

# Nimkee Fitness Center

## QUICK FIT TIP

### MARCH 2017

**“The same pattern of thinking that has gotten us to where we are now will not get us to where we want to go.” ~Tony Robbins**

What thought patterns have brought you to where you are now? How do you feel about food, exercise and dealing with stress? Is there some small change you can add to your thought process? These are some great questions to ask yourself to help grow.

Develop a growth mindset and see the positive changes happen.

For a wonderful support and interesting topics, feel free to come to the Be WELL Group this Thursday, March 8th at 12:10pm!

#### **Healthy Recipe:**

**Classic Omelet with Spinach Basil Pesto**

[CLICK HERE](#) for the recipe

