

MONTHLY NEWSLETTER



Healthy Lifestyle

BENEFITS OF PROTEIN

Protein is an essential **macronutrient** that plays a crucial role in numerous bodily functions. Here are some of the primary nutritional benefits of protein:

- Muscle Growth and Repair
- Enzyme and Hormone Production
- Nutrient Transport and Storage
- Energy Source
- Satiety and Weight Management

Recommended Dietary Allowance (RDA) for protein is 0.8 grams per kilo of body weight. Higher amounts needed for athletes, older adults, and individuals recovering from illness.

NEW PRODUCTS

- 1st Phorm Naturals: Level-1, Phormula-1, and Collagen
- Jocko: Pre-Workout and Ready to Drink Protein Shakes
- CBum Pre-Workouts
- Limited Edition LMN Trucker Hats



SMALL HABITS LEAD TO BIG RESULTS



- **Hydration is KEY**
Start your day with water. A glass of water first thing in the morning helps kickstart your metabolism and hydrate your body after a night's rest.
Infuse your water: Add slices of lemon, cucumber, or mint for a refreshing twist. This can make staying hydrated more enjoyable and fun!



- **Smart Snacking**
Choose nutrient-dense options like: nuts, seeds, yogurt and fruits.
Prepare Ahead: keep healthy snacks accessible. Prepare portioned bags of nuts or veggies in advance.
Be Mindful of what you choose to eat and slow down to enjoy what you're eating.