



STAYHEALTHY Newsletter

Yoga & You



While many people know yoga is good for them, they can't really pinpoint "why." Here are just a few of the many benefits of adding yoga to your workout routine:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy & vitality
- Maintaining a healthy metabolism
- Weight reduction
- Cardio & circulatory health
- Improved athletic performance
- Protection from injury

Crazy for Coconut Oil



On your hair, for your skin, as a mouthwash? Is there anything coconut oil CAN'T be used for? You may know about the many uses of coconut oil, but do you know which one is best? Check out our little rating system below! You can thank us later!

Rated a 0:
Hydrogenated
Coconut Oil

Rated a 4:
Refined Solvent
Extract Coconut Oil

Rated an 8:
Fresh Pressed Virgin
Coconut Oil

THE WINNER IS:
Rated a 10:
Wet-mill fermentation,
heated Virgin Coconut Oil

