

Stronger Together

A newsletter from your favourite resilience coach



Creating Our Own Reality

We have exceeded 50 days in a new reality: Social-distancing. Self-isolation. Reflective living. What is your reality?

Scholars, monks & scientists have expressed 3 truths: 1% of your day is roughly 14 mins, consistent action for 21 days creates a new habit, & it takes 66 days for a behaviour to be automatic. THIS WEEK is crucial! Say NO to autopilot. Here's the plan of *new* action. [look right] Attending class covers 2% of your day. [look down] A new habit covers 1%. Even with these habits, you still have 97% of your day to do as you please. Seems simple, right? I challenge you to create your own reality. Be intentional! #BeYourOwnHero

14

AIR

Pretend you are a squirrel or a bird. Get outside or at least open the window.

14

PLAY

Pretend you speak a different language. Play charades to connect with someone.

14

BE

Pretend you are sitting with 8-year old you. Simply observe. Feel the feels.



HIIT / Circuit
Strong30 is a test of core stability & mental focus. Circuits push your physical limits.



CORE on the mat
Intense ab/back exercises targeting muscles you didn't know existed. *shoes optional*



KIDS Bootcamp
30-min class filled with follow the leader, pillow exercises & a competition!

Eat Real Food

30-45min recipes that 'sizzle sizzle.'

16-bean chili: bag of dried beans, large onion, garlic, 2 tomatoes, 2 [sweet/white] potatoes, can of chili starter. Quick boil beans. Pan fry diced onions/garlic. Add sliced potatoes & tomatoes. Add chili starter. Add beans. Cover. Simmer 30 mins. Optional side: Cornbread.

Banana Pancakes: 2 eggs, 1 large banana. Mash&mix. Cook in frying pan. Top with peanut butter. Optional side: blueberries/sliced apples.

Vegetable Soup: 1 onions, garlic, 2 potatoes, 1 corn, 1/2 cabbage, 4 carrots, 2 celery, zucchini, tomatoes. Large pot of water, add all veggies. Boil 5 mins, simmer 25 mins. Seasonings to taste. Optional: roasted chicken/eggs/rice

Tomatoes & Eggs: 3 eggs, 6 tomatoes, garlic. Pan fry garlic, add sliced tomatoes, add scrambled eggs. Cook 2 mins. Serve with toast or over rice. Optional side: kiwi/banana.

Ginger Water: Sliced ginger, 1/2 lemon & a large pinch of cloves. Boil. Serve. This is a natural way to boost immunity. Ingredients can be used for 3 different boils. Enjoy!



Dear Warriors

Roses are red. Violets are blue. This new reality is insane. Seriously, HOW. ARE. YOU? It takes time to build and even more time to bond. One word to describe you... I'm picking FOND. Last week we focused on anchors; This week is challenging your perception. Connect with your truth and don't be swayed by deception. Life is a bit odd whilst still being magic. Don't spend a second thinking this is tragic!

I'm cheering for you! We are in this together! Grab your friends! We have competitions to make us better! You heard correct, giving you something to brag about! Build. Bond. Crush Goals! Virtual fist bumps! *xo Jess #SpreadLove*

(PS: what are you creating for 1% of your day?)

WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

Everyone is doing their best to balance work, family & self-care. This week, the Universe offered a well-timed giggle during a super VIP private workout. Classes are set up in gallery view with my screen pinned. (you see me, I see everyone). Usually pictures are side to side, this time was different. I could not stop laughing during our warm-up. Reflective living brings unexpected giggles. I LOVE MY WARRIORS for so many reasons. Laughter is a way to connect. THIS way to 'connect' was special!? Additional proof; we are 1000% #StrongerTogether

*Please feel free to take pictures of our workout or you practicing some of the moves! Send me your favourite wacky warrior moments! jessica.m.corvo@gmail.com

