



# Mindful Wellness LLC

The Pathway to a Better Me!



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

## How Can Mindful Wellness Help Me Become My Best Self?

We believe that old thoughts/ habits get in the way of being the way we are intended to be~ happy, healthy & present! Working with us, you will find your holes in wellness and fill/replace them with something that works FOR YOU. Each pathway is different! With monthly Success Groups, tons of Nutrition Options, Onsite or Online Fitness, Positive Thinking to Re-wire our Brains, Mindfulness Guidance, & Accountability, you will reach your goals with ease & support!

- [YES! Sign me up for a FREE membership to have access to a free coach, guidance & tools in these areas.](#)

## Eat Well Options:

- I don't have time to focus on meal prepping. I'm busy but could use healthier easy options and reduce my cravings for unhealthy "foods" plus raise my metabolism. [SHAKEOLOGY!](#)
- I'd like to choose my own foods but use portion control & pairing food groups for better results. [21 DAY FIX](#)
- I would like to follow a Meal Plan that comes with a Grocery List and everything I need to make simple, healthy meals and get the right foods at the right time. **(Which of these options best fits you?)**
  - I just want a quick fix. I need to lose a bit and get out of a rut ~ REFRESH my body and change my cravings! [3 DAY REFRESH](#) [Order by clicking on SHOP Here](#)
  - I do best when focusing on low carb foods. Proteins and veggies make me feel lean & help me shed excess weight for a quick fix. [6DAY MEAL PLAN](#)
  - I would like to follow a meal plan that is a mixture of all food groups and is how I should usually eat to boost my metabolism & use food as fuel. [10 DAY MEAL PLAN](#)
  - I am really ready to overhaul all that is off in my nutrition. I would like to CLEANSE and RESTORE my body back to its healthiest state. [21 DAY ULTIMATE RESET](#)
  - I'd like access to [countless meal plans, recipes, cooking shows along with over 700 streamed workouts](#)

## Move Well Options:

- ON SITE Fitness [Join an existing MWELL Class or ask us to bring one to your work/ space.](#)
- ONLINE Fitness [Transform your body with over 700 workouts to stream anywhere anytime plus nutrition plans!](#)
- JOIN our current [SUCCESS GROUP to track whatever you are already doing & ask for training guidance](#)

## Think Well Options:

- I like seeing daily inspirations and posts on FB to help me set myself up for positive thinking & success. [LIKE HERE](#)
- I would do well with accountability as I work toward my goal(s) in a Success or Challenge Group [JOIN HERE](#)
- I'd like to host a Lunch n Learn, Mindfulness, or Yoga event to regain empowerment &/or De-Stress [OPTIONS](#)
- I'd like to [change my mindset in order to lose weight & have a positive relationship with food](#)
- I'd like a [1:1 session with Kristin/ Founder of Mindful Wellness LLC](#) to set up a plan for rewiring my thinking.
- I could benefit from [A day of getting back to my authentic self in a workshop to focus on my dreams, my goals, & on releasing whatever gets in the way of me being my very best self. I'll come home with a visual reminder to reset me whenever needed & have continued support for the following 6 months.](#)
- Yes send me the [MWELL Mindful Messages Newsletter](#) once a month for upcoming events, tips & motivations.

For information on discounts when grouping options together, or hiring us for events, reach out directly to [kristin@mindfulwellnesscoach.com](mailto:kristin@mindfulwellnesscoach.com)

