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Where did June go? I can't believe it is already officially summer. That means July is right around the corner. I love summer! What's not to love when you are outside in the sun, enjoying family, friends, long days and cool drinks and the sound of kids screaming with joy?



Along with summer can come treats, drinks, bbq's and parties. I love to enjoy it all to the fullest all while finding

balance without deprivation!

There is a way to have balance and it takes a little extra discipline! Extra support, reminders, daily challenges can all help with finding that balance.

Next week, we will begin prepping for July 3. We will hold each other accountable and learn how to have a plan. We will do our best to stick to it.

It is all about creating balance, enjoying life and feeling good. Taking care of your body is the best thing you can do for you and for the ones you love.

Do you have a plan? Do you have a vision for how you will take care of yourself for SUMMER? Let me help. Who is in?