

# Stronger Together

Health tips from your favourite Resilience Coach



## Eat, Drink & Be Merry?!

OK! List 5 things to celebrate! Are YOU on the list? Why not?

My list: My body. Today, I celebrate my body. To honour, is to fuel it with love & nutrients. This week, I celebrate it! My body doesn't *have* to move, I *get* to move. 20 years of sports. A few years of teaching. Athletic competitions around the world. Society decides my "value-add" based on my body. It's a tool and also a piece of art; A masterpiece. My body is home. Despite drastic lifestyle changes, my body offers me incredible opportunities to explore, to be and to share. Strength. Power. Agility. How have you been honouring (& celebrating) your body? Is today day 1 to realise the pleasure in movement?

1

**EAT**

Guilt free zone. Breakfast, snack, lunch, snack, dinner. Fuel that body!

2

**DRINK**

Each time you reach for your phone, grab a glass of water instead. Bottoms up!

3

**LAUGH**

Have you found something to belly laugh about? No? OK, read this letter!



### Lemon Water

Lemons boost immunity. Literally squeeze a fresh lemon & drink the juice.



### Banana Peels

Pan fried with soy, honey & garlic. Next level snack. Banana with breakfast, peels with lunch.



### Avocados

Healthy fat is good for joints (especially knees). Google will most likely tell you the same.

## Mental Health Fun

Games to play to keep your mental health a dose of perspective.

**Name it:** Life is full of unexpected guests. My house is old and sometimes visitors stop by. A house spider, a mouse or something with way too many legs. Typically bugs scare me. When I offer them a name, I see them as a friend rather than a threat. My fear is instantly soothed. Try this to help with fear.

**Letters:** Most days I laugh but sometimes I cry. When my mind is in overdrive, I think of myself as a child and I write a thank you letter to my current self. Examining our life (& our accomplishments) through the lens of a child shifts something within. 'I'm so excited we have a dog!' 'I cannot wait until my legs are long enough to drive!' 'You get to watch tv past 10pm!' 'your partner is the best!' l-u-c-k-y. Letters to self help identify the simple joys.

**Quarantine Move:** For the next 7 days, pick any move and just practice this ONE move throughout the day. I PROMISE, progress is perfection. As long as you practice, you will improve. And soon become an expert. Experts often say movement boosts mood. Win-Win.



## Dear Warriors,

Roses are red. Violets are blue. This was a training week for me, how about you? Dodging projections & dismissing lies. My newest talent is saying Bye-byes! Ignore what doesn't serve to focus on celebrating YOU. Your mind. Your body. Your heart. Just to name a few.

We already established an anchor. We talked about power of intention. It's perfect time to focus on YOU, how sweet for me to mention. You are a Warrior through and through.

Personally, I'm tickled to simply know you. Our classes would not be as much fun without your presence, my teaching & how about that sun? (My look just before class) *xo Jess #SpreadLove*

*(PS: What are YOU celebrating? I LOVE YOU!)*

## WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

This Warrior and I were working through sound complications. Both of us were on our phones rather than computers. The post workout picture (accountability) wouldn't allow me to flex. My Warrior said, without hesitation, "No problem, Jess. Take two screenshots and photoshop my arms on you! Stronger Together, right?!" I LOVE WARRIORS! In addition to breaking a sweat, we tend to sneak in an extra abdominal workout... so much laughter!! #StrongerTogether

\*I encourage you to take pictures of our workout or practicing your favourite moves! Send your favourite wacky warrior moments to [jessica.m.corvo@gmail.com](mailto:jessica.m.corvo@gmail.com)

