

You're The One Newsletter

WONDERFUL WANDER! Issue 16 Vol 6 June 2021

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Karen Recommends



COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to June. Here we are in Melbourne in the middle of Lockdown No 4! With only 5 reasons to leave our homes at present (one of which is exercise for 2 hours per day), I thought it a perfect time to tell you about one of my greatest loves. That is the 'Wonderful Wander' or quite simply 'The Walk'. Last year when Covid hit, and gyms shut, I was not sure how I would cope without my daily fix! However, I adjusted to walking, have not returned to the gym as yet, and am still loving it. I believe this simple pastime is incredibly healing for our mind, body and spirits. I walk at least once a day, usually for around 1 hour, despite the weather. I'm an early riser and start my workdays early, so I tend to walk after I finish my shift. On weekends, when not working, I continue my early rising routine with 2 walks first thing. It is beautiful, walking around our local Maribyrnong River I never tire of the views, the nature, the people, the activities on the river, the sun gleaming up on the horizon, or even the frost on the grass first thing in the morning. So, if you haven't fallen in love with 'The Walk' I'd suggest you just give it a try, start by setting your alarm 15mins earlier than normal and take a 15min stroll. The positive benefits of even that amount of time can be felt. Or you may want to get off your bus a stop or two earlier on your way to work. A walk can really boost your energy levels and allow your mind a moment of energised focus to start your day right & it's also a great way to boost your immune system. So, my June invitation is for you too to fall in love with the 'Wonderful Wander' & feel the myriad of health and well being benefits. Love Karen XXX

Note: In a special memorial for my beautiful Mother who left this earth 1 year ago on 31.5.20 I was joined this evening on a special walk around Queens Park (where Mum worked & loved) this evening by some of my special family members who could make it and we let go of red balloons in our beautiful Mother's memory, followed by a special wish at the Rotary Wishing Well. Rest in Peace Mum. Love you Always and Forever xxx

WALK. LIGHT. BRIGHTNESS. HAPPINESS

"An early morning walk is a blessing for the whole day."
- Henry David Thoreau -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE ABOUT WALKING
Love Karen at YTO Life Coaching



A Picture Can Tell A Thousand Stories

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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 30 June 2021

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