

# WELLNESS NEWSLETTER



## HEALTHY EATS



CLICK HERE



## WATER

Water helps  
energize  
muscles



## MOTIVATION



"Take care of your  
body, it's the only  
place you have to live."

## CHALLENGE!

### DOUBLE DUTY

Do as many push-ups as  
you can, and then go for  
a 15 minute walk



## LOOKING FOR LOCAL RUNNING/WALKING EVENTS?



ENDURANCE SPLITS LLC



Click the icons above for upcoming events!

