Get Out and Go

Outdoor activity may provide more benefits than staying inside. In a recent study, those who exercised outside reported a more enjoyable experience & left feeling more energized and less tense. Getting out into nature can also help you revitalize & ramp up your routine!

Print out our newsletter and keep it for a reminder of the exercises or cut out the exercise cards to keep it ready for work out time!

Nutritionist’s Corner

Rosemary is more than just a pretty name, it is an herb that is popular in Mediterranean dishes and its leaves can be used in the dried form or you can buy it when it is fresh and fragrant. The leaves look similar to pine needles. It thrives in most mild climates throughout Europe and America. The plant is hardy and grows to about 2-3 feet in height. It is believed that Rosemary improves memory and also aids the immune system, improves circulation and digestion. Rosemary is versatile and can be added to potatoes, chickpeas, meats, poultry, and stuffing. A simple recipe is to puree the fresh leaves in olive oil and use as a dipping sauce for bread.

Dr. Gordon

Stay Hydrated

Ben Says

Machine assisted Pull-ups
5 sets of 10 each

Side Plank
3 sets
20 seconds each

Wrist Stretch
2 sets
15 seconds each

Trainer’s Corner