

OCTOBER 1, 2018

# October Newsletter

Check out what is happening with Body by Obona!!!



**Make each day count by setting the tone of your week! Let's work!**

# Nutritional Tips

## Aloe Vera Juice

### 9 Benefits of Aloe Vera Juice



1. Alkalinity
2. Hydration
3. Liver Function
4. Reduce Constipation
5. Clearer Skin
6. Multiple Nutrients
7. Heartburn relief
8. Digestive benefits
9. Useful as moisturizer

#### Side Effects:

Decolorized (purified, low anthraquinone) whole leaf aloe vera is considered safe. A recent [study](#) in mice fed various concentrations of

purified aloe vera for three months, in fact, showed no adverse effects at all from the juice.

Learn more at:

<https://www.healthline.com/health/food-nutrition/aloe-vera-juice-benefits#6>

# Fitness Tips

## Pull-Ups- Not Just For Men

Perhaps the nicest fringe benefit of pull ups for women is how smashing you'll look in an open backed evening gown. Pull up movements do a great job of toning and building the muscles of the upper back and rear part of the shoulders. Don't worry, you won't get "bulky." But you will build a beautiful shape that guys will drool over when you let your upper back show.



The other selling point for including pull ups in your training is the nice tapered effect you'll get. By toning the lats, you'll make the waist look smaller. This creates beautiful lines and a

very proportionate physique that'll look great in tighter cloths or in your swimsuit.

- Exhale throughout the pulling portion of the exercise

Chin ups are done with your palms facing you and involve the biceps muscles to a greater degree, making it an easier option to start with. Pull ups are done with the palms facing away, isolating the back muscles to a greater extent and making it a more challenging option.

Finally, here are a few extra cues that may help...

- Think of pulling the bar DOWN towards your upper chest
- Imagine driving your elbows down towards the ground
- Keep your abs and butt tight throughout the movement

**\*\*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 soup 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 Ofit 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 Tone:**  
Lean and Hip Hop music Zumba tone 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.



# BBO Clothing Store

“Did You Die?” Shirt for  
**\$23.99!!!**

Fall weather is here!  
Get your new workout  
gear today while supplies  
last!

Order today:  
<https://bboclothing.com>





# Recipes

## Avocado Chicken Salad Lettuce Wraps

- 2 cups chicken breast, cooked or low sodium from the can
- 1 avocado
- 8 Butter lettuce, leaves or any lettuce leaves of your choice
- 2 Tbsp Cilantro
- 1/2 tsp garlic powder
- 2 tbsp red onion
- 1 tbsp lime juice
- pepper or any Mrs Dash seasoning to taste

### Instructions:

- In a medium bowl, mash avocado with lime juice. Stir in cilantro, onion, garlic powder, and chicken until well

combined. Season chicken salad with pepper and Mrs Dash seasoning to taste.

-Just before serving, fill butter lettuce leaves with chicken salad and serve

Get more recipes:

<https://www.bodybyobonallc.com/recipes>

