



Hello, Friends!

Welcome to the second edition of my newsletter! Thank you for reading! Included in this edition is a "health quiz", a great article on self-sabotage, information on health topics highlighted this month, and in case you missed them - I have included some of my latest Try This Tuesday posts!

If there's something you'd like to see in next month's newsletter, please let me know!



What's New

I just finished adding a private "clients only" page to my website. It's full of nutrition information, advice and helpful links for my Accountability Coaching clients.

Did you know?

I also have a private Instagram page for my Accountability Coaching clients.

Monday - Friday I offer motivating and inspiring posts (at least I hope that's how they come across!) as well as shared meal plans for the week, funny memes and extra nutrition information that I happen to come across.

Great articles:

How to avoid self-sabotage

Why "Only eat when you're hungry" is terrible diet advice



Do you have a "healthy" personality?

Take this quiz from Scientific American to find out!

While there are some differences, there was a general consensus that the healthy personality consists of:

- More positive than negative emotions in daily life
- Openness and flexibility of emotional expression
- Trust in one's own experience
- Self-acceptance
- Resistance to stress
- Healthy self-assertion
- Responsibility and competence
- Warm, authentic connection to others

May is Celiac Awareness Month

Canadian Celiac Association #gobeyondthegut

Did you know? 80% of people with celiac disease have yet to be diagnosed. Read more about celiac



disease on the Canadian Celiac Association website

May 6-12 is Mental Health Week

Read this article outlining 16 Strategies to help you thrive mentally.

Latest & Greatest from the Blog

Shut up n' eat!
..... did I say that out loud?



Find Simple Solutions
Instead of Complicated
Excuses

Take the Next Possible Smallest Action

Measure Progress with Behaviour



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