



Simply Healthy

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PHONE NUMBERS

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YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

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Healthy and Happy Holidays

Christmas Gift Ideas

- Kettlebells
- Yoga Mat
- Workout Clothes
- Ear buds
- Athletic Shoes
- Gym Membership
- Fit Bit
- Fitness App
- Stocking Hat
- Fitness Journal Subscription
- Stability Ball



Merry Fitness
and a
Happy New
Year!!!

- ### 12 days of Fitness
- 12 Lunges
 - 11 Bicep Curls
 - 10 Mountain climbers
 - 9 Squats
 - 8 V Sit ups
 - 7 Shoulder Presses
 - 6 Pushups
 - 5 Burpees
 - 4 Tricep Extensions
 - 3 sets of 10 Rows
 - 2 Jump Squats
 - 1 Minute hold Plank



Healthy Christmas Tree

(See Left Photo)

Construct a fruit filled Christmas tree as a centerpiece of as a festive appetizer.

Buy a Styrofoam tree. Cover with tin foil. Place your choice of fruit on toothpicks and arrange all over. Use your imagination to add different shapes and colors. Use lettuce, powdered sugar or other ideas underneath to complete.

Experiment with different platforms you may have in your china cabinet!! Enjoy!