



## Beyond Personal Training

HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

If I asked you, “*Do you take care of yourself?*” most of you will answer yes — we’d even think, that’s a silly question. But, if I asked you how often you take care of yourself? — well, that’s where the tricky part begins. Where do you place yourself on your to do list? How often do you get to check yourself off your list? It should be a daily occurrence and built into your daily routine.

It’s the constant repetition of healthy habits daily. More specifically, self-care means identifying and meeting your needs, something women often struggle with. We tend to put others first – children, spouse, parents, friends, even pets. We feel obligated to be the caretakers. Shifting the balance from everyone-else-care to self-care is uncharted territory for many women and can feel uncomfortable at first. This can be difficult to implement for some. It takes a lot of courage to actually show up to “me” time every day.

Self-care is the key to living a balanced life. It needs to be something you actively plan, rather than something that just happens. It is an active choice and you must treat it as such. Add “me” appointments to your calendar, announce your plans to a friend in order to increase your commitment, and actively look for opportunities to practice self-care.

Self-care means choosing behaviors that balance the effects of emotional and physical stressors: exercising, eating healthy foods, getting enough sleep, practicing yoga, meditation or relaxation techniques, abstaining drugs and alcohol, pursuing creative outlets or participating in therapy. Self-care can be as simple as spending a few minutes each day doing nothing. No thinking, no social media, nothing. Just you, sitting and breathing, being in touch with your body and your inner self. It starts from there.

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and/or physical health. Although it’s a simple concept, it’s something we often overlook. Good self-care is key to improved mood, decreased stress, reduced anxiety and a healthy relationship with oneself and others.

Be aware of what you do, why you do it, how it feels, and what the outcomes are. Self-care has many faces. The definition really depends on who you ask. That’s because self-care is personal. Self-care is critical, for ourselves and others.

January 28, 2019

### Challenge of the Week

Take 10 minutes a day to purposely care for yourself



### Upcoming Events

Sunday 2/3 @ 1pm

Stress & Time  
Management Workshop

February 8-10<sup>th</sup>

Feed Your Heart  
Retreat

February 22-24<sup>th</sup>

The Art of Self-Love  
Retreat

## Workout of the Week



### Stealth Core Trainer (App)

Core Challenge: 1 min

This is a free app that requires a \$200 balance platform. But, instead, flip a BOSU over – flat side up. I will usually fold a yoga mat or towel to pad my elbows. Place your phone on the BOSU's flat surface towards the front. See how many points you can get in one minute.



**Theives:** Packed with powerful, germ-killing ingredients, Thieves has proved to be the perfect solution for cough amongst other airborne diseases. You can use the oil in your diffuser – internally and topically, as well as incorporate it into your daily routine. From mouthwash and toothpaste to cleaning products, hand soaps and throat lozenges, Thieves Oil offers an efficient cover for family protection, keeping your home safe from all forms of unhealthy contamination. Thieves Oil offers support during seasonal changes and helps eliminate any form of air-borne bacteria, giving you a safe, flexible but powerful multi-prong approach in your battle against germs.

I've been putting a few drops in my hot tea all weekend! I hope to be good as new in a day or two!

## Slow Cooker Zuppa Toscana with Sweet Potatoes

Yields: 6 servings

### Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1.5 pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 8 cups chicken broth
- 1 cup heavy cream (or half and half)



### Directions

1. Break apart the sausage and add all ingredients to your slow cooker, except the heavy cream.

2. Cook 8 hours on "low" setting or until sausage is cooked through.
3. Add heavy cream and stir to heat through.

## **Or Freeze and Cook Later**

1. To a gallon-sized plastic freezer bag, add all ingredients (except chicken broth and heavy cream. You can freeze the cream in a separate bag or wait to buy it until you're ready to cook the soup).
2. When ready to eat, thaw.
3. Dump bag into slow cooker and add chicken broth.
4. Cook for 8 hours on "low" setting or until sausage is cooked through.
5. Break apart sausage and add heavy cream. Stir to heat through.

Don't forget the bread! YUM

*Feed Your Heart &  
Nourish Your Soul  
Women's Weekend*

February 8th-10th

Holbrook Lake in Detroit Lakes, MN

Registration: \$299



Drop self-judgement, shame and guilt as you release your resistance and empower your heart. Learn to Love your body...every inch of it, no matter age, shape or size while enjoying a weekend of decadent cuisine with caterer Barb Torgerson.



*The Art of Self-Love  
Girls Weekend Retreat*

February 22nd-24th

Holbrook Lake in Detroit Lakes, MN

Registration: \$299

Tune into that place where inspiration is present, the heart of creative practice. Engage and honor the connection between your heart, soul and divine femininity with guest artist Kerry Conlin.

*Register @ [beyondpersonaltraining.org](http://beyondpersonaltraining.org)*

*Questions? Call Becca Murphy at 701.361.4628*