

PRANA

Arbonne | Super Salad | Workout Tips

5 Things I Love!

These are just my opinion...

1. **Garmin 620**- Totally reliable and motivating for keeping track of my running and biking.
2. **New running shoes** - Brand isn't important to note here. What's best is what feels best for YOU. Nothing like a new pair of shoes to make you *want* to go for a run!
3. **Bryan Kest Power Yoga 1,2,3 DVD** - Love , love, love this one! About an hour long, it is challenging but doable. I'd say it is intermediate to advanced.
4. **Receiving Workout Logs**- My online training clients automatically send me a workout log as soon as they complete their workout. I love reviewing the workout especially the comments section. Keeps me tuned in to them!
5. **Body Holiday at Le Sport** - Fabulous health & wellness resort. Lot's to do....or not! Fabulous food choices!



Arbonne is Coming!

I've recently decided to become an Arbonne Independent Consultant! This means I trust the products from this company so much that I want them to be available to you! Ordering is easy via my **Arbonne webpage**: <http://JenniferWasylenko.arbonne.com/>

Not only is the nutrition line amazing but also the Skincare, Bath & Body, Hair, Sun, Cosmetics, Fragrance products as well. What really attracted me to the products is the lack of harmful ingredients in everything they offer.

I have ordered some chocolate protein bars (vegan) and chocolate protein powder (vegan). Perhaps a little taste test is in order?! Stay tuned!





5 Workout Tips

Maybe you do these already. Fantastic! Maybe you could brush up on a few. Check them out:

1. Keep your gym bag packed ALL THE TIME. When you get home from working out, take out the dirties, and add the clean. Replace anything that you ran out of. Put in anything extra that you wished you had when you were actually at the gym. You'll forget later!
2. For early morning workouts, go to bed in your sports bra. It's so much easier to get dressed for an early morning run or gym workout if you're already part way there and don't have to feel cold getting changed.
3. Review your workout the night before so you're not fumbling at the gym. Visualize!
4. Pack post-workout nutrition especially if you are heading straight to work afterwards!
5. If someone is super chatty at the gym and interrupts your workouts, wear headphones, even if there's no music.

Super Salad!

Ok, we all need a super easy peasy dinner idea more often than we anticipate. Here is what I do often, not just because it is healthy, but also because I don't often have the luxury of a sit down dinner.

1. Keep stocked with colourful fruits and veggies (carrots, kale, apples, broccoli, oranges, bell peppers, celery, cucumber, fennel root, grape tomatoes, to name a few)
2. Wash (if you didn't do that already!), chop, mix. It really pays to have a regular day where you do veggie prep. You'll be more likely to eat more veggies.
3. Add some leftover rice and / or a rinsed can of legumes like lentils, black beans, kidney beans, chick peas.
4. Add more protein of your choice (leftover meat, hard boiled eggs, cottage cheese, canned salmon or tuna, or none if you've had enough already because this already has lot's of protein due to the legumes.
5. Toss with oil & vinegar, or your favourite healthy dressing.

