



**Beyond Personal Training**  
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

We have made it through the darkest part of winter and each day the light grows stronger and the days progressively warmer!

## *Love & Kindness*

February is the month of love – a time for Valentine’s Day and remembering love – emphasizing the importance of love in our lives.

- Do you remember to tell the love of your life “I love you” every morning?
- Can you recall doing anything nice for a stranger yesterday?
- Did you help someone in need yesterday?
- Is it customary for you to say please and thank you to those you interact with throughout any given day?
- Do you try to make life easier for others?
- Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself?

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Being kind often requires courage and strength. Not just kind to others but kind to ourselves.

Lovingkindness is being a gentle friend to yourself, no matter what kind of experience you happen to be having in the moment.

Lovingkindness refers to an unconditional and open love, with the wish and motivation for another person, or oneself to be happy.

Practicing love is the same as practicing the art of letting go and giving others the freedom to just be—accepting them exactly the way they are. It’s something we can do with friends, family, love interests, and strangers alike.

When you give yourself unconditional love, compassion, forgiveness, and acceptance, you’re then able to give that to others.

If you don’t feel real love for yourself yet, act as if.

Act lovingly toward yourself and do things that nurture you, make you stronger, and make you proud of who you are and how you live your life.

Exercise, meditation, helping others freely, and eating a healthy diet work really well for me. Practice progress, not perfection.

When you feel hurt by someone else, remind yourself that they are just like you. They hurt, feel fear, have insecurities, and feel the need to defend and protect themselves. They are no different than you and me.

At times, we all react to the programming in our minds. As you commit to feeling unconditional love and compassion for self and others, you will begin to transform the programming in your brain. All you need is awareness. Just be aware. Remember, others are on their path just like you are on yours. You are both just doing the best you can.

**February 4, 2019**

This week’s daily challenge:  
Share the love & send a thoughtful note, text or call to someone and let them know how much you mean to them.



“The amount of happiness that you have depends on the amount of freedom you have in your heart.” ~Thich Nhat Hanh

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Upcoming Events

Feb 17<sup>th</sup>

Meal Prep Party

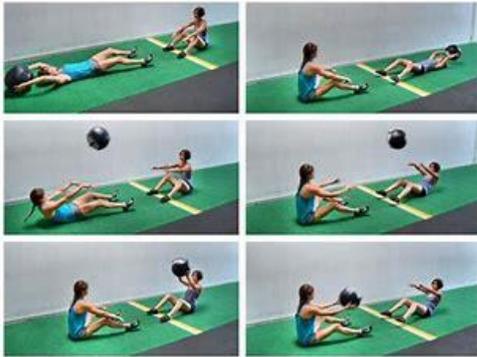
Register online @  
[beyondpersonaltraining.org](http://beyondpersonaltraining.org)

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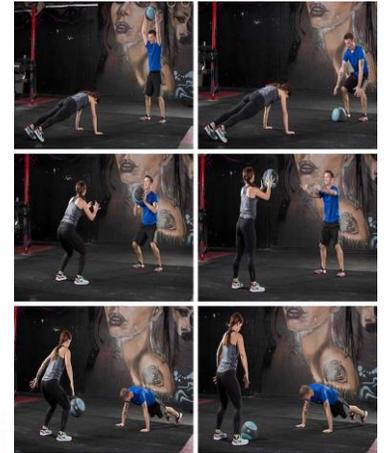
Interested in some one-on-one help with your goals? Need some guidance and accountability? Not sure why you can’t stick to your plan? Let me help you find a way to get past those obstacle that always seem to throw you off track.

# Workout of the Week

Partner Workout – Grab a Friend, One Medicine ball needed  
Superset: Each exercise - 30 seconds of work with 10 seconds of rest x 3 sets



Round 1: Medicine Ball Slams w/ Pushups  
Round 2: Side-to-Side Medicine Ball Toss w/ Wall Sit Hold  
Round 3: Medicine Ball Squat Toss w/ Plank  
Round 4: Medicine Ball Overhead sit up Trade w/ Supermans  
Round 5: Medicine Ball Over Unders w/ Plank



## Easy High Protein Snacks

### 1. Cottage-Style Fruit

Top 1/2 cup cottage cheese with 1/2 cup of your favorite fruit. Not sure what fruit to pick? Try some superfoods! Bananas, mixed berries, and melon are a few favorites.

### 2. Beef or Turkey Jerky

Be careful to avoid sodium- and sugar-filled brands, but low-sodium, natural, or lightly-flavored options are a great source of protein. A one-ounce serving (the size of most single-serve packs) contains about 9 grams of protein! This chewy snack is also super portable and keeps fresh for months when packed properly.

### 3. Mixed Nuts or Trail Mix

Mixed nuts provide an easy way to get a delicious dose of protein in a convenient, shelf-stable package. Try a mixed bunch for variety and a combo with dried fruit for some added sweetness. The best bang for your protein buck? Almonds and pistachios. They're higher in protein than their nutty peers.

### 4. Pumpkin Seeds

Those orange gourds aren't just for Halloween. Pumpkin insides, scooped out to make room for spooky faces, can actually make a healthy little snack once they're washed, dried, and nicely roasted. Just 1/2 cup of pumpkin seeds has about 14 grams of protein, making it the perfect pre-workout snack!

### 5. Hard-Boiled Eggs

Inexpensive and loaded with nutrients, eggs are one of the best ways to get a healthy dose of protein. Try hard boiling and pre-peeling a dozen at the start of the week and throw one in a small Tupperware container each day for an easy on-the-go snack.

#### **6. Nut Butter Boat**

Any vehicle for nut butter is perfection in our book. Try loading a few celery sticks with 1 tablespoon of any nut butter (almond, cashew, walnut) topped with a few whole almonds or raisins. If you're not a fan of celery, try scooping out the middle of an apple and filling it with your nut butter of choice.

#### **7. Deli Rollup**

Top 2 slices of deli meat (turkey, chicken, or roast beef work great) with 1 slice of cheese and a shake of pepper. Add a slice of tomato or some lettuce for extra veggie points!

#### **8. Mini Bean-and-Cheese Quesadilla**

It might take an extra minute to prep, but combining these two high-protein treats is totally worth it. Fold 1/2 cup black beans, 1 tablespoon salsa, and 1 slice cheddar cheese in a small flour tortilla. Cook in a dry nonstick pan until the cheese is melted and tortilla is lightly browned. Then wrap it in foil and stick in a plastic baggie for easy transport.

#### **9. Shake It Up**

When it comes to protein shakes, the combinations are endless, and one scoop can go a long way! An easy combination... 1 scoop vanilla whey protein powder, 1 cup frozen fruit, 1 cup almond milk and 1 cup ice blended until smooth

#### **10. KIND & QUEST BARS**

Their classic varieties are a great source of protein thanks to their all-nut base, but for an even higher dose of the good stuff, try KIND Plus varieties. Quest Bars are also tasty with a combination of high protein and high fiber.

## *Essential Oil Bath Salts*

My daughter and I love to take baths, especially in the winter. I usually by regular Epsom Salt or yummy smelling bubble bath. But we decided to try something new. We skipped the food coloring and extra decorations, but they would be great additions if we use them as gifts. Here's some recipes we found.

What you'll need:

- 1 cup coarse sea salt
- 1/2 cup Epsom salt
- 2 tablespoons baking soda
- 25 drops of essential oil
- Natural food or soap coloring (optional)
- Extra decoration (optional)—flower petals, citrus zest, glitter
- Bottles or jars with tight lids

Instructions to create your bath salts:

1. Place coarse sea salt, Epsom salt, and baking soda in a bowl.
  2. Mix 25 drops of essential oil and food coloring (if using) into the bowl with salts.
  3. Add in your extra something—dried lavender petals, citrus zest, even glitter!
  4. Combine all ingredients together in a jar with a tight seal and store for your next luxurious bath.
- Soaking in the salt: Add up to 3/4 cup of your finished product to your steamy bathwater and let the magic happen!

#### **Nighttime Breeze**

- 13 drops of Lavender essential oil

- 12 drops of Cedarwood essential oil
- Extra something: Dried lavender petals

### **Citrus Blast**

- 8 drops of Lemon essential oil
  - 9 drops of Orange essential oil
  - 8 drops of Tangerine essential oil
- Extra something: A few tablespoons of fresh citrus zest

### **Perky Pick-Me-Up**

- 13 drops of Peppermint essential oil
  - 12 drops of Rosemary essential oil
- Extra something: Fresh mint leaves, shredded in your food processor or blender

### **Our Special Feel Better Bath Mix**

- 12 drops Theives essential oil
- 12 drops Eucalyptus essential oil