

# MOVEMENT

## LMNT Electrolyte Mix

Price point: \$20-\$45

<https://drinklmnt.com/>



Most electrolyte drinks are heavy in sugar, artificial flavorings, and other harmful additives. Formulated by fitness expert Robb Wolf, these are the cleanest and healthiest electrolyte packets on the market.

Personal note: My favorite flavor is chocolate salt! It's amazing!

## Therabody's Theragun Mini

Price point: \$200

<https://www.therabody.com/us/en-us/mini-us.html>



Theraguns are becoming all the rage and their mini version is compact, powerful, and portable.

## 60 Day Reset

Price point: ~\$100/mo

<https://www.abbyenglandwellness.com/60-day-reset-diet/>

**60-Day Reset Diet**  
Virtual Group Coaching Program



Participants in my 60 Day Reset Group Coaching program learn that daily active movement adds up. Such as walking 10,000 steps/day, standing more, etc. Each person finds their own ways to incorporate more movement in their lives.