

Stronger

Healthier

Happier

SUNDAY MORNING WITH JULIE FEBRUARY 18, 2024



EAT

CHICKEN SOUP

I am a BIG fan of soups in the winter. They are a great way to meal plan for the week and sneak in some extra veggies. I take many short cuts when food prepping for the week. I buy chopped carrots, onions, celery, a bag of frozen spinach and chopped veggies from stores like Trader Joes. A pre-shredded rotisserie chicken at Costco is another easy shortcut.

This soup calls for warming spices like turmeric and ginger that aren't too overpowering. Shout out to Club member and Pilates Reformer client, Jill Simms, for the dried herbs she gifted me—they go in all my soups. Enjoy!

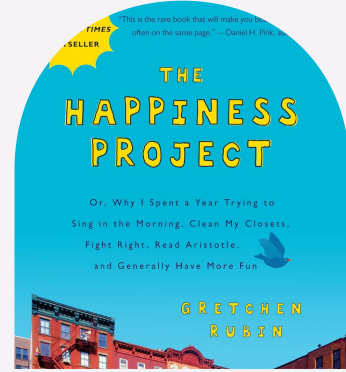


WATCH

NYAD

My husband and I are always trying to come up with shows we can watch as a family. If you have tweens or teens, you know how difficult that is!

A few weeks ago, I begged everyone to watch "Boys on the Boat" with me only to realize that it was only in theaters. So, we decided to watch Nyad on Netflix instead. This is the story of Diana Nyad, an American woman who attempted several times to swim from Cuba to Florida--finally achieving her goal when she was in her 60's! It was a very moving and inspirational family movie. Shout out to Club member Bonnie Conti for the recommendation!



READ

THE HAPPINESS PROJECT

I always have two books going at once—a hard copy on my nightstand and an audiobook to keep me entertained during the afternoon "kid shuffle"!

I thought I would share this "Line a Day" journal that I started several years ago. Each page is for one day. For example Jan 1—on the first line you write your blurb for 2024, the next will be for 2025, etc. It's kind of cool to look back at past years.

I started one just before the pandemic. It's funny to see when I was numbering the days of the pandemic! I need to pick that practice up again.

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