



HELLO! I AM

Violet!

Violet.
Oleander.
Rose.

Violet wanted to share..

“It’s never too late to be a kid again! Don’t be afraid to have fun, take chances, be silly and even make mistakes.

It’s all GOOD!”





Hi! My Name Is **Violet**

Violet. Oleander. Rose!

I am a...

Movement and Mindset Coach

for KIDS! I love running and jumping and feeling good! I take my job of motivating kids very serious! It's all about having

FUN!

It's time for kids to be healthy and strong!

It's time for kids to have a positive mindset!

It's time for kids to have fun!



Violet's Mindful Thoughts!



#1 Take Good Care of Yourself

Enjoy your days! Sometimes life can get a bit busy! I hope you take good care of yourself. It is good to go into your week strong and eat as healthy as you can, get sleep, keep things as positive as possible, and take breaks when needed!



#2 Infuse Your Days with LOVE

Parts of life are bright and fun, but if you are in need of a little more joy, there are so many ways to infuse love into your days. Take a good friend out to lunch, look for events in your area, read a good book, burn a calming candle, volunteer, get some extra exercise, take a personal development course, or draw if you like to draw! And, don't forget to be like a kid. Be around kids. Join kids in fun activities. We can learn so much from them about living in LOVE!



#3 Surround Yourself with Positivity

Surround yourself with loving, positive and like-minded people!
This will up your cheer and your day-to-day mood! Do things that you love and feel good doing it with people you care about!



#4 Say No When Needed

During the week there can be a lot of expectations and some can become stressed easily. Be sure to validate your feelings and say no when needed. Healthy boundaries are incredibly important so that you stay in calm, peace, and happiness!



#5 Practice Mindful Giving

A great way to bring joy into your week is to practice mindful giving. There are many in need of support through struggle. Take out a friend who needs some love, donate food to a charity, or volunteer! It feels good to give and spreads the positivity!



I believe it's important to be a good person in this world. I like to be kind to people and do nice things for them. I also like to think good thoughts about other people and about ME! It's important to take care of our bodies, so I try to eat nutritious foods and get lots of exercise. It's especially important to be the kind of person who tries to DO THE RIGHT THING.

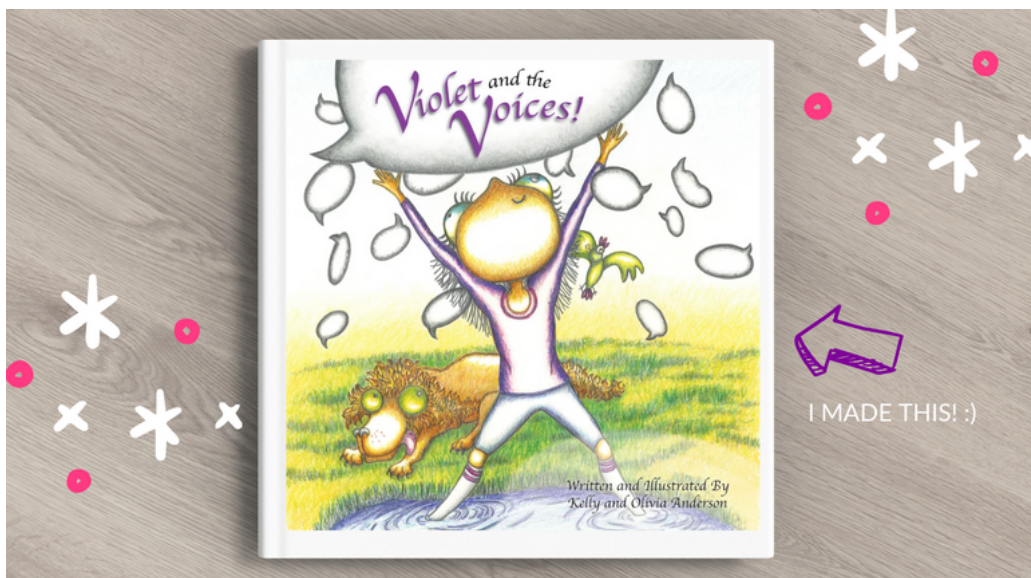
I wanted to inspire others so I wrote a BOOK!



She's Here!
"The only way to Be...Happy, Healthy Me!"

Violet is here to save the day! In her first book, she takes on the negative voices
in her head and lets them know
she's not letting them slow her down!
Join her and learn her special tactics for making positivity rule!
We hope you are as excited about

Violet as we are!!!!



Bring Violet to Your Loved Ones!

SHOP FOR GIFTS WITH US!!

Share the gift of learning how to let go of negative thoughts, and embrace good ones! Bring positivity and joy to your loved ones and kiddos every day!

www.violetoleanderrose.com/shop

SHOP VIOLET! 



Unsigned Soft Cover - "Violet and The Voices"

Unsigned Hard Cover - "Violet and The Voices"

Signed Soft Cover - "Violet and The Voices"

Signed Hard Cover - "Violet and the Voices"



Over 100 Copies Sold!

Also, don't miss out on
Violet's V.O.R. Club!

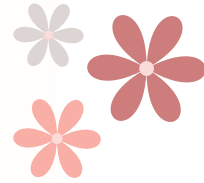
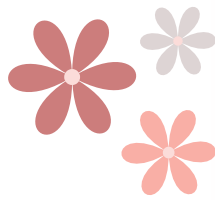


**ADD MORE CHEER WITH VIOLET'S
V.O.R. CLUB!**

We are so excited to announce that the
V.O.R. Club is now open!

Join us for tons of fun and joy! Receive
gifts and enjoy puzzles, crosswords,
riddles and more!





Hello, I'm Kelly Anderson!

Born and raised in Athens, Georgia, Kelly has worked in the health and fitness industry since 2006. She has vast experience in teaching Pilates, Corrective Exercise, Personal Training, Group Fitness, Mindset and Motivation. She is a life-long runner and has had a passion for all things health-related and anti-aging. She has a BFA degree in drawing and painting from the University of Georgia and ran her own mural painting company for 10 years.

Kelly began her journey into the growing field of Biohacking in 2021 and her ideas for two movements called "Biohacker Mom" and "The Feelin Good Mama" were born to support women and moms 40+. She serves to lift up and inspire women and families all over the world.

Kelly is a single mom, an artist, an illustrator, a writer, a women's coach and an entrepreneur. She and her daughter, 12, are celebrating the release of their first of a series of children's books called "Violet Oleander Rose," just released in October 2023. Violet is a health and mindset expert for kids.

Kelly and her daughter enjoy the beach and working on new projects together. They share a crazy life with their Red Heeler, Simon, and chubby kitty, Smokey.

😊 Thanks &
see you there!