



Happy September!

Happy September! Back to school is in full swing. We finished our summer off strong with getting intentional with our schedules with the Power of 50, by creating some healthy habits for our self care.

Now that the kids are back into a routine, what could you do to make your routine even better?

Here are 3 tips for you:

1. Schedule your classes ahead of time. Treat your classes like an appointment. If you cannot make your appointment, use common courtesy and cancel it 12-24 hours in advance.

2. Grocery shop for the week. Utilize the features of online shopping to save time, and/or be strategic with your time in the store. Set your intention when you walk in, so you aren't sidetracked.

3. Sleep is important to your recovery from not just your workouts, but also gives your brain a chance to recover. Set up a bed time, and a bed time routine. If you grind hard every day, you must take that equal time to unwind, if you want to feel and perform your best. Happy Fall, everyone!

~ Nickie

WAREHOUSE BLOG



[My Warehouse Tribe](#)

"The Warehouse is My Tribe"

[Tales From the Warehouse Trenches](#)

HALL OF FAME

Hall of Fame

Our September Hall of Fame Story is from **Amanda Schuman**

Check out her story on becoming a "strong mom"!



Would you like to be featured in our Hall of Fame?
[Click here to complete our form.](#)

It's a Girl!

Congratulations to Rob and Lisa on welcoming another healthy baby girl to their family!

Eve Christine was born at 2:36 AM. She arrived at 7lbs 12oz, 20.5 inches.

Welcome to The Warehouse family!



CELEBRATIONS

Happy Birthday

September Birthdays!

Happy Birthday

Malorie Drugg
Lucio Marquez
Kristin Gallagher
Amie Daly
Carol Tamminen



Happy Birthday

New Member Welcome

Help us welcome our new members!

- Lindsey Maas



THE WAREHOUSE
POWER OF
10
Club

Want to be our next Power of 10 Winner? Check-in 10+ times a month to be entered into the drawing to win \$10 off your next monthly dues.

Congratulations to our winner: Alesia Arlandson

THE POWER of 20
WAREHOUSE

Want to be our next Power of 20 Winner? Check-in 20+ times a month to be entered into the drawing to win \$20 off your next monthly dues.

Congratulations to our winner : Kandi Lovin

RECIPES



Shakeology Announcement!

Cauliflower Baked Ziti

Check out the recipe Nickie made on TCL on Monday Sept. 10

<https://www.delish.com/cooking/recipe-ideas/a57630/cauliflower-baked-ziti-recipe/>



No Bake Monster Cookie Granola Bites

Ingredients

- * 1¼ cups old fashioned oats
- * ½ cup creamy peanut butter
- * ¼ cup raw honey
- * ⅓ cup m&ms or mini chocolate chips
- * ⅓ cup raisins
- * 2 Tbsp ground flax seed

Directions.

Mix everything together and stir well. Roll (or use a small scooper) to form balls (about 1 - 1 and ½ inches). Place bites on a cookie sheet lined with parchment paper. Chill until set and solid. Store in fridge in an airtight container.

*Tweaked from Like Mother Like Daughter



Questions?
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