit for 1 minute before eating (about 160 calories).

1st Successful Retreat in the books! Thank you to the ladies that participated this weekend. We were blessed with beautiful weather. There was plenty of yummy food, quality information shared, genuine connections and memories made. A very relaxing weekend for all!

**November 5<sup>th</sup>, 2018  
Weekly Challenge**

**Physical:**

**Get 30-60 minutes of exercise every day this week**

**Nutritional:**

**Try to cut out (chemicals) processed foods**

**Behavioral:**

**Go to sleep 15 minutes earlier**

**Self-Care:**

**Schedule that Dr appointment you've been putting off**

**(WOW) Workout of the Week**

**Sun Salutation x 3**

**Spiderman Plank x 6L & 6R**

**Surrenders x 6R & 6L**

**Hi-Low plank x 6R & 6L**

**Split Squat x 12R & 12L**

**Side Plank w/ hip dip x 12R & 12L**

**Repeat x 3**

