

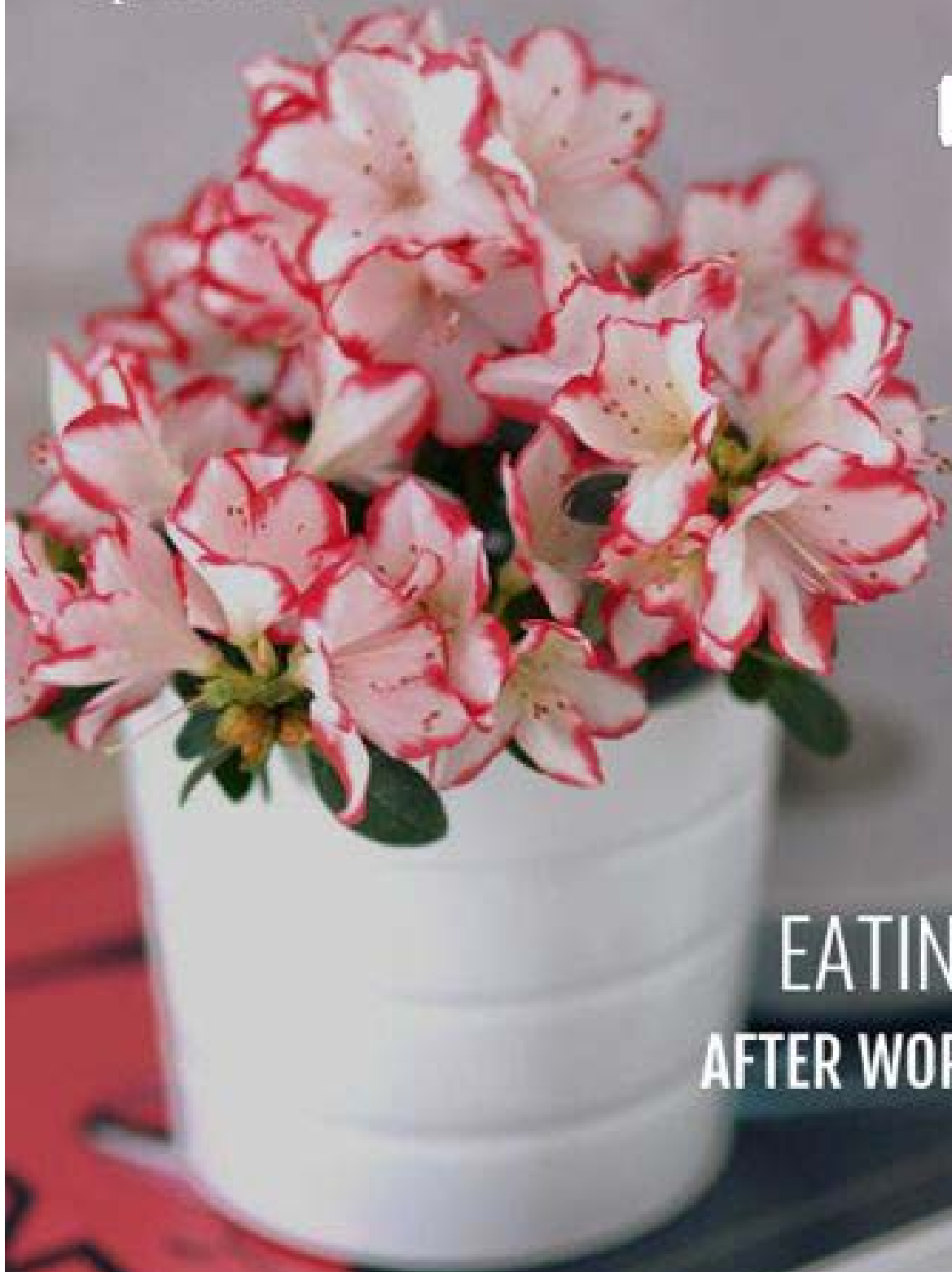
Lifestyle

April Issue



SMILE
&
REPEAT

EATING HEALTHY
AFTER WORKOUT



SUMMER BERRY SALAD



Ingredients:

- Serves 2
- Four handfuls spinach
- One avocado, pitted and sliced
- 2 cups berries of choice, sliced
- 2 tbsp chopped, roasted almonds
- Few sprigs mint and basil, finely chopped
- For the dressing -
- Two handfuls mint and basil, finely chopped
- 5 tbsp filtered water
- 1 tbsp olive oil
- 2 tbsp maple syrup (or more, to taste)
- Juice one to two limes (to taste)



RUN
RUN
RUN

NEW YORK
Marathon



SCHEDULE WORKOUTS

2020-04-01

Schedule your workouts at home. Have a plan. Look at a planner and write out your exercise appointments one month in advance. If something comes up and you have to change one, reschedule it immediately.

Lifestyle Tip Archive

- Schedule workouts
- Don't cruise through cardio
- Prevent Osteoporosis
- Work Your Biggest Muscles
- Try working out in the morning
- Push each exercise set to near failure
- Perform multi-joint exercises
- Exercise Daily

H F L

Health Fitness Lifestyle



EAT SMART

Break the Habit
The Importance of Mobility Flow Exercising
Challenging Body-weight Exercises to Incorporate into your Routine

Wherever life plants you, bloom with grace

