

Helping you FIT Fitness & Mindful Wellness Into Your Life.



**This month's focus.... March MADness:
Mindful, Active & Disciplined!**

These drive away the madness/stress of everyday life!

When we are **Mindful**, we are aware! Just focusing on becoming aware of our thoughts and our surroundings helps us train our brain to be in the moment. The present moment is the only place we can experience our power, peace and joy so we therefore feel better!

Being **Active** releases endorphins which help us feel better and also helps us stay younger. We have all heard, "Use it or lose it," well, there is a lot of truth to that! With spring weather approaching, try to get outside and move a bit. Even a short walk can wake up our body, spirit and mind!

Discipline means choosing what we REALLY want rather than what we THINK we want right now. It reminds us that we have 2 choices: to sacrifice for what we want, or to let what we want become the sacrifice! You've heard us say, "Motivation doesn't last; neither does showering~that's why we recommend it daily!" If you want some accountability and free coaching, ([Join our Challenge Group](#) 😊)

Eat Well... When we view FOOD as FUEL, we change the way in which we eat!

Think of your body as a vehicle. We would certainly put in fuel that will help it run efficiently. Feeding ourselves foods that GROW gives our body immediate energy. Our plates should also be protein-focused with healthy fats mixed in. We also get oil changes for our cars! Our bodies can use the same. A detox or cleanse is so wonderful for our bodies. We will be leading a [3 DAY REFRESH](#) for anyone who wants to join us in the Challenge Group this March! See more info under the [March MADness Challenge Group!](#) Remember, we can always buy a new vehicle but we only get this one amazing body! Take good care of it!

Move Well... "Be Stronger Than Your Strongest Excuse!"

If you are finding it hard to FIT fitness into your life, rethink that for a bit! *Is it about having time?* You can get incredible benefits in just 20 MINUTES! (See below). *Is it a matter of "getting to the gym?"* Use the outdoors &/or try out incredible online programs where we will coach you through! Check out [Beachbody on Demand](#) to workout anywhere anytime! ...or have [MWell bring classes to you!](#) 😊

Try Tabata Interval Training! In just 15-20 minutes you can get remarkable results while using the ratio 20 seconds work/10 seconds rest! Reply to this, check our FB page, or join our [Challenge Group](#) for a list of moves to use!

Think WELL...

Intention is EVERYTHING! Everything can change when we take a few moments before getting out of bed or grabbing our phone to start the day by simply focusing on our breath and turning our attention to how we would like to show up and experience our day. This empowers us, connects us to our authentic self, and helps us live with more purpose, joy, and poise. Ending the day by focusing on gratitude helps us sleep better and wake up more optimistic!

Speaking of INTENTION... In our [Vision Board Retreat](#), we focus on the way we would like to BE, what we would like to HAVE, and what we would like to DO! When we set a vision, doors open for us! This is even more true when experienced in a retreat setting with powerful connection to yourself & others!

JOIN US for some cool
UPCOMING EVENTS!

Give Your Body & Mind
Some R & R

Thursday, March 15th
6:30-7:45 pm
OR
Sunday, March 18th
3:00-4:15 pm

Join Our
March MADness
Motivation Group!

MINDFUL * ACTIVE * DISCIPLINED!

SATURDAY, APRIL 28th

VISION

BOARD Workshop

Presented by Mindful Wellness LLC

Drive
your
Destiny

A FULL-DAY IMMERSION TO FOCUS ON YOUR AUTHENTIC LIFE AND YOUR IDEAL OUTCOMES.