

Helping you FIT Fitness & Mindful Wellness Into Your Life.



**This month's focus....**

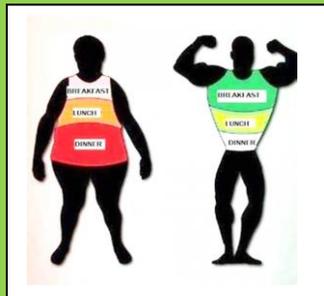
**Letting Go of what no longer serves you!**

I heard a story once of an elephant who was chained to a stake the moment she could stand. She tried and tried to get away, but soon learned where her limit was. She is now a grown elephant who could easily break away, but she has never tried after learning and believing in this limit. I've realized that I have this in my life as well; perhaps we all do!

Some thoughts, beliefs, and ways of being no longer serve us and it IS okay to let them go. Sometimes we don't know how to let go, but we can affirm that we are WILLING to let go! I have spent the last week taking on a new venture~ even though I said I "couldn't" do a true reset cleanse because I teach myriad fitness classes, I listened to the voice inside nudging me to break that limit, and I am SO glad I did! Think of your body as a vehicle. We would certainly put in fuel that will help it run efficiently. We also get oil changes for our cars! Our bodies can use the same. A detox or cleanse is so wonderful for our bodies, & I've found it has been great for my entire being! I am literally changing my relationship with food and my thoughts and have never felt better! We will be leading a [3 DAY REFRESH](#) or [21 DAY ULTIMATE RESET](#) in April. Reach out to join us! I can promise you will be SO glad you did!



**Eat Well...** TIP: Eat A BIG Healthy Breakfast!  
*People who eat breakfast are more likely to be lean &/or to lose weight and keep it off!  
Kickstart your metabolism every AM!*



[Click Here for 15 Easy Healthy Breakfast Ideas](#)

**Click Below to see our UPCOMING EVENTS!**

Kristin Bott Mindful Wellness, LLC

Spring Into Your Best Self Accountability Group

**Move Well....** If you feel stuck, change perspective!

Instead of saying "I don't have time" try saying "It's not a priority" and see how that feels.

Let Us Help ☺

- \*Try [Beachbody on Demand](#) to workout anywhere anytime!
- \*Have [Mindful Wellness bring classes to you!](#) ☺
- \*Join Our [Challenge/Accountability Group](#) for better results!

**Think WELL...** Truth & Tip

"YOU CANNOT CONSISTENTLY PERFORM IN A MANNER WHICH IS INCONSISTENT WITH THE WAY YOU SEE YOURSELF."  
- ZIG ZAGLAR

Create an exciting, inspiring vision of yourself handling things well, being focused and in control and adapting to changes as life happens.

Join us for the [Vision Board Workshop](#) to connect with your authentic self & create this exciting inspiring vision of yourself BEING who you want to be & in turn HAVING and DOING what you dream of!

SATURDAY, APRIL 28<sup>th</sup>  
**VISION** BOARD Workshop  
Presented by Mindful Wellness LLC  
A FULL-DAY IMMERSION TO FOCUS ON YOUR AUTHENTIC LIFE AND YOUR IDEAL OUTCOMES.