

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

ANDY PETRANEK

STEPPING UP

Issue 14 | March, 2020

**A newsletter, written with joy, for the curious, adventurous,
and modern-day action-takers of the world.**

This email contains affiliate links. If you click through to a product and make a purchase, I may receive a commission (at no additional cost to you). Thanks for your support in this way.

<<First Name>>,

Not a normal newsletter... these are not "normal" times.

Two reasons for writing this - two things that will help you with your action plan -
TODAY.

**1. The Whole Life Challenge is OPEN and FREE for the next 20 days - for more
info and to play, click this link: [The WLC PopUp Challenge](#).**

PLEASE SHARE - the world needs this right now!

We're doing this to help you and the people you care about most regain a sense of **purpose, hope, CAN DO attitude**, and to give you a place to connect with others around health and well-being (outside of all the other noisy and fear-inducing channels out there in the world).

Many of you know or have participated in the Whole Life Challenge. It's a game that has you focus on 7 Daily Habits to improve your health and well-being - nutrition, exercise, mobility, sleep, hydration, well-being, reflection. There has NEVER been a

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

And now it's open to EVERYONE in the world... for free.

The info is here: www.wholelifechallenge.com/popup

Once you join, please jump onto my team called "Andy's Tribe". (do that from the hamburger menu once you've signed up).

2. If you're a member of a gym, or have a trainer - please look to them first for coaching guidance and support!! ... but if you don't, or want a little somethin' extra...

I'm doing FB Live Workouts - every Mon, Tue, Thu at 4:30pm inside of the [Whole Life Challenge Facebook Group](#).

The FB Group is free to join (just request - open to everyone)... workouts are no longer than 15 min, no equipment, and are appropriate (and scalable) for anyone. Do them with me, or use them for inspiration... that's up to you.

That's it. Please take care of yourselves... I'll be writing more in the near future.

Andy

(Note: If you love these newsletters, please consider forwarding it to someone you care about and/or someone who needs to hear it. [They can subscribe here.](#))

Quote to Ponder

"There's no use trying," she said: "one can't believe impossible things." "I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half-an-hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

- Alice in Wonderland

If this email was forwarded to you and you'd like to subscribe, [Click Here](#)

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼



[Instagram](#) andypetranek.com [Facebook](#)

Copyright © 2020 Andy Petranek Coaching, All rights reserved.

Want to change how you receive these emails?
You can **update your preferences** or **unsubscribe from this list**.