

SEPTEMBER 15, 2018

# September Newsletter

Check out what is happening with Body by Obona!!



**Keep working! You can do anything you put your mind to!**

**-Obona Moren**

# Fitness Tips



## Tuck Your Shoulder Blades Down and Back

This tip is great for chin-ups, but it's more than that. By sliding your shoulder blades down and back before an exercise -- like you're tucking them into your back pockets -- can improve your results and protect from injury. It helps activate your lats for pulling exercises, work your pecs more completely in pushing exercises, keeps your chest up during a squat and can reduce painful impingement on your rotator cuff during biceps curls.

## Increase Your Range of Motion

Add more work to each rep and increase the efficiency of your workout by increasing the range of motion -- the distance the main motion of the exercise travels to complete the rep. Squat deeper. Drop the weight until it's an inch or two above your chest. Raise the step for step-ups. Elevate your front or back foot on lunges. Get more from each move and your body will thank you.

## Brace Your Core Before Every Exercise

Your core is much more than a six-pack of muscles hiding beneath your gut -- it's a system of muscles that wraps around your entire torso, stabilizing your body, protecting your spine from injury and keeping you upright. Fire these muscles before every exercise to keep your back healthy, steady your balance and maintain a rigid body position. You'll get the added bonus of isometric exercise for your middle, which could reveal the muscles in your core you'd like everyone to see.

# Nutritional Tips

## Oatmeal



What are the true benefits of eating oatmeal?

1. Nutritious: 51 grams of carbs, 13 grams of protein, 5 grams of fat and 8 grams of fiber
2. Rich in antioxidants
3. Contain beta-glucan fiber: beta-glucan fiber includes: Reduced LDL and total cholesterol levels, Reduced blood sugar and insulin response, Increased feeling of fullness, Increased growth of good bacteria in the digestive tract
4. Lowers cholesterol levels
5. Improves blood sugar control

**Stretch marks mean your body changed,  
Getting 1K “likes” on a post doesn’t  
compare to getting real “love” from 1.  
Jobs that don’t pay you to live a Boss Life,  
still pay bills 💰  
Just be happy with who u are.  
That defines a RICH life**

## Recipes

### Nicki's Cabbage Salad

(Thin slice everything. Use about 1/2 cabbage, and whole of everything else)

- Slice fresh cabbage
- Slice Cilantro
- Slice green onions
- Slice red pepper
- Squeeze a lime over top
- Add German vinegar (Salata) or vinegar of choice
- Add Mrs. Dash garlic&herb, sprinkle of Mrs. Dash jalapeno, Mrs. Dash Table blend, garlic powder
- Add water
- Mix well, let sit in fridge for about an hour, stir

