



Did somebody say "SUMMER"?

How is it already June? Summer is just around the corner. Are you ready?

Summer is actually when a lot of people don't do so well. Despite having a lot more variety of produce and good weather for outdoor physical activity, a lot of us are off of our regular routines, enjoying weeks of vacation and time with the kids.

Summer can be a more "indulgent" time - different than Christmas - but also a lot of opportunity for long periods of bad choices (i.e. chips, coolers, beer, ice-cream, hotdogs, etc.) If you think you would benefit by learning how to navigate these situations with ease, please reach out!

3 reasons you aren't doing what you say you will do

This is a great TED talk by Amanda Crowell (a cognitive psychologist).



The Psychological Weight Loss Strategy

I love this video. It's 6 minutes long and definitely worth it. But if you need the "Coles Notes" here they are:

"Imagine your healthy future self and **start living that life now. Break your journey down into little battles you can win.** Become your own science experiment. And come up with strategies that will last for 2 days, or 2 years. And most of all you need to start eating like your life depends on it, because it does!"



Testimonials

A couple of ladies recently finished up my 12-Week Accountability Coaching Program and were kind enough to share their personal experiences. Check out my website to read some of them. I have asked a few ladies to stay on as "Ambassadors" of my program. They often share their "food paths" with other clients so that my newer clients have additional accountability partners as well as being able to see what other people are eating on a regular basis for motivation, inspiration and to help stay on the path.



Try This Tuesday!

In case you missed them, here are a few from this past month:

Identify the Cue and the Reward

Call it Something Fancy

Ask for Help

Pricing

September 1st my 12-Week Coaching Program is increasing in price. So if you have been thinking about working with me, consider signing up before September 1st!

My Mission

Create a better everyday life for people by encouraging healthy lifestyles (mind, body, spirit) through accountability nutrition coaching delivered with warmth, friendliness, and non-judgment. Help people connect to real food, inspire healthy relationships with food, and help keep them accountable to their health and nutrition goals in a positive, fun, yet high expectation environment.



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