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Downtown Burlington



inspireandmove OUR ENERGY BODIES

PHYSICAL
EMOTIONAL
MENTAL
SPIRITUAL

How do you fuel yours?

Some of my go to rituals + power players to ensure my energy bodies are optimal:

💪 Daily movement (dog walks + podcasts), strength training workouts 3-5 days a week, Pilates 2-4 days a week, runs 2-3 and a quality rest day. I like to mix it up week after week depending on how my body feels!



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♥ Surrounding myself with positive, inspiring people that make me happy + make me laugh

📖 Reading positive books that make me grow as a business woman, leader, wife + inspire me to be the best I can

✨ Practice daily gratitude, journal + meditate (STILL working on this...)

💧 Nourish my body with healthy whole foods (largely plantbased diet), lots of water, 8 hours of quality sleep every night (thank you @endy + my new @flaxsleep linen sheets!), sunshine + fresh air and of course my nonnegotiable daily @usanainc vitamins



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