

FINDING MY PHYSICAL FIT

"The spirit and the body are the soul of man."

-D&C 88:15

MY WHY

MY HOW

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Fitness/Workout Resources

- @jillkfitness – Fitblasts (at home and gym workouts)
- @staystrongmummy (at home)
- Beachbody OnDemand (stream at home)
- Planet Fitness (\$10/month gym membership)

Nutrition Resources

- @motivationmindy (simple, clean recipes)
- @biceps.after.babies (macro counting, recipes, workouts)
- Skinnytaste.com (website and recipe book)
- @ourbestbites_fitclub (Instagram feed and recipe book)



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