

Coach B.:

Hey friends, hope you're doing great. Coach B. here. Want to share something with you.

Coach B.:

First of all, let me tell you I hope you did your workout for the day. I hope you did the workout for the day. You got to do it. I don't care if it's in your kitchen, your living room, in the hallway, in your bedroom. You got to do that workout that your coaches are sending you right here in this Facebook group.

Coach B.:

Number two, make sure you're eating right. Don't say, "When this whole coronavirus thing is over and everything's back on track, then I'll start eating..." Come on, come on, come on. Let's just align ourselves and start eating right. Do it for yourself, please. I promise you when you eat foods that are fried and sugary and bad for you, you do fall into a negative state of mind because then you start feeling guilty about it, and then sugar is known to cause this spike and then drop in your blood sugar, in your insulin levels. And when there's that drop, we also kind of get dark and depressed and negative. And this is not the time to get dark, depressed and negative. So you might as well start eating clean, just like we're coaching you up in this private group. And of course, maintain a positive mental attitude.

Coach B.:

So with that, I'm going to finish off with this point for you. The only constant in life is change. Think about this: Just a couple of few short weeks ago, everything was fine and the coronavirus was in China. Today we're worried about the coronavirus and we're dealing with it just fine as a nation, globally, and we're doing all the things we can to flatten that curve and then put coronavirus behind us. But I'm telling you right now, the only consistent thing in life is change. And so, embrace change, be okay with change. And know that when we are past this crisis, there will be another one down the road and another one after that, because the only person that doesn't have change in their life is a dead person. See, their life is consistent. They're consistently dead. So thank goodness that you and I are alive, thank goodness there is change, and be okay with it because it is the best thing for us because we get to evolve, adapt, and overcome. I'll see you tomorrow.