Revive Your Routine
Having a consistent fitness routine is the easiest way to make activity part of your daily life. When planning your exercise, aim for SMART moves (specific, measurable, attainable, realistic, timely): pick a time, place and activity that fits into your life and stick with it!

Print out this a newsletter and keep it as a guide while exercising or cut out the exercise cards for easy access during workout time.

Nutritionist’s Corner
Monday is a good day to “Go Green.” Make sure that your meals today include: spinach, kale, Brussels sprouts, or broccoli. The spinach leaves could be added to a sandwich or salad. The kale to a fruit smoothie, and the Brussels sprouts and broccoli roasted in the oven, drizzled with balsamic vinegar. YUM!

- Dr. Gordon