

ISSUE 1019

FEB 2019

# MOTION

A MAGAZINE ABOUT OUR FORWARD MOVEMENT

## **Move of the Month**

**A Reason To Love Planks**

## **National Vision Board Day**

**Goal Setting Tips From The Team**

## **New Year New Food**

**Eat Right Even On The Go**



# LETTER FROM THE EXECUTIVE

**H**appy New Year! This is the first edition of 2019 and we jam packed it with some good stuff to kick off the right habits. January, although it was long and cold, it flew by. As February approaches, some magazines are focusing on LOVE, but we love what we focus on each month.

First, February 1st is National Vision Board Day. Our team took the time in January to get together with magazines, glue sticks, scissors, and of course snacks to cut and paste our visions for 2019. Be sure to check out our strategies to make yours if you haven't done so yet. Also, be sure to check out my version of a "Vision Frame" on the back of the mag!

If you celebrated #DryJanuary or gave up sugar in 2019 then skip to our New Year New Foods article where we break down ways to meal prep and clean eat on the go for an the hustlers out there. You wont believe our newest favorite you can get at 7-Eleven.

Finally, as requested by our readers we are doing a fitness series this year. We will be breaking down simple, do it yourself, no equipment required movements you can incorporate into your current routines, or just start doing everyday on the road to a better you.

So, it is safe to say, we love everything about the February issue and it was worth the wait! Try out some of the products and tips, and as always, let us know if you have a suggestion to move our magazine forward!

*Zritt*

# MOTION

A MAGAZINE ABOUT OUR STEPS FORWARD

CREATED BY US FOR US

"PEOPLE DONT CARE HOW MUCH YOU KNOW  
UNTIL THEY KNOW HOW MUCH YOU CARE"

**CREATED BY**  
BRITT J.

## CONTRIBUTING PHOTOS

BRITT J.

## CONTRIBUTING CONTENT

**GEMMA M.  
PUNEH N.  
EMILY S.  
BRITT J.**

## EDITORIAL

JOSE A.  
BRITT J.



## QUICK TECH TIP

### QUICK TYPO FIX

Fat Fingers can't get to the right part of the word to fix the wrong part? Hold down your space bar and it will be allow you naviagte till you release!

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## QUOTE OF THE MONTH

FEBRUARY

"What the heart knows today, the  
head will understand tomorrow."

# GOALS

February 1 is National Vision Board Day and even though the team gathered in January to create our goal collages, no matter if it is the first of the year or the 364th, we are huge on goal setting!

“Know your long term goal and put it out in the universe, but focus on what you are doing today, knowing you’ll see the results of your actions today 30-60 days from now,” Said Pune N commenting on where to start and how to set goals. In order to invision our goals we gathered up magazines of all sorts from home and garden, to fashion, to

travel cutting and sharing where we see our selves in 2020 and beyond. Seeing these daily reminders help us focus on the now and what we are doing today to make our bigger goals happen!

Goal setting is not on everyone’s resume prior to starting with our company. “This business has really helped me re-wire my thought process of where I want to be in life 10-15 years from now,” stated Gemma M. Looking at your personal goals and how they can tie professionally is a big motivator! “I want to be a healthy lil woman so

I can spend quality time with my loved ones and have the freedom to travel like crazy and do what I want. But that only starts with the habits that I build today.” Gemma M. knows the importance of goal setting.

Its okay if you dont know where to start. Pull up Pinterst to find some inspo and the cut and paste some real images to a board to see and inspire you everyday! You got this!

More to do.



# NEW YEAR NEW FOOD

**M**ost people's New Years Resolutions start out with something health related and usually in the food category. Whether that is giving up a food or adding in a new one, the team is sharing what we are doing in 2019 to keep things fab, fresh and on the go!

"Shop in bulk and try to pack your lunch before the day so you don't go get fast-food," Emily S. suggests when it comes to meal prep. Costco and Sams Club are our go to grocery stores for preparing good meals for the week. Get all the staples: meats and cheeses, fruits and veggies, nuts and seeds and spend one night organizing Tupperware to create your own adult Lunchables.

We don't always think ahead when it comes to meals, and when our schedules change last minute or meetings run longer than expected, hunger sets in, and before it turns to hanger you need to eat something, fast. "Avoid the fast food and try a cold pressed juice. You can get all you daily fruits and veggies your body needs in one day in one bottle," Britt J. shares. "7-Eleven just launched their new Go Select Brand of Organic Cold Pressed Juices and they are delicious."

Healthy food doesn't have to be about all eating green, but rather eating clean. Do you know all the ingredients that goes into your meal? "We love Crockpot meals and making a pan of breakfast casserole that way we can pop in the microwave on our way out the door," Gemma M. stated sharing all her cooking inspiration comes from her family. "I get all my ideas from my mom, honestly. She cooked dinner every single day, so I picked up that habit of trying to cook homemade food everyday, and if I don't cook we at least have plenty of leftovers for dinners/lunches throughout the next two weeks."

Next time you are at the grocer, instead of reaching for the pre made meals, see if you can recreate it with real, fresh ingredients and challenge your leftovers to a new game!

"AVOID THE FAST FOOD  
AND TRY A COLDPRESS  
JUICE!"





# MOVE OF THE MONTH

Another popular New Years Reso is getting that bod back! Readers have also spoken and we have listened! We will be featuring a Move of the Month each issue so you can try something new in your current routine, or just get your heart rate up for the day! No judgement zone here! We are also offering our quick tips to incorporate fitness into your busy routine. No excuse!

## BE PROACTIVE

Everyday it is important to get your heart rate up to increase your longevity. Whether you chose to take your dog for a walk, like Emily S, or you get a gym membership like Gemma M., 60 a day is not just for kids!

“Now that the weather is nice, trails and hiking is the smartest way to get your heart rate up while spending quality time with the people you love,” Puneh N suggests. Arizona is the perfect place for hiking trails right

in our backyard. Spring is coming early, according to the Groundhog and with our temperatures hitting 70s, there is no excuse to get out.

## GRAB SOME FRIENDS

Don't go at it alone. Many gyms offer buddy passes and fitness studios usually offer free classes to first timers. For fitness inspiration, Gemma suggests using your resources. “I usually message my friends via Facebook who are workout fanatics and ask them to give me a week plan and what my goal is for that week if its cardio, or more upper or lower body conditioning.”

## ONE THING EVERYDAY

You don't have to plan a full day of working out, just adding 1 thing a day will make a big different over time. Try this move and see what results you get!

## PLANK ARM AND LEG RAISE

Start off in a plank position with arms straight over wrist and shoulders in line with elbows and legs straight out behind you.

Create a straight line from the tip of you head to the back of your heels.

Lift opposite arm and foot and the same time parallel to the ground then place back down.

Try to keep hips parallel to the ground and not lean on shoulders or legs. Distribute weight evenly.

Repeat with the opposite side remembering to breathe.

Complete 3 sets of 10 per side with 30 seconds rest between.

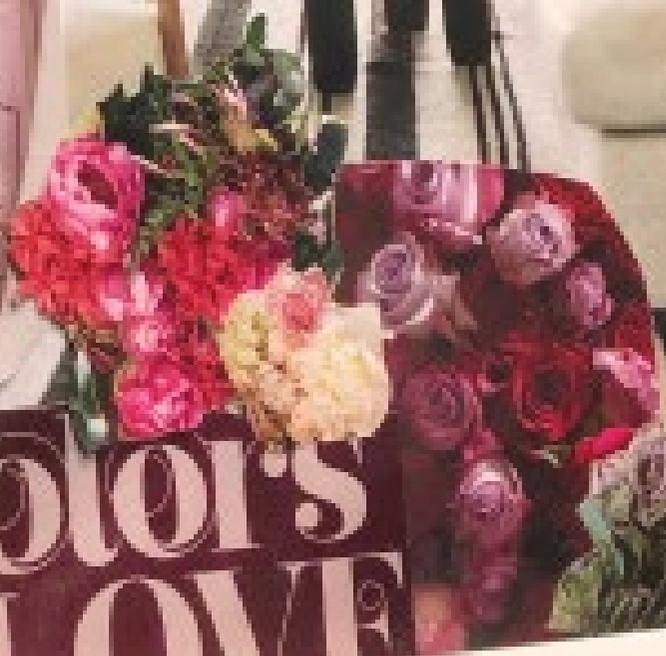
2019

CHANGE THE WORLD

THIRD EYE JEWELRY  
Pacifica Yoga **FREE**

Say "I do"

40 Under 40



Color's LOVE

WHEN YOU  
REDEFINE  
AN ART FORM  
YOU'VE MADE  
HISTORY.

10  
Dm