

AUGUST 1, 2018

# August Newsletter

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

The point that you are ready to give up is when the breakthrough is about to happen!! Keep Pushing!!

**-Obona Moren**



## Fitness Tips

### Best Core Exercises



So if you're already following a program that includes sit-ups, you can simply substitute them for one of these 7 best core exercises. And if you haven't started yet, these exercises will help you get off to the best possible start:

1. Plank Variations
2. Reverse Crunches
3. Hanging Leg Raises
4. Body Saws
5. Chin-ups

Learn more at:

<http://travelstrong.net/best-core-exercises/>

## Nutritional Tips

### Garlic Benefits



Part of the allium family, which includes onions and leeks, garlic has a number of compounds that supply its health-boosting effects as well as its pungent aroma. According to wide-ranging research, garlic can seemingly improve immunity and heart health, possibly help prevent as well as fight certain cancers, and lower triglycerides and total cholesterol. Its many compounds include antioxidants and allicin, which has anti-bacterial properties, researchers report. Some of these benefits can be seen after eating just one meal with raw garlic. Yet overall there's enough evidence to have at least half of a clove every day.

To get the most benefits, first chop, slice or crush fresh garlic -- this fires up a process that makes its compounds more potent. Wait 5 to 10 minutes before eating or using in a dish, especially if you'll be mixing it with a highly acidic food like lemon juice.

Learn more at:

<https://health.usnews.com/health-care/articles/2018-07-27/tap-into-the-health-powers-of-garlic>

## Recipes

### Italian Turkey Burger Soup



- 1 ½ lbs ground turkey breast
- 1 large onion chopped
- 3 cloves of garlic, finely minced
- 1/2 tsp pepper
- 1 ½ cups carrots, sliced
- 1 ½ cups celery, sliced
- 1 can diced tomatoes (28oz) not drained
- 3 cups low sodium beef broth

- 4 tbsp tomato paste
- 1 tbsp fresh basil ( or 1 tsp dry)
- 1 tbsp fresh oregano (or 1 tsp dry)
- 1 tbsp fresh thyme ( or 1 tsp dry)
- 1/2 tsp chilli pepper flakes
- 1/4 cup fresh parsley
- 1 tbsp I cannot believe its not butter

Instructions:

- Heat butter in large skillet.
- Add ground turkey, pepper, onion, and garlic to skillet and saute until turkey is browned.
- Transfer to Dutch oven or pot.
- In same skillet add carrots and celery and saute just until slightly tender ( not too soft).
- Transfer to Dutch oven or pot
- Add tomatoes to skillet to deglaze
- Add beef broth, tomato paste and all the herbs (except parsley) to skillet and bring to a boil.
- Transfer to Dutch oven or pot, stir to combine all ingredients
- Simmer on low heat 30-40 minutes
- Add parsley last 5-10 minutes of cooking, serve

Get more at:

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

# Client of the Week

## **BBO Store**

Add to your workout wardrobe today!

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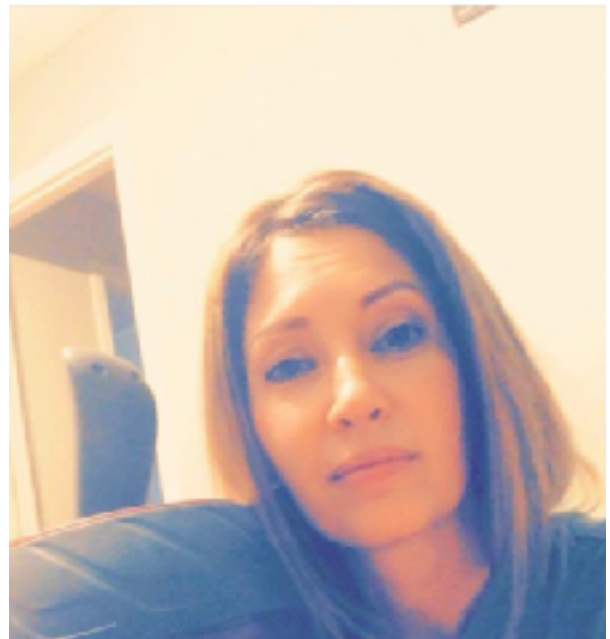
<https://bboclothing.com>

## ***Lisa Noseff***

Consistency and dedication is what makes my Client Forum unique. Supporting one another is key to meeting goals. Join the Family today!

<https://bodybyobonallc.com>

With #CONSISTENCY anything is obtainable  
👊. FFZ 🙌❤️ — with Tre' Waters and Laura Calbert.



**Before u congratulate a  
long lasting relationship.  
Make sure it was healthy  
There's a difference**