



Beyond Personal Training

HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

The New Year usually comes with Resolutions that require some sort of Habit change. Hopefully, you have set your Intentions, figured out your Goals and created healthy Habits.

Here are some tips that you can use to stay on top of your health and fitness goals and keep going:

Visualize Success- Clearly picturing that you're already where you want to be and achieved what you want to achieve is an awesome mental tool. When you visualize and see yourself doing those things, you're getting your mindset ready for success. If you haven't tried meditation, now is the time.

Focus on Achievable Goals- Be realistic! Re-evaluate those lofty goals you made in the heat of the moment. Set yourself up for success not failure. Creating small achievable goals is the way to go.

Celebrate Current Progress- It can be challenging when setting new goals to think about how much it's going to take to get there. Instead, look at the progress you are making. Give yourself credit for the small wins. They add up to make big things happen.

Think Ahead- If committing to a workout is hard, just remember how good you feel after you're done. Even if staying on the couch seems like a good idea right now, you'll most likely regret it later. And that will only lead to blaming yourself and feeling like a failure. The same is true about choosing your food. I'm sure you feel so much better both physically and mentally if you choose whole, nutritious foods over junk and not so healthy food. Again, junk food may feel like a great idea now because it's convenient and easy but try to think one step ahead.

Find a Workout Partner or Community- Having a workout buddy or community can boost your motivation when your willpower is fading. You and your friends can keep each other accountable by setting a workout date and putting it on your calendar to be sure you don't forget it. If you've promised someone to show up, you'll be less likely to slack. And if you don't have that workout buddy yet, talk a friend into working out with.

Enjoy Life More- If you can't find motivation to work out, think about all of the fun things and activities that being healthy and fit allows you to do. I know its cold outside, but summer will be here before you know it. There is so much life and fun activities outside of your workouts that you can enjoy, like hiking, biking, kayaking, swimming, dancing...

January 14, 2019

Upcoming events:

Feb 3rd

**A Healthy Balance
Workshop**

Feb 8-10th

**Feed Your Heart &
Nourish Your Soul**

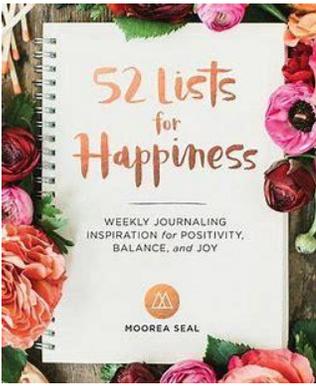
Girls Weekend Retreat



Feb 22-24th

**The Art of Self-Love
Girls Weekend Retreat**





January Journal Challenge on Facebook started on the 11th. Congratulations to Sara Brady who won the drawing for the Creative Writing Retreat by registering online for the challenge. All you had to do was register to be entered, but the challenge has just begun. **52 List for Happiness** - Participating in this challenge is a way for you to stay accountable. Accountable to yourself, your intentions and your goals. Use this challenge as a way to get into the habit of writing daily. Journaling does not have to be scary. It can be simple if you want it to be. The daily challenge gives you something to get you started, what you do after that is up to you!

Sunday's *Tribal Meal Prep* party was a success! It was a fun event I was happy to hold at my house. I had 10 ladies come over Sunday at 1 to make 4 different freezer recipe meals. We made a total of 40 meals in 90 minutes! Each of the ladies took home 4 healthy family meals they can drop in the crock pot and enjoy, A meal prep Ziplock bag holder and some meal planning sheets with grocery lists. Congratulations to Linda on winning the Weekly Meal Planning Refrigerator Magnet. I can't wait to do it again.



Workout of The Week

5 Rounds of 5 Moves to Spike Your Heart Rate

Perform each move for 30 seconds. At the end of all 5 moves, rest for 30 seconds. You'll complete the entire circuit 5 times in 15 minutes.

- Jump Squat
- Push-Up
- Lunge
- Mountain Climber
- Plank

Pan Away with Wintergreen, Helichrysum, Clove, and Peppermint essential oils, PanAway essential oil blend has a refreshing, invigorating aroma and a cooling sensation when applied to the skin. PanAway continues to be one of Young Living's most popular products and is a must-have for every home. Apply this synergistic blend after exercise or anytime for its soothing, stimulating aroma. I use it every morning on my back to help me get through the day



If you hang out with me long enough, I'll brainwash you into believing in yourself and knowing you can achieve anything!