



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Summer- It is almost officially here! We've been waiting for this. It's like we're now on parole from Covid prison. Free to be outside without masks and gather together. It also means swimsuit season, and just the thought of that makes most women cringe!

Let's put our attention to fitness this month - fiscal and physical fitness.

Fiscal Fitness: We're just about half-way through 2021. How are you doing on your financial goals and habits this year? What little steps could you take to develop a stronger financial foundation? Please share your thoughts with us.

We live in a world where it is way too easy to order something from Amazon or Facebook. The ads and hyperlinks are everywhere, always tempting us. Marketers sometimes use educational content (so deceptive) to lure us in. I have found this showing up in my wellness space. I read all about x, and then suddenly I'm about to buy something. I'm trying to practice hitting pause on my emotion and revisit the item in a day or two. Usually, after thinking about it, I find I no longer feel compelled to buy it!

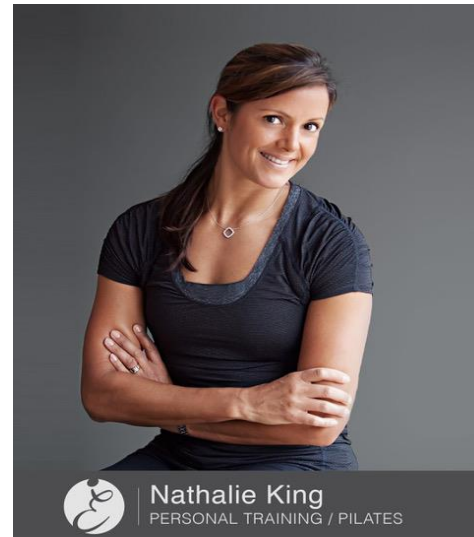
Some of these habits I'm working on go back to the January exercise from the WWW newsletter - decluttering, removing excess and how freeing that is. Ask yourself 2-3 questions before purchasing: Do I need it? How does it serve me? How am I doing with spending this month?

Now let's talk about Physical Fitness:

We all sometimes get in a rut. This month I have connected with Nathalie King, a personal trainer. She has offered our Women Wealth and Wellness Community access to her Bikini Body boot camp. I'm excited to try it, to get out of my comfort zone and to work on muscle groups that I may not be paying as much attention to. My workout routine has been the same for quite some time. I need a twist or a new addition to spice it up! Will you join me? I'll be sending more details in a post SOON!

Meet Nathalie King:

ACE Certified Personal Trainer, Power Pilates Certified Pilates Instructor, Bikini Body Boot Camp Instructor, TLS Coach, Spinning Instructor, Functional Aging Specialist



If you only have 5-10 minutes what is the best thing to do?

I like doing a Tabata type workout, which is 20 seconds of work and 10 seconds of rest. You can choose 1 or 2 multi joint/Body Weight exercise, such as Squats and Mountain Climbers and do 4-8 rounds of each. Try doing another 10 minutes later during the day.

Look for more workout tips in an upcoming WWW post!