

AUGUST 15, 2018

# August Newsletter

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

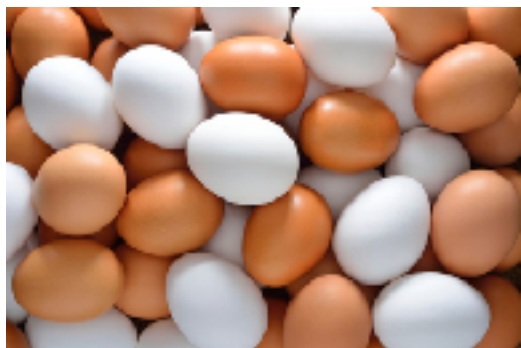


Put your heart, mind, and soul into even our smallest acts. This is the secret of success!

**-Obona Moren**

# Nutritional Tips

## Benefits of Eggs



Eggs are among the [most nutritious foods](#) on the planet.

A whole egg contains all the nutrients required to turn a single cell into a baby chicken.

A single large boiled egg contains (1):

- Vitamin A: 6% of the RDA
- Folate: 5% of the RDA
- Vitamin B5: 7% of the RDA
- Vitamin B12: 9% of the RDA
- Vitamin B2: 15% of the RDA
- Phosphorus: 9% of the RDA
- Selenium: 22% of the RDA
- Eggs also contain decent amounts of vitamin D, vitamin E, vitamin K, vitamin B6, calcium and zinc

This comes with 77 calories, 6 grams of protein and 5 grams of healthy fats.

Eggs also contain various trace nutrients that are important for health. In fact, eggs are pretty much the perfect food. They contain a little bit of almost every nutrient you need.

If you can get your hands on pastured or omega-3 enriched eggs, these are [even better](#). They contain higher amounts of omega-3 fat and are much higher in vitamin A and E (2, 3).

Learn more at:

<https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs#section6>

# Fitness Tips

## Success Tips

### 1. Exercise Daily

Exercise daily for at least an hour. You do not have to kill yourself from running, jogging, etc., but you should have some sort of moderate physical activity in your everyday life.

### 2. Eat the Right Foods and Portion Each Meal

### 3. Be Sure to Get Sleep

Even though most of us have eight-hour jobs during the day or night, it is crucial to get enough sleep to recharge the body's batteries. Six to eight hours of sleep will keep the body going throughout the day, but if you happen to feel tired at any point after coming home from work, by all means take a small nap before exercising. You should only nap for about a half hour. This will prevent you from staying up later in the night.

### 4. Stay Motivated

An important key to being in shape is to set goals and keep a positive mindset. If you stay positive, you will be able to push yourself to get that fit body you've always wanted.



**BBO now has a program designed specifically to keep you motivated. Click the link to find out more!!**

**<https://www.bodybyobonallc.com/acc>**

Some guys still cheat even when getting caught means being homeless... 100 smh 😂

## Recipes

### Mexican Egg White Omelet



- 2 teaspoons I cannot believe its not butter
- 1 small jalapeno, thinly sliced and seeded (if desired), stem discarded
- 1/2 cup diced red onion
- 1 clove garlic, minced
- handful of grape or cherry tomatoes, halved
- pepper to taste
- 6 egg whites, whisked

half an avocado, peeled, pitted and diced

chopped fresh cilantro

Instructions:

-Heat butter in a medium saute pan over medium-high heat.

-Add jalapeno and onion and saute for 3 minutes, stirring occasionally.

-Add the garlic and tomato and continue sauteing for 3 minutes, stirring occasionally.

-Season to taste with a pinch of pepper.

-transfer the mixture to a separate plate.

Return pan to the stove, and reduce heat to medium\*.

-Add the whisked egg whites and cook for 2-3 minutes until the eggs are set and the bottom of the egg is golden.

- Remove from heat.
- Add the onion mixture, diced avocado, cilantro to the egg white, and fold over to form the omelet.
- Serve warm, garnished with extra cilantro if desired.

Get more recipes at:

<https://bodybyobonallc.com/recipes>

**Ur going to do things for  
ppl who dont deserve it.  
But don't let that  
change what u do, just  
change who u do it for.**



## **BBO Store**

Fall is on it's way!!!

Start your wardrobe today with your Body by  
Obona shirt for only **\$22.99!**

Hurry while supplies last...

<https://bboclothing.com>

