



Fitness by Faith

June 2009

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Fitness by Faith
21	22	23	24	25	26	27
28	29	30 Write2Heal				

Inner Element

Fitness from the Inside Out

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- June 1st—Start your day “in balance” Pray before getting out of bed. Stretch before sitting up in bed. Stand on balance on each foot for 30 seconds.
- June 5th— Start your journal.
- June 7th—Write positive, powerful thoughts about yourself on a Post-It note—place them all over your home!
- **June 20th— Fitness by Faith Empowerment Group for**

Women. 10 am Foothills Christian Church.

- June 20th—Eat and think only of eating. Savor every bite. Do not read or watch TV while you eat. Try to remember the taste and texture of each item on your plate.
- June 23rd-SIMPLIFY YOUR LIFE, teleclass. Sign up at www.inner-element.com. \$30.
- **June 25th— Eat at least two of your meals in the SAME and**

SPECIFIC location.

- June 30th—Reflect on your journal. Join us with Write2Heal at 6 pm at The Library Coffee House in Meridian.
- Read Phenomenal Woman

POWER THOUGHTS

- Wake up thrilled to find you.
- Be joyful to spend another day with you.
- Give yourself love.

...they that wait upon the Lord, shall renew their strength, they shall mount up with wings like eagles...

Isaiah 40:31