



## **BIKINI BABES WEEK WEEK 2 WORKSHEET**

While I know some of you dread this part, remind yourself what you love about your body and how it serves you. We do not need to be perfect, we want to be the best version of ourselves. Your body allows you to do the things in life you love. Whether it's walking on the beach, keeping up with your kids, or going on trips - your body is serving you. I'm proud of your hard work and dedication over the last week!

**These bods are getting swimsuit ready!**

I've included some resources below you may find helpful on which brands I love and where to find them. During the Facebook Live on Friday, I will review how to choose a swimsuit for your body type.

1. This week I'd like you to assess the type of Bikini's you buy. Which suits bring you the most joy and why?
2. Based on the swimwear you own, which ones are you the most confident in and why?

### **Favorite Swimwear Brands**

Vix - I have always love the way this brand fits! One piece or Bikini

Norma Kamali - one piece

Eberjey - one piece

Beach Riot - Bikini's

Vitamin A

Maaji - Fun prints!

Onia X We wore what - one piece or bikini

Walmart - (Yes, Walmart said the stylist!) They have such cute printed suits! You can find very trendy items for a great price!

### **Favorite Places to Shop for Swimwear:**

[www.shein.com](http://www.shein.com) - Under \$10. Good quality/low price. They will only last one season.

[www.southbeachswimsuits.com](http://www.southbeachswimsuits.com)

[www.everythingbutwater.com](http://www.everythingbutwater.com)

[www.nordstroms.com](http://www.nordstroms.com)

Charyli - Located on Park Ave, next to The Gap - (Let them know I sent you)

Target

Walmart