

# July Newsletter

Check out what's been happening with Body by Obona!!





## Fitness Tips- Zumba

Workouts don't have to be a chore. In fact, workouts don't have to feel like workouts at all. With Zumba, a workout isn't even a workout: it's a fun, social dance party – with exercise being the biggest perk! The music is fast, upbeat and contagious, so you can't help but keep moving. And since it takes place in a group setting, Zumba is by far one of the best ways to get your friends in on your "exercise routine."

Some of the benefits of Zumba are:

- \* Calorie and Fat Burning
- \*. Improved coordination
- \*. Full body workout
- \*. Aerobic benefits

Check out the following website for more information:

### **BBO Store**

The BBO Store has something for all your needs! Get your Yoga pants today!!

Priced right at **\$13.66!**

Click below to Order Today:

<https://bboclothing.com/collections/yoga-pants/products/hot-new-pants-letter-printed-lady-skinny-pants-swag-fitness-leggings-women-leggings>

<http://www.healthfitnessrevolution.com/top-10-health-benefits-zumba/>



## Nutritional Tips

Belly fat is not just a problem because it can look bad.

In fact, having lots of fat in the abdominal area is strongly linked to diseases like type 2 diabetes and heart disease. For this reason, losing belly fat has massive benefits for your health and

can help you live longer.

### Certain foods can help you lose belly fat:

- Almonds and other nuts (with skins intact)
- Beans and legumes
- Spinach and other green vegetables. Instant oatmeal (unsweetened, unflavored)
- Eggs
- Turkey and other lean meats
- Peanut butter

Check out the following website to learn more:

<https://bodybyobonallc.com/recipes>

## Client of the Week

*Veleda ObonaGirl Perez*

My clients prove hard work and dedication pays off!

Click below to sign up today:

[https://www.bodybyobonalic.com/?message\\_id=b8dd2107-c5eb-47b1-a77a-0f37a4b6e9fe](https://www.bodybyobonalic.com/?message_id=b8dd2107-c5eb-47b1-a77a-0f37a4b6e9fe)

**Don't be scared to  
love again, not  
everyone is your  
ex.....**



## Recipes

### Baked Buttery Seafood

- 1 ¼ lb cod fillet (or salmon, tilapia, halibut, or shrimp)
- 2 plum tomatoes, chopped
- 2 green onions, sliced
- ¼ cup pitted Kalamata olives, chopped
- 3 Tbsp I Can't Believe it's Not Butter spread, melted
- 1/4 tsp each dried thyme leaves, basil, oregano and crushed rosemary

#### Instructions:

- preheat oven to 375
- Arrange cod in 2-quart baking dish. Combine tomatoes, green onions, olives, butter and herbs in a bowl. Pour mixture over cod.
- Bake 25 minutes or until fish flakes with a fork

For more recipes click the following link:

[https://www.bodybyobonallc.com/recipes?message\\_id=b8dd2107-c5eb-47b1-a77a-0f37a4b6e9fe](https://www.bodybyobonallc.com/recipes?message_id=b8dd2107-c5eb-47b1-a77a-0f37a4b6e9fe)