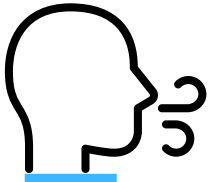


TransforME Coaching with Tracy Frankland



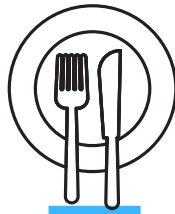
GOOD HEALTH IS IN YOUR HANDS

Here are some tips to help you on the road to whole person health and wellness!



5-5-7 BREATH

Inhale for 5 seconds. Hold the breath for 5 seconds and exhale the breath for 5 seconds. Do this for 2 mins to decrease your stress levels.



HUNGER/FULLNESS SCALE

When you are at a 2 or 3 for hunger, that is when you get ready to eat. When you are 80% full, stop! This tip helps you reconnect with your body's intuition again.



GUIDED MEDITATION

A guided meditation can help you clear your mind and calm the body. Meditation has so many health benefits! Join my FB group called Ignite your life with Tracy for guided meditations!

WOULD YOU LIKE TO LEARN MORE ABOUT HOW I CAN SUPPORT YOU?

Book your FREE 15 min Discovery call today with the Calendly button at www.kangooclubkicks.ca