

Hey Mama,

Tonight is the night! Cue music, flash the lights. It's time to celebrate 'cause we are about to get the party started.

Tonight marks our In- Person (Virtual) Orientation. On the call, you can expect...

- ☐ To set expectations for the program
- ☐ To meet everyone before we start (even from different time slots)
- ☐ To get answers to your questions from the welcome package
- ☐ To go over the 6 Pillars of the Program
- ☐ To get to know ME and a little of my story
- ☐ To create your goal for the 6 weeks
- ☐ WE WILL GET PUMPED UP

Each weekly email you receive will highlight some key information. Have a look below to see what we have in store for this week.

FOCUS:

KINDNESS. Each week we will have a focus area that we will intertwine throughout our program. This week we are doubling down on KINDNESS. Specifically, kindness to ourselves.

As you get ready for our first session together, I want you to be kind to yourself, your body, where you are, and give yourself permission to show up as you are.

The words we say to ourselves matters. You matter.

LOCATIONS:

MONDAY: Bowring Park (Meet at the gate, large parking lot side)

Equipment Recommended: Stroller

WEDNESDAY: Bannerman Park (Meet at the gate, large parking lot side)

Equipment Recommended: Stroller

FRIDAY: Quidi Vidi Lake (Band Side)

Equipment Recommended: Stroller

Please dress according to the weather. All locations are weather accommodating

FITNESS TIP:

Keeping in line with our kindness theme, as we start the program, listen to your body, go at your own pace, modify if you need to, and don't overdo it. There will be plenty of time for making improvements and gradually increasing our strength.

NUTRITION TIP:

Instead of focusing on taking things out, this week let your focus be adding things in. For example, this week our main focus is upping our water intake.

Set a reminder in your phone, carry a water bottle (if you need a dandy new one, check out the one one I have for sale in my store. It helps you track and monitor your water intake) or replace one other beverage with water.

Just make some small adjustments to increase that water intake.

WEEKLY RESOURCE:

This week there is no doubt you are going to be a little sore. I highly recommend checking out the stretching video in the resources section to stretch it out this week. Click [HERE](#) for easy access.

GUEST SPEAKER:

No guest speaker this week

AFFIRMATIONS:

Recommended affirmations this week...

"I say kind things about my body."

"I am grateful my body can move."

"I am mom enough!"

"I am here, I am showing up, I am already winning."

"Each day I move my body out of love, not out of hate."

QUOTE:

"I show myself kindness by showing up daily even when it is hard."

I am so looking forward to a fantastic 6 weeks together.

See you tonight.

Lots of love,
Tammy