

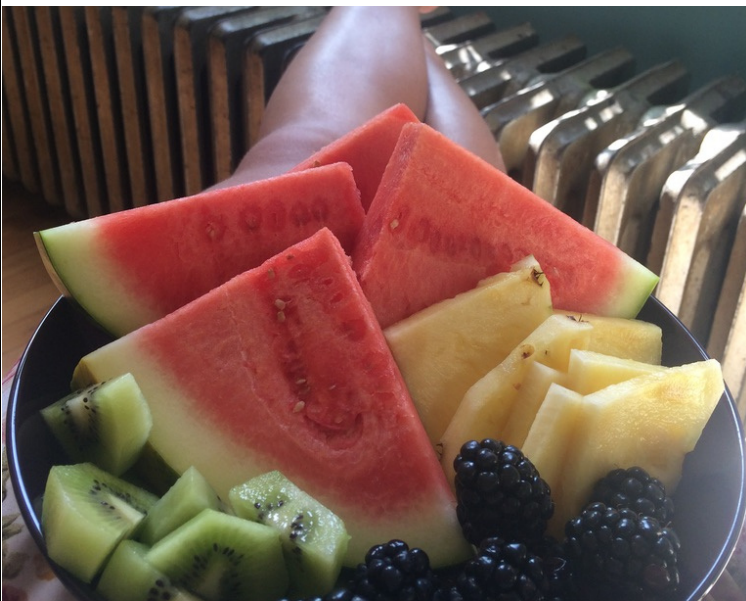
STRONGER TOGETHER

CULTIVATE A WARRIOR MINDSET WITH A RESILIENCE EXPERT

"OWN" IS JUST "WON"
SPELLED DIFFERENTLY

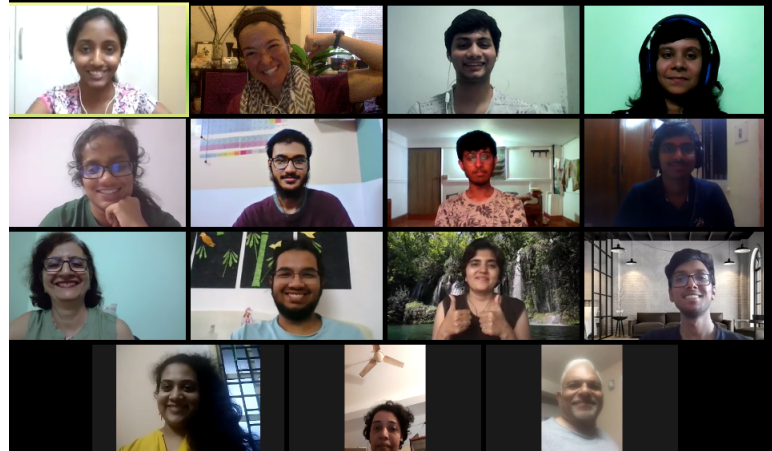
EVENTS

Grateful to empower purpose driven leaders around the world! In this [workshop](#), we discussed MENTAL TOUGHNESS: WHERE THERE IS A WILL, THERE IS A WAY! Big hugs to my friends in India! May you continue to shine your light and be the change you wish to see in the world! Remember we are #StrongerTogether!



RESILIENCE

Holidays are a PERFECT time to FLEX your MUSCLE of RESILIENCE. Think about it: Family can test your PATIENCE + HELP you find *new* areas to grow. When feeling out of balance, count to 5. Deep breath. Evaluate. Reframe. Celebrate. What are you grateful for? Your breath? A warm meal? People at your table?



KNOWLEDGE

Hey Sugar! Yeah, YOU! Let's get serious for a minute! Sugar is all around us! Did you know you can develop an addiction to Sugar?! Processed sugar is NOT the bee's knees. Processed sugar can cause issues with your EMOTIONAL + MENTAL HEALTH. Pay attention to what type of sugar you are consuming. Do your best to switch from processed to nature's candy. Let me know if you need help!



MIND-BODY

There are a million ways to connect the Mind-Body. Some will argue it's a discussion of consciousness rather than connection. After all, we are already **CONNECTED + WHOLE**. Right? Each day, we are given opportunities to be agitated. Opportunities to want to control. Opportunities to **BEFRIEND + DISARM** the Ego. If we remember the Ego simply wants to protect us, it's easier to flow through the day. Oftentimes, I'll giggle at myself, 'Hey there, thanks for looking out. what am I not seeing?' I find my breath. Before I know it, my mind is once again in equanimity. This week's challenge: **HOW DO YOU TALK TO YOUR EGO?**

SIZZLE SIZZLE

It's time to **SIZZLE!** Pan fry **ONIONS + GARLIC** (chopped). Add chicken breasts (sliced). Decorate with an obscene amount of cherry (or grape) tomatoes. Add fresh oregano (chopped). Protip: I add a chunk of butter then cover for an ultimate sizzle session! Serve with your fav starch! Enjoy your **SIZZLE!**



MOVEMENT CHALLENGE

SQUAT it out! **SQUATS** are the ultimate fitness move. Pretend you are sitting in a chair. Weight in your heels. Squeeze your glutes (let's work the booty)! Try 10-20 squats, 3 times/day. Benefits are endless:

- Strengthens **CORE**
- Reduces risk of injury
- Boosts athletic ability (+ strength)
- Helps with confidence (easy move to master)
- Can be a total body move (quads, hamstrings, abs, back, + glutes)!



LOOKING FOR A CORPORATE WELLNESS CONSULTANT: JESSICA M. CORVO