

OCTOBER 15, 2018

October Newsletter

Check out what Body by Obona has been up to this month!





Fitness Tips

Make the little things count

Here are some fitness tips that work even if you are running short on time:

1. Workouts can be easy or short, but not both at once.
2. Make exercise a part of your social life and you won't even notice you are doing it. Join a dance or Zumba class.
3. Always have a goal. Preferably one that scares you a little bit.
4. Make a regular appointment with the gym.
5. Reward yourself for meeting your goals.

6. Incorporate walking into your daily routine.
7. Make the most of every moment. You can do squats and wall sits anywhere.
8. Eating right is the key to weight loss.
9. Get enough sleep.
10. Workout during lunch.

Nutritional Tips



5. Eat more produce
6. Drink smart- avoid sodas
7. Avoid trans and saturated fats

Learn more at:

<https://healthyeating.sfgate.com/10-key-basic-nutrition-concepts-7681.html>

10 Basic Nutrition Concepts

Even though a detailed meal plan for your goals is always best, here are some tips to keep you on track.

1. Limit sodium
2. Consume whole grains
3. Eat seafood
4. Avoid overeating. Use small plates for portion control and do not indulge in going back for seconds.

**Never hesitate to cut
the "attachment" of
someone if it means
protecting your
well-being** 

Recipes

Balsamic Rosemary Chicken Stir-Fry

- 2 Tbsp I Can't Believe it's Not Butter
 - 1 lb boneless, skinless chicken breasts, cut into strips
 - 2 cloves garlic, minced
 - 1 tsp chopped fresh rosemary leaves
 - 5 cups sliced assorted vegetables (such as zucchini, yellow squash, onion, red bell pepper and grape tomatoes)
 - 2 tsp balsamic vinegar
- Instructions:

-Melt butter in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until lightly browned and thoroughly cooked, about 4 minutes. Remove chicken and set aside.

-Add garlic and rosemary to same skillet until and cook over medium heat until fragrant, about 1 minute. Add vegetables and cook, stirring occasionally, until tender, about 5 minutes.

-Add vinegar and chicken; cook until heated through, about 1 minute. Serve

Get more recipes at:
bodybyobonallc.com/recipes

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CLIENT FORUM Weekly Schedule

All Live classes are listed in **RED** and are **EST** time zone

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Motivational Monday			Testimonial Thursday		Stay-Fit 10am	Weigh In (Bi-Weekly)
	Zumba 8pm	Zumba 8pm	Zumba 8pm	Zumba 8pm		Live Meal Prep w/Tina (Bi-Weekly)
FFZ 9pm	FFZ 9pm	FFZ 9pm	FFZ 9pm	Freedom Friday (Time To Be Announced)		Ending Hope 6pm

Description Of Classes

Motivational Monday:

Designed for clients to kick start their week with heavy inspiration. So post your before/after photos, Progress pictures, Inspirational videos, Etc, as long as its motivational, Monday is perfect.

Testimony Thursday:

This is the day where you post your testimony. Any hardship, struggle, battle, or war you've fought and won. Let's hear about it. Your story can/will motivate the next person who may be in the cusp of a similar situation and hearing your victory may give him/her the confidence they need.

Freedom Friday:

It's SHOW TIME!!! Live Class!!! Beginners/New comers this is for you. It's a fitness class that will be hosted by Obena or an Event Host. Class is Open to all

Stay-Fit Saturday:

Fitness class with Staci that will range from 45-50 minutes long. Class Open to all.

FFZ:

Designed under the Cfit theme, the goal is to alleviate the obstacles of getting to the gym, but still getting a TOTAL BODY workout. Experience 45-60 mins of high-intense exercises geared to rid your body of unwanted fat, burn calories and build endurance. All while in the comfort of your home.

ZUMBA Time:

Latin and Hip Hop music. Zumba time is a interval training dance class using more traditional fitness moves for a more athletic, conditioning-style workout. Any level of fitness can participate and dance the calories away... Contact Angie or Rose for detailed information.

