



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

After the long, cold and dark winter it's so exciting to see the snow start to melt! I'm sure we're in for a long melt but knowing that spring flowers will soon be blooming gives me something to look forward to. The air *will* start to smell sweeter, the temperatures *will* get warmer and we *will* be spending more time outside.

With the start of a new season comes time to explore new and exciting self-care activities! Each new day, month, and season gives you a brand-new opportunity to change your life. It only takes that one decision to make a difference.

Restore Yourself - No human being will function well for long without rest – make time for and give importance to rest. If you're very busy, see if you can shift your responsibilities so that they're more evenly spread through your day and you have a bit of time for yourself. If you're becoming overwhelmed by your schedule – see if there are things you can cut out of your day or delegate to other people.

Gift Yourself - When is the last time you did this? Each week choose something that will add to your life: A colorful water bottle to encourage proper hydration. A beautiful new journal to record your dreams. An extra hour of sleep, or exercise, or creative expression. If nothing else, give yourself a moment: We all need a moment of grace, forgiveness, or acceptance every now and then.

Take the pressure off yourself - What are you telling yourself about your parenting skills? What are you telling yourself about your appearance? What are you telling yourself about your long to-do list? Now try setting more realistic expectations. Lower the bar; let something go. Ban the word "should" from your vocabulary today. And when you lay down in bed tonight, ask yourself, "Did I show up?" If the answer is yes, that is enough. It's more than enough.

Notice the good in yourself - Take a moment to recognize any tough obstacles you've overcome, or lessons you've learned—and think about how far you've come. Then try to see yourself through the eyes of those who love you. They don't see imperfections, failings, and mistakes. They see love, never-failing love. Try to see it too.

MARCH 18, 2019

THE HEALTHY HABIT
CHALLENGE BEGINS
TOMORROW!

WEAVING WELLNESS
RETREAT
MARCH 22ND-24TH

ARTISTIC AND
CREATIVE WRITING
RETREAT
APRIL 12TH-14TH

MOTHER/DAUGHTER
RETREAT
MAY 3RD-5TH

for more information &
to register go to
beyondpersonaltraining.org

Healthy
Habits...



Workout of the Week

Bodyweight Workout: Repeat each set 3 rounds

Arms: 5 Pushups – 10 Tricep Dips – 15 Rocking Plank – 20 Shoulder Tap Planks

Legs: 5 Inchworms – 10 Surrenders (each leg) – 15 Jump Squats – 20 Reverse Lunges

Back: 5 Supermans – 10 Prone Snow Angels – 15 R/L Reach & Tucks – 20 Alternating Supermans

Core: 5 Sun Salutations – 10 Spiderman Planks – 15 Penguins – 20 Bikes



Clean your home from top to bottom with plant-based products and cleaning recipes. The Thieves® Home Cleaning Kit includes all the supplies you need for spring cleaning without harsh chemicals, including Thieves Household Cleaner, essential oils, and an instructional booklet.

Tortilla Spring Rolls

Ingredients

6 - flour tortillas

1 - Onion

1 each - green, yellow, red bell pepper

3 small - Mushrooms

1 cup - grated cheese

2 tbsp - coriander

2 tbsp - oil

Salt as required

2 tsp - Green chilies

2 cloves garlic



How to Make Tortilla Spring Rolls

Heat 2 tbsp of oil in a skillet, add the onions and fry till they are soft.

Add the finely chopped bell peppers, mushrooms, garlic and green chilies along with required amount of salt.

Fry this for about 6 mins in medium flame and till dry.

Spread out the tortillas and spoon the filling carefully while still warm. Add the grated cheese and chopped coriander on top.

Roll up the tortillas and cut them into bite sized pieces.

Place these rolls in an oven proof dish and bake it at 350F for about 20 mins till the tortillas crisp up and the cheese has fully melted thus sealing the rolls well. Serve.