



A WELLSTYLES NEWSLETTER



OCT 2021

SAVE THE DATE

OCT. 6

WED @ 3:30PM

MINDFUL MOVEMENT

HIIT YOUR GOALS!

[CLICK HERE TO REGISTER](#)

OCT. 13

WED @ 3:30PM

TAKE 10

SET YOUR INTENTION

[CLICK HERE TO REGISTER](#)

OCT. 20

WED @ 3:30PM

BETTER BITES

THE BASICS OF MEAL PREP

[CLICK HERE TO REGISTER](#)

OCT. 27

WED @ 3:30PM

WELLNESS WINDOW

HOW TO CREATE SUSTAINABLE HEALTHY HABITS

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CHANGE DOESN'T HAVE TO BE SCARY

WHEN IT COMES TO GETTING HEALTHY, change is not only an inevitable part of the process, but often the primary reason people revert back to their "habitual" unhealthy choices or behaviors. To tackle the complex challenge that is behavior change, you must start from ground zero. Check out this month's blog and learn how to formulate the strong foundations necessary for successful and sustainable behavior change.

[CLICK HERE FOR THE BLOG](#)



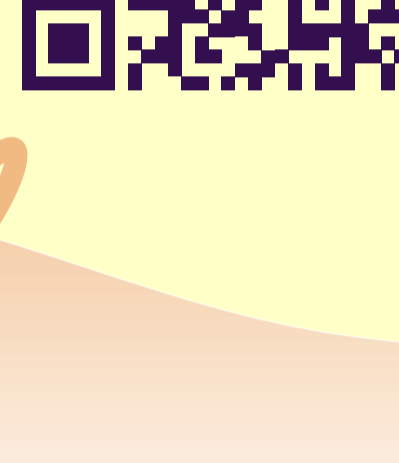
CHALLENGE: MON. OCT 11TH- FRI. OCT 22ND

JOIN THE GO FOR GOAL CHALLENGE. Track each day you take steps towards achieving your goals. Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

REGISTRATION OPENS MONDAY, OCT. 4TH

[CLICK HERE TO REGISTER](#)

ARE YOU SIGNED UP FOR WELLSTYLES?



[SCAN OR CLICK HERE TO REGISTER](#)

mindful movement

YOU ARE INVITED TO HIIT YOUR GOALS!

WEDNESDAY, OCTOBER 6TH AT 3:30 PM

Come sweat with Riley during a 30-minute HIIT workout that consists of short bursts of intense exercise followed by a period of active recovery. High intensity interval training (HIIT) is great for getting the most out of your workout in a short amount of time bringing you one step closer to achieving your personal fitness goals, as well as earning 150 Wellstyles Points.

[REGISTER HERE](#)

Take



WHAT WE THINK, WE BECOME.

Setting intentions helps to guide our lives in the direction we wish to live. Meditation supports us in maintaining a deep focus and strong connection with those intentions.

JOIN MIKAYLA FOR A LIVE GUIDED MEDITATION ON INTENTION SETTING

OCTOBER 13TH @ 3:30 PM

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Better Bites

IS NOW LIVE

You've been watching her whip up delicious recipes at high-speed and now you're invited behind the scenes to join the party (and the mess) in real-time!

JOIN WELLSTYLES REGISTERED DIETITIAN, KRISTEN, IN HER KITCHEN ON **WEDNESDAY, OCTOBER 20TH AT 3:30 PM** TO LEARN THE BASICS OF MEAL PREP

In this live cooking demo, she will walk you through how to prepare her favorite weekly staples making sure to leave no single nutrient behind!

DON'T MISS THIS OPPORTUNITY TO MAKE A DELICIOUS MEAL AND EARN 200 WELLSTYLES POINTS WHILE DOING IT!

[SIGN UP HERE](#)

WELLNESS WINDOW



HOW TO CREATE SUSTAINABLE HEALTHY HABITS

WED, OCTOBER 27TH @ 3:30 PM

DO YOU KNOW WHAT TO DO TO BE HEALTHY AND YOU'RE JUST NOT DOING IT? Or, you do - eat healthier, workout, meditate - but it never lasts? Maybe you only have two modes: all-in or all-out with your health efforts?

We live in a world where information and knowledge are abundant yet the practical application of that knowledge can be challenging.

JOIN OUR WEBINAR WITH SPECIAL GUEST, MAYA NAHRA

Learn the actionable steps on how to turn your health knowledge into real life habits.

[REGISTER HERE](#)



Maya Nahra, RD, DAIS is a registered dietitian, diplomat of the American Institute of Stress and founder of Nuuarua, a company whose mission is to help people create positive, meaningful and permanent change in their life. Nuuarua's evidence-based habit change methodology has been used in practice with clients and taught in municipalities and organizations over the past twelve years.

STOP!

DON'T LEAVE 600 POINTS BEHIND!

DID YOU MISS SEPTEMBER'S EVENTS?

YOGA SCULPT

[CLICK HERE](#)

TAKE A BREATH MEDITATION

[CLICK HERE](#)

TAKE CONTROL OF YOUR HEALTH

[CLICK HERE](#)

