

Words of Encouragement Wednesday

I wanted to add one more weekly feature to the blog and decided on this: Words of Encouragement Wednesday. It's half way through the week and all of us can use a little pick me up! Therefore, each Wednesday I will try to have a motivational post to give your week a little boost.

This week I am totally just going to point you to the podcast! You need encouragement, not only this week but for making it through what Pearl dubbed in this podcast as "the eating season". Is it possible to get through this eating season without guilt and weight gain? You bet it is! I hope you will find as much encouragement in this week's show as I did! Click the picture below to listen!



The
**TRIM HEALTHY
PODCAST**
w/Serene & Pearl
(and some guy named Danny)

Twas the Night Before the
Holiday Train Wreck
(Nahhh... Crisis Averted!)

Welcome to The Poddy.
*New episode released every Wednesday 6am CST