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It's time to move 🧘 🧘

1 message

Your Break-up Coach <Janice@brokenheartrepairkit.com>

Tue, Apr 16, 2019 at 10:15 AM

Reply-To: Your Break-up Coach <Janice@brokenheartrepairkit.com>

To: janice.formichella@gmail.com



Today I will start to focus on renewing my spirit and body.

Hello again Janice,

It's time to start adding in some movement to your week or two (or three) of pure indulgence. So grab your earbuds, pick out a couple of true crime podcasts, and get outside.

Some of the benefits of exercise that are particularly important during this time:

- **Improving mood and energy**

It probably isn't news to you that exercise is scientifically proven to improve a person's mood because of the release of endorphins. And I'm guessing I don't need to go into great length as to why that's important right now, correct?

- **Help keep the wine and take-out weight off**

The LAST thing you want after a break-up is extra weight, am I right? So either to counteract the gluten free pizza and wine routine or to come out sexier than ever, make sure to get moving so that weight gain isn't something to add to your list of things to worry about right now.

- **Making you *feel* sexier**

I'm not going to beat around the bush or pretend that this isn't true for most women: we

want to look and feel sexier after a break-up, regardless of the circumstances surrounding it. Combine warding off weight with increased mood and energy and I'll just bet you're going to feel like you've got your groove back sooner rather than later.

There are a hundred different ways to make sure that you get movement into your day (and with this, I'll shamelessly plug my Break-up Warrior [Pinterest boards](#)). My personal recommendation for the break-up aftermath is to put on a really juicy podcast and take a long, brisk walk. I personally like to walk solo, but if there is someone who you can take a long, by all means, DO. As I've said, extra company right now is essential, so if you can make a workout buddy out of a current friend, go for it. Two birds with one stone sort of thang.

I've also found that a yoga class or two a week during a break-up can work WONDERS. The combination of stress relief, mind clearing, and good feels that it provides are just what you need right now.

I encourage you to make a commitment to get some increased movement in the next week and to respond to this email with your goal. I'd love to hear how you're taking care of yourself.

I'll see you tomorrow,
Janice



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