

STRONGER TOGETHER

A newsletter from your favourite Group Fitness Instructor



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Anchors are essential to navigate change

by Jessica M Corvo

Change is an opportunity to challenge beliefs, grow & see what you made of! Change is also scary, hard & filled with moments to test your sanity. The only constant in life is change. Everything changes. I prefer seasons and gentle change but the magical part of life is when we get to shout PLOT TWIST! Seriously. Shout! You will feel better! The Universe just said, 'Hang on, I'm gonna remove everything that doesn't set your soul on fire!' The Universe is not playing! I know. Everything changed so fast. 1. I'M PROUD OF YOU! 2. We are in this together. 3. How are you?! Would you like help creating magic? One of my secrets is to always have an anchor. Having an anchor is essential. Anchors are exactly what it sounds like, something to keep you grounded. When everything seems to be shifting, an anchor is a single thing to help you keep your balance. Mental balance. It can be a picture, an object, a mantra, a prayer... anything. What is your anchor? How are you staying balanced through all of the changes?



WEDNESDAY WARRIORS

Dear Warriors: Rambles from my heart

by Jessica M Corvo

Roses are red, violets are blue. I'm so incredibly happy to know all of you! Through some twists and some turns, I've expanded my clout. In addition to adults, kids know what I'm about. Thank you for trusting me to entertain your kin, we sing songs and play games, I promise not to sin. I've enjoyed being allowed into your home and in your heart. It makes the current situation feel like we are less apart.

Life is shifting and feels chaotic, especially for a beginner. Let me know if you need help creating your dinner. My Insta is full of affordable meals... easy veggies WITH their peels! USA, Italy, Sweden and Mexico make up our tribe. What a wonderful time to be alive! (PS: I LOVE OUR VIBE)!

Game time: What is your anchor? Identify this and you can deal with anyone, including a banker! HA! Reduce the sugar and come back to class! You know you want to, I miss your sass! Always remember you are doing your best. Say NO to unhealthy and remember you are so blessed! Here are some pictures of you and other Warriors! With so much love and a dash of magic! Remember we are #StrongerTogether. #SpreadLove <https://linktr.ee/jessicacorvo>

Healthy Habits: You actually have to come to class to learn about this. I'm serious. (It's important to invest in your health. YOU ARE WORTH 30mins/day)!

Boundaries 101: Jane Fonda said NO is a complete sentence. Say NO at least 10 times/day and watch your life get simple, real fast.

*It's been clinically proven that two mins of planks/day improves sleep, aides digestion & reduces stress.

