



Hi Friends!

Remember when I said I was going to email you 3 x per week? Do you remember it was going to be my current thoughts on Mindset, my favorite meals, and exercise? Well, you haven't missed a thing! I haven't been sending them, and I have no excuse. I've just been lazy, and I'm sorry!

But this email has been on my mind for a while now, and I hope it resonates with you!

Have you heard about "exercise snacks"?

Exercise snacks are exactly what they sound like, short bursts of movement you sprinkle into your day.

Here's why I like them.

1. First, **they control post meal blood sugar**. Studies show, even a few calf raises after a meal significantly lowers blood sugar. (more so than moving before meals.)
2. Second, **they add up**.

Three 10-minute sessions in a day is still 30 minutes of movement. It adds up, and yes- it counts!

3. And third, **they help with energy and mindset**.

My mantra since being a young mom has always been, "an object at rest, stays at rest. An object in motion, stays in motion!". Have you noticed this? Laying around all day makes you more fatigued, am I right?? But a quick walk outside and you're re-energized.

Here are a few of my favorite exercise snacks lately:

- A quick walk after meals, even just 10 minutes
- A few Squats, pushups, or lunges in my kitchen while I'm cleaning up.
- 10 minutes going up and down my own stairs.
- A few overhead presses with some light dumbbells.
- Try a few pull ups on a doorway pullup bar

On days when you don't feel like doing anything, you can tell yourself: "Just move after meals today!"

If your goal right now is fat loss, muscle building, or just feeling better in your body, don't underestimate these small efforts.

Check out some of my favorite [Amazon products](#) for making post-meal exercising easy!

- [Fabric resistance bands](#) (for some easy leg lifts)
- [Doorframe pull up bar](#)
- [Some push-up handles](#)
- [A weighted vest](#) (for walking resistance)
- [Basic dumbbells](#)
- [A hip Thrust belt](#)



Hope you enjoy! <3

Amy Roskelley

DISCOUNT CODES

- **MY SHOP!** Weight Loss meal plans and digital cookbooks
- **Clean Simple Eats:** Code: HEALTHBEET
- **Built Bar:** Code: HEALTHBEET
- **Skinny Syrups:** Code; HEALTHBEET
- **Feast Mode Seasonings:** Code HEALTHBEET

- [Gardyn](#) (indoor veggies- my latest obsession! coupon code IRL37QK8XWR)
- [My Amazon Must-Haves](#)



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