

NOVEMBER 1, 2018

November Newsletter

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



Fitness Tips

Best Ab Exercises Without Equipment

Here are the top 5 Ab exercises to do at home:

1. Planks: Goal is 45 seconds to one minute
2. Crunches: Activates core
3. Sit-ups: Use your core strength to pull yourself up
4. Side plank: Goal is for 30 seconds
5. Leg Lifts: Hold for 30 seconds 6 inches off the ground then bring your legs up. Repeat.



Nutritional Tips

Ezekiel Bread Benefits

Due to the sprouting process, Ezekiel bread may contain more of some vital nutrients. Studies show that sprouting grains increases their lysine content.

Lysine is an amino acid that many plants contain in only low amounts. Increasing its levels through sprouting, increases the nutritional value of grains and seeds considerably.

Also, combining the grains (wheat, millet, barley and spelt) with the legumes (soybeans and lentils) may somewhat improve the protein quality.

Studies also show that sprouting wheat may lead to significant increases in soluble fiber, folate, vitamin C, vitamin E and beta-carotene.

Sprouting also partially breaks down the starch, since the seed uses the energy in the starch to fuel the sprouting

process. For this reason, sprouted grains have slightly fewer carbohydrates.

By sprouting the seeds, Ezekiel bread should be more nutritious than most other types of bread.

Sprouting, as in soaking the grains in water and allowing them to germinate, causes a number of biochemical reactions in the grain.

The benefits of this are twofold:

1. Sprouting increases the number of healthy nutrients.
2. Sprouting reduces the number of antinutrients.



5 BEST EXERCISES TO



LOSE FAT

- 1.) DEADLIFT
- 2.) SQUAT
- 3.) PRESS
- 4.) DIPS
- 5.) PULL-UPS



BUILD MUSCLE

- 1.) DEADLIFT
- 2.) SQUAT
- 3.) PRESS
- 4.) DIPS
- 5.) PULL-UPS



Recipes

Sautéed Brussels Sprouts & Apples

-3 Tbsp I Can't Believe it's Not Butter

-1 lb Brussels Sprouts, trimmed, halved lengthwise, (about 4 cups)

-1 medium onion

-1 Gala apple, cored and chopped

-2 gloves garlic, thinly sliced

Instructions:

-Melt butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts, onion and toss until evenly coated. Cook, stirring occasionally, until Brussels sprouts are golden, about 10 minutes.

-Stir in apple and garlic ; reduce heat to low and cook covered, stirring occasionally, until tender, about 10 minutes. Serve.



BBO Store

Body by Obona Bag

Only \$27.99!!

Order today while supplies last:



<https://bboclothing.com>

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 Stacie that will range from 45-50 minutes long. Class Open to all.

FFZ:

Designed under the Odfit 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:

Latin 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.

