

Mindful Messages Newsletter

October 2018

Mindful Wellness LLC

The Pathway to a Better Me!

Eat well.
Move well.
Think well.
BE well!

Eat Well:

We just completed the 10 Day Kick Start Challenge! So many people benefitted from this~ a huge shout out to those who lost weight, gave up soda, started doing "dinner and done," and eating protein-filled breakfasts, and changed cravings! Next 10 Day Kick Start will be in January. Reach out to join the list. Only 12 can join!

For October, the [FALL INTO YOUR BEST SELF](#) has a vegan nutrition plan for those who want to follow it! We will also be offering [2B Mindset](#) again where you simply change your mindset toward eating and everything changes!

Move Well:

Many of you have heard our Lunch & Learn on
Working Smarter Not Harder....

Here is a sample *Tabata workout like those I mentioned. ☺

*This is something to work up to. I'd start with ½ of everything it mentions if you are just *Falling Back Into Fitness* and plan on getting here by Day 21! Speaking of 21....Join us for a [21 Day Fitness Reset](#).

Option A: Join Group for Daily Coaching, Workout Tips, & Accountability.

Option B: Order **LIIFT4**~ EVERYTHING YOU NEED for GUARANTEED results! Work out just 4 days/wk for only 30-40 mins. Follow the LIIFT4 videos with recovery days that rest & rebuild: providing better results in less time! **LIIFT4** combines weightlifting & calorie-burning High Intensity Interval Training (HIIT) & uses classic lifting techniques to isolate, stabilize, & focus each rep on the muscle group you're working. Every workout ends with a quick core routine.

[Click here for more info](#) or [ORDER HERE to start with us Oct. 8th!](#)



Think Well:

I AM

two of the most
powerful words;
for what you put
after them
shapes your
reality

Wish you had the **antidote for stress**, distraction, and feeling overwhelmed? Get intentional about your attention by practicing mindfulness! Mindfulness helps us strengthen our prefrontal cortex (the mind's boss or executive center). Every time we bring our attention back to our breath or back to the present moment & what we are thinking/feeling, we strengthen the circuitry that helps us FOCUS! The stories we tell ourselves are SO powerful. When you look into these, try following them up with some "I AM" statements that are helpful to you! "I am capable." "I am getting better every day." "I am enough!" Check out more ideas at [Mindful Wellness LLC](#) Tune into my [POSITIVE VIBES](#) playlist on Spotify! ☺

Awesome Opportunities:

See more details

[REGISTER HERE](#)

Please Join Me
for these Life-
Changing
Events!

Click on each
To learn more!



**FALL INTO
FITNESS**
21 Day Challenge



Starts October 8th!

*Thank you so much for reading!
Please reach out to join an online
Success Group or bring us to you for
fitness or motivation! I have Lunch &
Learn availability in Oct. and Nov.! ☺*

*All my love,
Kristin*

*I choose to make the
rest of my life the
best of my life!*

**Mini Retreat
Ignite Your
Passion!
Sat. OCT 13th
9am-Noon**



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