



**Eat Well.
Move Well.
Think Well.
YES~ You Can!**

*"They say motivation doesn't last. Neither does bathing~ that's why we recommend it daily!"
Show your employees their wellness matters to you with our*

Motivational Offerings/ Lunch n Learns

Eat Well:

YOU CAN'T OUTFRAN YOUR FORK!

Results are 20% Exercise & 80% Nutrition!

This presentation outlines tips for increasing metabolism, pairing foods together to help maintain more stable blood sugar, clean eating, and little things that make a big difference in the area of food and nutrition. A Ten Day Meal Plan complete with grocery lists, substitution guides, daily coaching and motivational emails, and workout programs is an optional add on to this Lunch n Learn!

Move Well:

HOW TO START & MAINTAIN AN EXERCISE PROGRAM

Have you ever wished you could start & maintain an exercise program that really works for you? Creating something that fits into your life, can become a routine for you, and can help you work smarter not harder in achieving optimal results is not always easy, but this will help! Kristin will bring tips from her 29 years as a fitness professional & 10 years as a wellness coach to help you define your WHY in exercising & then create the How, When, What & Where for your new plan!

WORKING OUT FOR WEIGHT LOSS

Want to work out for weight loss? Learn the benefits of Strength Training! They say that our metabolism continues to slow down as we age....this can be really disheartening when attempting a weight loss goal! The incredible thing is that studies show an increase in lean muscle is directly tied to an increase in metabolism! The myriad benefits of strength training will be shared along with tips on how and when to train ~with or without any equipment.

Motivational Offerings/ Lunch n Learns (continued)

Think Well:

DEAR STRESS, LET'S BREAK UP!

This presentation shares ways to shift our thinking so we have an empowered approach to life. It emphasizes/teaches mindfulness & tips that can help us reframe our thoughts & choices to move from a place of admonishment to empowerment. We will focus on the only moment we have control over....the here and now. Mindfulness techniques will be shared to help us be more present for ourselves, to our responsibilities, our coworkers and loved ones. Learn easy ways to reboot, refocus and stop "SHOULDing" on yourself.

MINDFULNESS 101

Have you heard about the best way to reduce stress, increase happiness, and train your brain to work for you rather than against you??? Mindfulness 101 brings strategies you can use anytime anywhere to feel more in control of the only thing we CAN control....how we feel in this present moment! This is a great extension to "Dear Stress, Let's Break Up," and is sure to equip you & your employees with many meaningful tools for mindful interactions and stress relief. Come as you are....leave as you want to be!

M WELLthy

How would it look, sound, & feel to be well-thy in each area of your life? Physically WELLthy? Occupationally WELLthy? Relationally WELLthy? Intellectually WELLthy? Experience the cliff note version of our Vision Board Retreat. We'll spend time connecting to our authentic self & setting our GPS system to the destination we wish for. Rather than just reacting to life's events, we become proactive & create inner dialogue that takes us from a place of admonishment to empowerment! It isn't that our circumstances need to change for our mindset to change; once our mindset changes, our situations align. Energy flows where intention goes!

Workshops:

Find an existing workshop or ask about hosting your own!

*** Warrior Within * Rest/Relax/Restore/Renew * Vision Board Retreat**

Mindful Wellness LLC
The Pathway to a Better Me!



