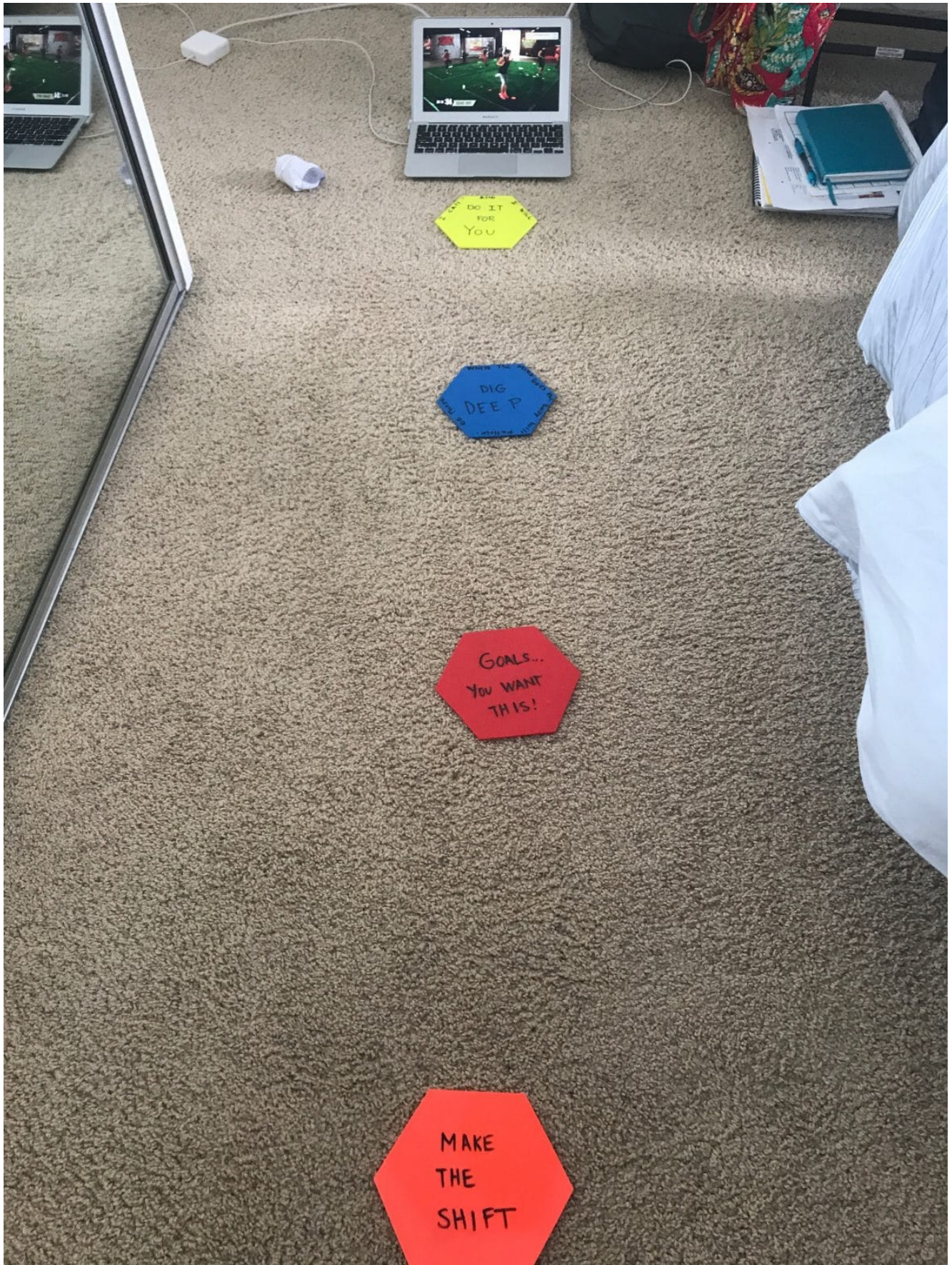


Shift Your Space!

Who says you can't get a phenomenal workout in tight quarters?

I am here to tell you that when there is a will, there is a way! Today, one of our littles decided to sleep in way past normal wakeup time. While I was thrilled he was sleeping in, I was also counting the minutes when I could go out to the living room or balcony and do my workout. I didn't think I'd have enough time to get my 45 minute workout in if he slept much longer. So, I improvised. I made do with the space I had and I can tell you, the workout was as good as it gets!



You have probably heard me say this before but the reason I love this program so much is because you can do it from anywhere, anytime and the only person standing in the way is

YOU! If you want it to happen, it will. It would have been easy for me to say 'forget it' today but I knew I'd feel better knowing that I stuck to my plan and honored my commitment, plus, it was a MONDAY! #nevermissamondays

