

# Mindful Messages Newsletter

November 2018

## Mindful Wellness LLC

The Pathway to a Better Me!



### Eat Well:

People, on average, self-report gaining about 5 lbs during the upcoming holiday season. There are ways to avoid this and stay on top of our commitments to be our healthiest self, though. Check out these awesome tips from Beachbody for everything you need to know about to [Stay on Track During Thanksgiving!](#) If you are not a free member and able to read this, [JOIN FOR FREE HERE](#). Most of all, remember to eat mindfully! Enjoy the moments. Savor the flavors. Drink a lot of water, and wait 20 minutes before deciding you “need” second helpings because it takes that long for our stomach to tell our brain we are full!

#### TRADE THIS



- 1 1 ½ cups stuffing
- 2 1 cup sweet potatoes with marshmallows
- 3 1 ¼ cup gravy
- 4 12oz. turkey breast with skin
- 5 1 ½ cup canned cranberry sauce

NUTRITION FACTS	
Calories	1341
Fat	38 g
Saturated Fat	11.9 g
Cholesterol	271.2 mg
Sodium	1680 mg
Carbs	123 g
Fiber	11 g
Sugars	79 g
Protein	110.5 g

#### FOR THIS!



- 1 1 cup green beans with almonds
- 2 1 cup salad with 1 Tbsp. salad dressing
- 3 ¼ cup stuffing
- 4 ½ cup sweet potatoes with marshmallows
- 5 6 oz. turkey breast with skin
- 6 2Tbsp. cranberry sauce

NUTRITION FACTS	
Calories	503
Fat	29.3
Saturated Fat	7.42 g
Cholesterol	129 mg
Sodium	390 mg
Carbs	40.5 g
Fiber	4 g
Sugars	19.3
Protein	50.5 g



### Move Well:

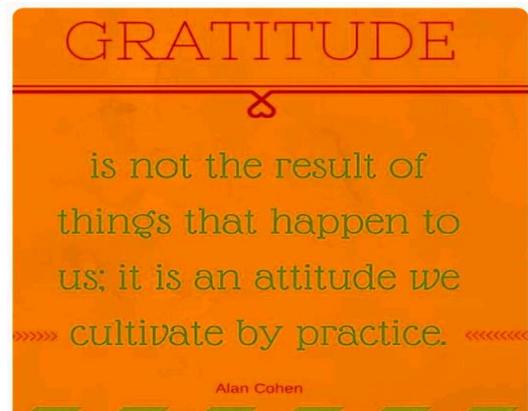
Let this be the month you set a goal (or in my case an intention works better) and stick to it! No Excuses. Do you want to walk each day? Exercise 3-4 times per week? Start a program and find a way rather than an excuse? Remember these words: we are always choosing something. If it is important to us, we find a way. If it isn't, we find an excuse. So set a plan that is achievable. Can you wake up 30 minutes early and move your body? **YES YOU CAN!**

Reach out to join our [No Excuse November](#) challenge group November 12-18<sup>th</sup> for FREE! It's my "giving thanks" to you!

Simply reply to this newsletter for access.

### Think Well:

This is the perfect month to create a Gratitude Journal. If a journal sounds too much, just take 2 minutes a day listing 3 new things you are grateful for. In the research of Shaun Achor, doing this for 21 days in a row (no worries if you forget~ just start anew) is the most powerful way to retrain our brain. Our brains are geared toward looking for threat. **This Trains Our Brain** to be more optimistic and to find things we like in our world. The benefits of this are countless! A perfect time to do this is just before bed; our subconscious mind ponders the good as we sleep!



Thank you so much for reading!  
reach out to join an online  
Group or bring us to you for  
fitness, mindfulness, &/or  
motivation! I still have some Lunch &  
Learn availability in Nov/Dec. and one  
last workshop coming up! ☺ Make this a  
month of NO Excuses~ be your best self!  
All my love & Gratitude, Kristin



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*Awesome Opportunities:*

Wednesday,  
Dec. 12<sup>th</sup> 7:30-9pm  
@ MadPower Training

Release,  
Relax,  
Restore &  
Renew  
Workshop

**Now Taking Names for January! This fills up fast so please reach out!**

**VISION BOARD**  
W O R K S H O P  
FOLLOW YOUR VISION  
REALIZE YOUR DREAMS