



# Welcome

## TO 30 DAYS TO HEALTHY LIVING

Hi

Congratulations on making the decision to improve your wellbeing, leading you to a healthier mind, body and skin! I'm thrilled to be on this journey with you, to coach you, to be your supporter, and your cheerleader if you hit a bump.

You've been added to a Facebook support group. This week we will be posting everything you need to know for your start next week. Pay extra special attention to posts from your group admin. If you have any questions, feel free to ask!

### GROUP:

### ADMIN:

We've been posting instructions and guidance since Monday, so you'll want to go back through all the photos and files that are already there. I don't want you to miss anything!

I encourage you to plan out your meals and grocery lists, make time for exercise or outdoor activity, and moments of quiet or mindfulness. I also strongly recommend taking a Before pic because you'll be shocked at how much your body can change — and you never know how your story could help someone else change their health and life!

### My top two tips for you are:

1. Read all the info on the Facebook group page and stay plugged in because you will be amazed just how much you will learn from other Clients and Independent Consultants — like tips on where to find certain healthy foods and products or ideas on tweaking recipes and meal prep!
2. Be prepared. I cannot stress this enough. It's something I work on all the time, and when I'm prepared, it's a no-brainer to make better food choices.

Call/text/message me if you don't understand something, if you don't like something, or if you have any questions!

We will connect again over the weekend so I can make sure you are all ready to go! You are going to love this! Enjoy the journey!

To your health,

