

# JESSICA'S WORLD

A blog about family, fitness, work, and life in general



## NEW WEBSITE

*A work in progress.*

*Thank you for being a part of my journey.*

## LIFE EVENTS

*A quiet Thanksgiving as we recovered from COVID.*

*Regeneron was my best friend.*



## SAVVI

*Savvi is a community-based brand whose purpose is to inspire and support people to unite, grow, celebrate one another, and move forward together. Our mission is simple: To meet people where they are and help them to be better.*

# MY FAVORITE LOOK



*Obsessed with Athleisure Wear is an understatement.*

*Wearing & Sharing this incredible premium line of clothing is such a blessing.*

*Getting major discounts is just an added bonus! Can't wait to share more with you.*

**Top: Slounge X Hoodie**

**Bottom: Koza Leggings**

## FITNESS

*Check out some of the latest workouts created by yours truly.*

*Functional Fitness*

*Peloton*

*Running*



Environment  
+ Energy  
**LEADER**

## WORK

*What exactly do I do?*

*What don't I do?*

*Jack of All Trades*

# ABOUT JESSICA



*So many layers to unwrap. Here is your "CliffsNotes" version (bringing me back to grade and middle school)*

*Married to my best friend, Dave. Navy Officer Extraordinaire*

*Dave and I have been friends for almost 2 decades*

*I have two amazing children, Kinsley (8) and Bobby (5)*

*We have two rescue dogs, Hunter (A true Mutt) and Zeus (A Great Dane)*

*And more.....*

## QUOTE OF THE WEEK

*"Remember when you first became a parent. And everything was so terrifying? Now you watch your kid lick the grocery cart and you don't even break a sweat." - She's The Honest Mom*