



Happy unofficial start to fall! Hopefully the change of season finds you in healthy, happy spirits!

Maybe it's that my birthday's end of August or that I associate Labour Day with memories of back-to-school, but the shift from summer to fall always represents a fresh start for me. A reset. A time to develop healthier, more productive lifestyle habits.

As you set your goals for the weeks and months ahead, I wanted you and your close circle to be the first to know about the latest project with SKLPT called Mind Your Body, a 12-week integrative group wellness program, starting online Wednesday, September 25!

You can watch the full Mind Your Body trailer, where I explain my inspiration and aspiration for the program, here:

<https://sklptyourlife.com/sklpt-mind-your-body-program>

Book Review Clarity & Connection by Yung Pueblo

The program gathers tools I picked up over 10 years in fitness to confidently guide clients to reclaim and reimagine your physical, mental, and emotional wellbeing; and close some very necessary gaps in the fitness industry in the process.

On the website link above there's also an exclusive early bird offer for you and/or anyone you think would benefit from this program. Registration's open now! I'm going to cap the registration at 6 women for the fall sessions—to guarantee you get everything you want and need from the Mind Your Body program.

Let me know if you want to talk further. I'm more than happy to schedule a discovery call together here on [Calendly](#).

I look forward to getting started!



Episode 29: Discovering Your Why with Jana Webb



sklptyourlife.com

