



# NEWSLETTER

APRIL 2021



## CANCER PREVENTION

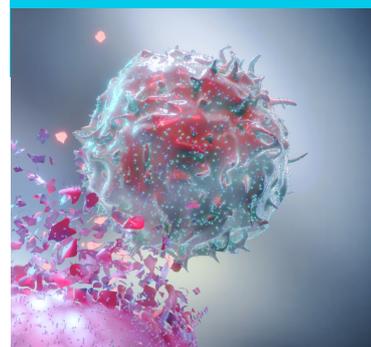
By Maya Thompson

Is there a connection between cancer prevention, physical activity, and a healthy diet? In short, the answer is yes! Research has shown that lack of activity and a poor diet can increase the chances of one developing cancer. Most of us have been impacted by cancer in some way. Either someone we know has had it, or we have experienced it ourselves. God has given us one life to take care of, so let's follow these cancer prevention methods:

- Maintain a healthy weight
- Eat a healthy diet full of vitamins, minerals, and other nutrients. Try including antioxidant-rich foods!
- Stay away from alcoholic drinks - The more you drink, the higher your risk is for cancer.
- Develop a consistent exercise routine.
- Get quality sleep
- Avoid exposure to toxins - industrial, environmental, and even your common household cleaners may increase your risk.

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# EXERCISE SPOTLIGHT OF THE MONTH:

## ELBOW-TO-KNEE BIRD DOG



By Ember Brooks

This exercise is great for core strengthening, while simultaneously toning the abs, glutes, and lower back.

**1. Start in a neutral position, with palms and knees resting on the floor, head down, and toes tucked in.**



**2. In a fluid motion, simultaneously reach forward with your right hand, and stretch your left leg outward.**



**3. Pull your right elbow in towards your left knee, as close you are able.**



**4. Repeat step 2, extending outward a second time.**



**5. Repeat step 1 and return to neutral position.**





### Exercise Spotlight Continued...

Alternate arms and legs with each repetition (i.e., left elbow to right knee, then right elbow to left knee). As with any exercise, take your time with each motion and try not to overdo it, to avoid injury. Try 3 sets of 10 repetitions as a starting point, then gradually increase your sets and reps as you become comfortable with the exercise.

## ONE FIT MEMBER SPOTLIGHT FELESIA VAN LEE



Felesia has been a consistent ONE Fit member who not only shows up, but works extremely hard in the weekly ONE Fit virtual classes!  
Go Felesia!

### MANGO-BERRY SMOOTHIE



#### INGREDIENTS

- 1/2 frozen banana, (cut into 1-inch pieces)
- 1/2 avocado
- 1/2 cup frozen mango
- 1/2 cup frozen mixed berries
- 1/2 cup unsweetened almond milk or fresh squeezed orange juice

#### DIRECTIONS

Add all ingredients to blender, blend until smooth, and enjoy!

## ONE Fit Virtual Class Instructor Schedule

- April 3 - Ember
- April 10 - JT
- April 17 - Spring Into Action Group Training
- April 24 - Rob

