

JULY 15, 2018

# July Newsletter

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

It always seems impossible until it is done. Set your goals high and don't stop until you get there.

**-Obona Moren**



# Nutritional Tips

## Lemon Water

Is Lemon water good for you and why are lemons a good element to add to your diet?

Adding lemons to your water can decrease your hunger and help you lose weight.

Lemons can:

\* Reduce blood pressure: Luckily, eating lemons on the regular has been proven to help. People who ate at least half a lemon a day, coupled with walking about 7,000 steps, greatly increased their blood pressure levels, according to a study published in the Journal of



Nutrition and Metabolism.  
\* Give you a youthful glow: The American Journal of Clinical Nutrition, high vitamin C intake was associated with a lower

likelihood to develop wrinkles and less skin dryness

\* Help you lose weight: Lemons are rich in polyphenols, which are

naturally-occurring compounds that contain antioxidants.

To learn more click on the following link: <https://www.eatthis.com/benefits-of-lemon/>

# Fitness Tips

1. Move your body every day of the week
2. Schedule exercise like an appointment
3. Follow the 80/20 rule- 80 percent eat healthy and 20 percent exercise
4. Add some muscle building activities into your workouts
5. Find a form of exercise you enjoy
6. Workout in the morning- this makes you less likely to skip exercising for the day
7. Take one day a week for active recovery



## BBO Store

Stay cool in this racer back tank for only

**\$19.99!!**

Get yours while supplies last

<https://bboclothing.com>



8. Creating muscle is the secret to a revved up metabolism
9. Never go more than two days in a row without exercise
10. Circuit training helps you burn calories and increase muscle.

## Recipes

### Mexican Zucchini and Turkey

- 2 medium zucchini, sliced and quartered
  - 1 ½ pounds ground turkey
  - 2 garlic cloves, minced
  - 1 (10oz can) tomatoes & green chilis (or salsa, or diced tomatoes)
  - 1 tbsp chili powder
  - 1/2 tsp black powder
  - 1/2 tsp onion powder
  - 1/4 tsp crushed red pepper flakes
  - Mrs Dash chipotle seasoning to taste
- Instructions:
- Brown ground turkey with minced garlic and pepper.
  - Cook over medium heat until meat is browned.
  - Add tomatoes and remaining spices. Cover and simmer on low heat for another 10 minutes.
  - Add the zucchini. Cover and cook for about 10 more minutes until zucchini is cooked, but still firm, serve.

**Mental health  
takes priority over  
any friendship/  
relationship. I'll  
lose anyone before  
I lose my sanity. 🗝️**

### TOTAL MEMBERS

