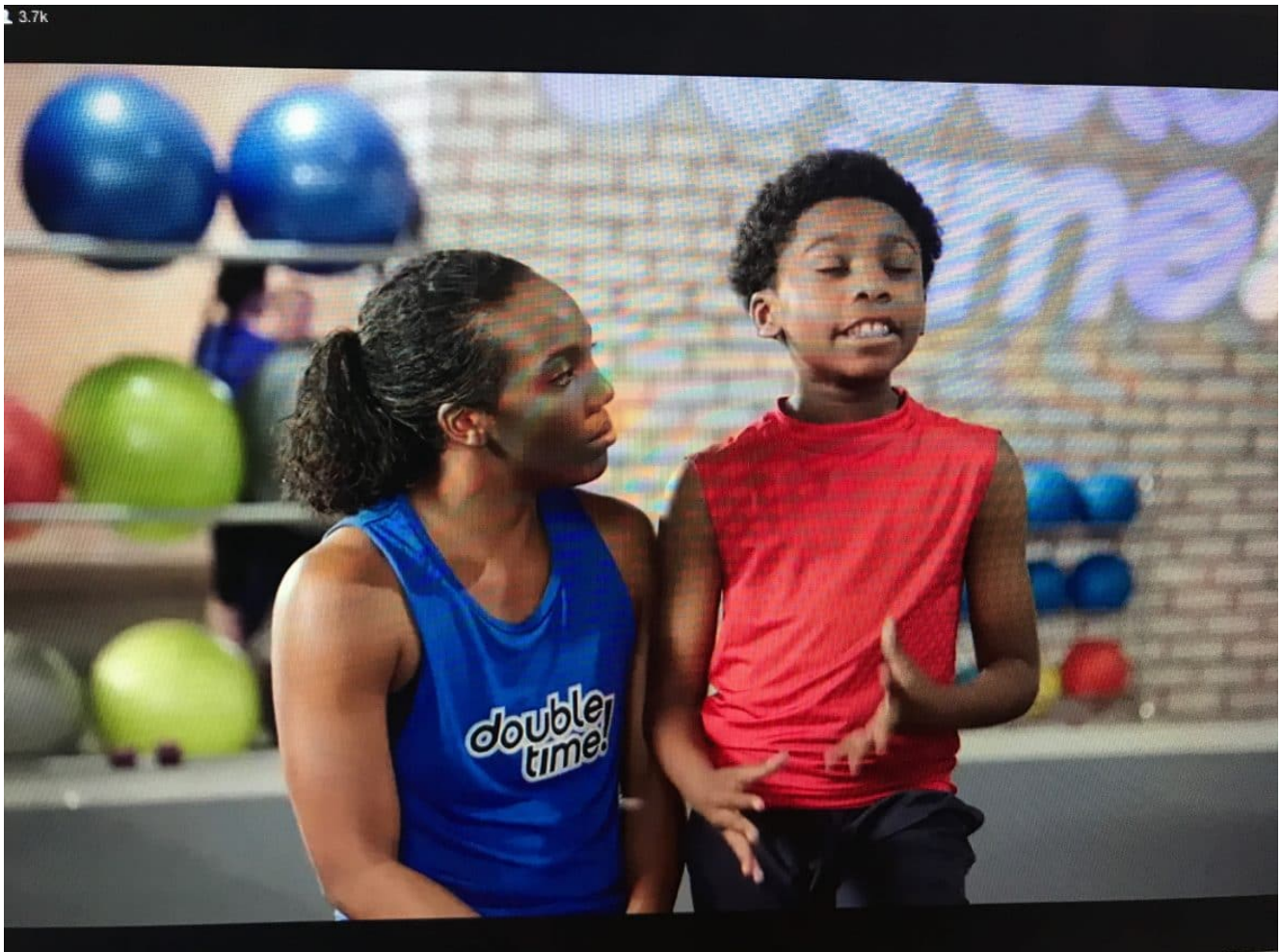


Home is Where the Health Is!

I am all about a healthful home in hopes that we are creating a healthful environment for our children. A few months ago, I heard the CEO of Beachbody talk about the idea of making your home a home of health. Why would you go to a gym and exemplify your health there and leave it at the door? Why not make your home your health haven? Do the hard things like daily exercise inside the home as well as exercising outside the home. Show your littles and family what it means to exercise, plan a meal, portion to make sure you get enough of each food group in a day, and get everyone involved!



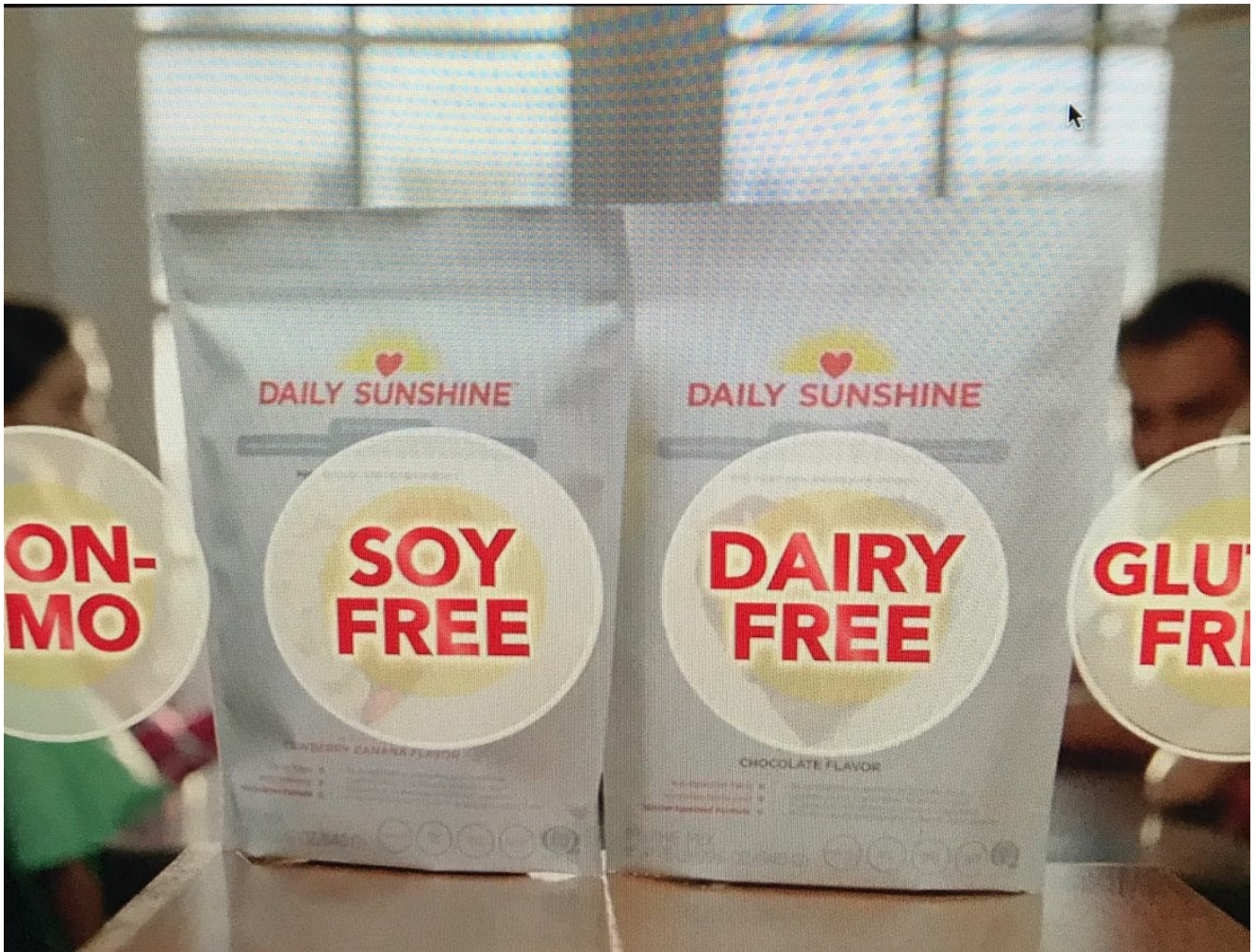
So tonight, this thought was revisited while I watched the CEO, Carl Daikeler speak again about the importance of making your home a healthful place to live all the time, not just some of the time. In honor of family health and making the home an all encompassing healthful place to be, I just learned

that this amazing company is coming out with more ways to connect the family, promote health and bring people closer together through health and wellness!

DOUBLE TIME: Coming out in November, you will be able to exercise with your spouse, friend, children or any partner. Double time will be a new program focusing on you and a partner!



DAILY SUNSHINE: Now our children can enjoy a nutrient dense, pediatrician approved, Non-GMO, Gluten Free, Soy free daily shake of their own! I just ordered my first bag. Sample packs are available.



Build stronger bodies, minds, and families through health and wellness! Stay tuned for more information to come.