



It's the most wonderful
time of the year!



Have a happy...not a harried holiday season.

- Don't **OVER** commit your holiday schedule.
- Go ahead and **GET** ahead. Shop now, and get it out of the way.
- Exercise your **RIGHT** to exercise. It's a stress buster.
- Schedule time when you have **NO** schedule. It's **YOU** time.





It's the Holidays! Be sure
to eat reds and greens.

Need recipes? Just ask us.



Which foods are healthy foods?

Red and green Dyes!

- Avoid like the plague
- They can give YOU allergic reactions
- They can give KIDS hyperactivity + allergies

Red and green Foods!

- Cranberries ROCK!
- Broccoli fights cancer
- Beets save your heart
- Kale lowers cholesterol





**It's the Holidays! If you're
going to cook, be healthy!**

Need recipes? Just ask us.



Cooking for health during the holidays.

This is the year to try...

- Making your own cookies.
- Using N000 Boxed products.
- Eating Faux Food Free.

Your family will thank you

Your taste buds will thank you

And your waistline will thank you too!!

Happy Holidays From Mediterranean Wellness!



It's the Holidays!

Get outside
and get fit.



Don't think work...think exercise!

Get buff...get shoveling:

- It works your Biceps, Latissimus, Deltoids, & lower back!



Sculpting...by scraping:

- Chisel the ice away and you will chisel your Triceps



Trudging through the snow burns bonus calories:

- You burn TWICE as many calories when you take a walk in the snow

