



Hello, Friends!

Happy Canada Day!! Anyone else feel like June just flew by? That's ok because I LOVE Summer. I am actually a summer baby, and my birthday ALWAYS takes place during the Calgary Stampede. My mom recalls that while she was in labor with me, she watched the traditional evening Stampede fireworks. I like to think that the fireworks were a celebration of me coming into the world with a BANG haha!

For me, the best thing about the summer is the weather and the LAKE! I love water - I say that this is because I am a "Cancer" and I just can't help it. But really, there's something about being near water that feeds my soul. Lake, Ocean, River...in this order. (This, from a landlocked Albertan) ;)

What's *your* favorite thing about summer?



In Case You've Missed It

These are the last few "Try This Tuesday's" from June that I have done. I am taking the summer off from this series, but they will back in September!

- Enjoy the Process
 - Look for the Bright Spots
 - Chew Your Food
-
- View Setbacks as Par for the Course

In addition to my regular Try This Tuesday features, I wrote a few extra articles on my blog last month:

Curious about the food tracking app I use with my clients?

What's my opinion about the best form of exercise?

Perspective is both a blessing and a curse

Tips for Healthy Eating While Camping!





Summer Recipe

Watermelon Salad

I came across this recipe from the Yummly website. It's a recipe website worth checking out. It will sort and filter through lots of recipes by cook time, course, cuisine, occasion, diet, allergy, nutrition and more.

Make sure to also check out more amazing recipes, inspiration and motivation from my Pinterest page!

Oprah Winfrey Baby!

You guys, it was so exciting to have seen Oprah this past month with two of my very good friends. Here are a few of the lessons I personally took away:

- Listen to your intuition! This is your guiding voice.
- All of your experiences to date have prepared you for today.
- Be aware of



your
intentions.
There
is
always
an
underlying
"energy"
with
all
of
our
actions,
and
it's
good
to
question
what
the
intentions
are.
Am
I
doing
this
because
I
feel
insecure,
angry,
etc.

Final Thoughts

There won't be an August newsletter -- I am going to be enjoying as much summer as I can, while working on an exciting new feature for my accountability coaching program to make it even better than before! If you've been considering signing up, make sure you get in touch before the end of



August. In September, the price for the program is going up!

I wish you all a fun and safe summer! In Canada, it's so short lived, so we have to get all the enjoyment we can out of it! Thanks for reading and make good choices ;)



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