

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

DECEMBER 2020

## CHEERS TO A NEW YEAR AND A NEW YOU!

Hello Friends!

Happy (almost) New Year, and what an unprecedented year this was!! 2020 will go down in history as a year that challenged us in mindy, body, and spirit. A mantra that sheds enormous power is that we got through it.

We survived a year that truly tested us, making us implicitly stronger and more resilient than we were at the start of 2020.

We were challenged, and as a result, learned to find the good within the shocking. Maybe some of us feel a little closer to our loved ones or a once distant friend....maybe some of us have sharpened a hobby or made a behavioral change/habit.

In general, there IS good in learning to live with the uncomfortable because it enhances our ability to adapt to variability and sudden change. I wish you all power and strength and we charge towards a new year. 2021 has the ability to be a year of promise, of change, and of discovery.

Happy New Year everyone!

## BLOGS OF THE MONTH

### ***THE BENEFITS OF BARRE***

<https://www.wellnesswithsandy.com/post/barre-training>

### ***5 HOLISTIC WAYS TO IMPROVE MENTAL HEALTH***

<https://www.wellnesswithsandy.com/post/5-ways-to-improve-mental-health-today>

## TIP OF THE DAY

2021 is on the horizon, and new year's resolutions are in abundance. An acronym I learned during my training as a personal trainer was SMART - specific, measurable, attainable, realistic, and timely. Even though this acronym was initially applied to fitness goals, I believe it can be appropriate for any resolution you set for 2021.



Feel free to check out my Instagram page and my website for more information and updates!

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