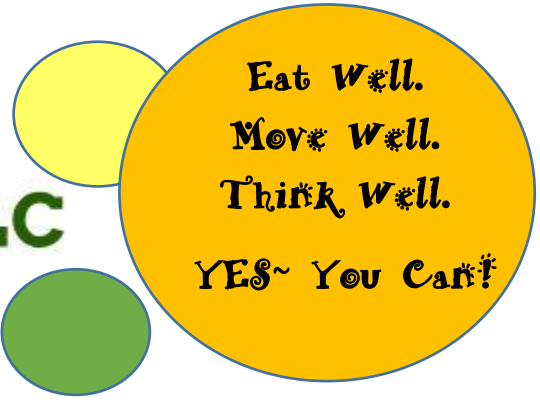


Mindful Messages Newsletter

July 2018

Mindful Wellness LLC

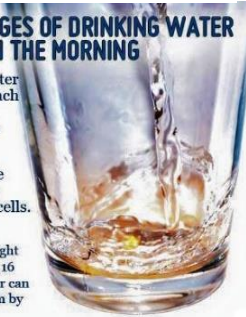
The Pathway to a Better Me!



Eat Well:

5 ADVANTAGES OF DRINKING WATER IN THE MORNING

- #5 - Drinking water on an empty stomach purifies the colon making it easier to absorb nutrients.
- #4 - Increases the production of new blood and muscle cells.
- #3 - Helps with weight loss. Drinking at least 16 ounces of chilled water can boost your metabolism by 24% in the morning.
- #2 - Glowing skin. Water helps to purge toxins from the blood which help keeps your skin glowing and clear.
- #1 - Balances your lymph system. These glands help you perform your daily functions, balance your body fluids, and fight infection.



Our current SUCCESS GROUP~ [2B The Healthiest Happiest Me](#) is using this model & so are my boys as they are in training for football~ DRINK WATER 1ST! Besides the incredible benefits listed here, did you know our brains often mistake thirst for hunger? So staying on top of water intake helps us stay on top of our healthy weight! In summer, it's so important that we drink water BEFORE we feel thirsty! If you need a good hydration drink that isn't packed with sugar or artificial ingredients, reach out to me~ I LOVE the one I use! It isn't too late to join our [Success Group](#) because we are repeating our June group after all of the success participants have had!

"I love this program more than anything I've ever tried. It is simple, gives results, & I've never been hungry or against/mad at myself because there are no restrictions." We are doing what MWell believes in...changing our MINDSET first then behaviors naturally unfold!

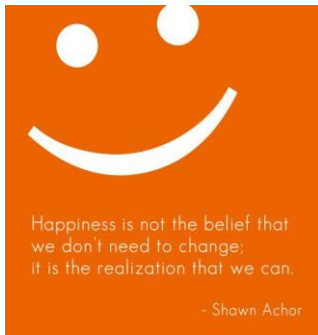
Move Well:

SUMMER is a great time to exercise the old fashioned way~ by moving & experiencing life! In the past, no one had to make time for exercise because they walked and worked outside and moved and used their bodies. Find things you love to do that give you some cardio and fat-burning effects~ reach out for ideas if you need a little support! STRENGTH is important too! Try this 30 day body weight challenge to see how quickly your body adapts and gets better! You can join our [Success Group](#) if you need somewhere to track and share progress, get support, and receive extra tips! ☺

WE CHALLENGE YOU!

30-DAY SQUAT CHALLENGE Day 1: 50 Day 2: 55 Day 3: 60 Day 4: Rest Day 5: 70 Day 6: 75 Day 7: 80 Day 8: Rest Day 9: 100 Day 10: 105 Day 11: 110 Day 12: Rest Day 13: 120 Day 14: 135 Day 15: 140	Day 16: Rest Day 17: 150 Day 18: 155 Day 19: 160 Day 20: Rest Day 21: 180 Day 22: 185 Day 23: 190 Day 24: Rest Day 25: 200 Day 26: 205 Day 27: 200 Day 28: Rest Day 29: 240 Day 30: 250	BEGINNER PUSH-UP CHALLENGE Day 1: 5 Day 2: 5 Day 3: 6 Day 4: 6 Day 5: 7 Day 6: 7 Day 7: 10 Day 8: 10 Day 9: 10 Day 10: 15 Day 11: 15 Day 12: 15 Day 13: Rest Day 14: 18 Day 15: 18	Day 16: 20 Day 17: 20 Day 18: 20 Day 19: 25 Day 20: 25 Day 21: 30 Day 22: 30 Day 23: 30 Day 24: 35 Day 25: 35 Day 26: 40 Day 27: 40 Day 28: 45 Day 29: 45 Day 30: 50
30-DAY PLANK CHALLENGE Day 1: 20 sec Day 2: 20 sec Day 3: 30 sec Day 4: 30 sec Day 5: 40 sec Day 6: Rest Day 7: 45 sec Day 8: 45 sec Day 9: 1 min Day 10: 1 min Day 11: 1 min Day 12: Rest Day 13: 1.5 min Day 14: 1.5 min Day 15: 1.5 min	Day 16: 2 min Day 17: 2 min Day 18: 2.5 min Day 19: Rest Day 20: 2.5 min Day 21: 2.5 min Day 22: 3 min Day 23: 3 min Day 24: 3.5 min Day 25: 3.5 min Day 26: Rest Day 27: 4 min Day 28: 4 min Day 29: 4.5 min Day 30: 5 min	30-DAY CRUNCH CHALLENGE Day 1: 25 Day 2: 30 Day 3: 35 Day 4: Rest Day 5: 40 Day 6: 45 Day 7: 50 Day 8: Rest Day 9: 60 Day 10: 65 Day 11: 70 Day 12: Rest Day 13: 80 Day 14: 90 Day 15: 95	Day 16: 100 Day 17: 100 Day 18: 100 Day 19: 110 Day 20: Rest Day 21: 110 Day 22: 120 Day 23: 125 Day 24: Rest Day 25: 130 Day 26: 135 Day 27: 140 Day 28: Rest Day 29: 145 Day 30: 150

Think Well:



I was blessed to attend Shawn Achor's talk on [The Happiness Advantage](#) & pleased to hear science backing all of the things I share in "[Dear Stress, Let's Break Up](#)" & "[Be WELL-thy.](#)" Our minds truly are our super power & when we change them~ EVERYTHING CHANGES! And YES~ we CAN change our brains to see good! Start by TAKING CARE OF YOU....

UPCOMING EVENTS:

Experience mindfulness & stretching techniques to reduce stress & feel better! Includes first happier hour cocktail for free! [SIGN UP!](#)



Only 10% of our happiness comes from life's external conditions. That is GREAT news!!! It means WE have the power over our happiness since 90% of it comes from the way in which we process & see life around us! We can CHOOSE to tell ourselves things that make us feel & see GOOD or not so good & the amount of effort is the SAME! TIP: Start & end the day with..... GRATITUDE

"[It's] the lens through which your brain views the world that **shapes** your reality. And if we can change the lens, not only can we change your happiness, we can change every single ... **outcome** at the same time."

-Shawn Achor, Author [The Happiness Advantage](#)
Learn more at [GoodThinking.com](#)