



GET FIT WITH MAY

Hello everyone!!! Our May (insert Justin Timberlake's voice) is here! Finally..lol. As you guys know I've had a *stressful* couple days. The start of May has been shaky to say the least. To fill you in if you don't follow me on Instagram or Snap (you totally should btw lol) we chose to move into our house May 1st. It was a big big deal for us and we had everything planned. And I mean **everything**. Even down to what we will wear and made sure to pack the rest of our clothes accordingly. (Life living with a planner lol cough cough Jarod).

Well that day was a **disaster**. Our movers didn't show up, our cable guy didn't correctly hook up our boxes, and we had no hot water. I am stressed all over again just typing this out LOL.

I am sharing this story because that's life. You're going to have disaster days (like mine) that you end up laughing about a week later (*can we get to that part now lol?*). But you can't let that ruin your month, your goals and your overall hustle. Honestly that is why I create these monthly challenges. It is a fun way to enjoy a new month and a fresh start so to say but also because it's a friendly reminder to be good to yourself.

Now let's skip to the fun stuff... **THE CHALLENGE!**
#GetFITwithMAY of course inspired by my 90's childhood "*It's gonna be May*". May is my comeback month... whose with me? It is the last month before summer and that time to really get serious! I mentioned on Instagram story it is my month of soups lol! The challenge reflects this goal of mine which is to make a lot of homemade soups! Some choose salads for their "fitness comeback" but I choose soup! It is hearty, warm and cozy. Even in 80 degree weather I love soup lol. I always feel healthy and like it is made with love lol. It is also an easy way to eat real, whole food. Nothing processed or any added sugars. That's my personal goal this month however yours can be completely different! Maybe this month is all about your

workout game, or a better morning routine. Either way this challenge has you covered! Everything from strength (inner and outer), to motivation and of course soup (ok enough Sam).

I hope you enjoy!

xoxo Sammy!

