

Nimkee Fitness Center

QUICK FIT TIP

JANUARY 2017

New Year, New You? Not this year!

This time of year you hear this phrase along with others. It suggests that you were not performing at your best and that you need a new you. What about the lessons learned from the past year, what about the accomplishments and the joy had? Surely the entire year wasn't a wash.

So let's ditch the new year new you philosophy; let's go into 2017 building on what life taught us and how we can level up from past experiences. What does improving look like to you? Improving your relationship with yourself is a great starting place. Love your body to nourish it well, respect your mind to feed in encouraging words and cherish your muscles to exercise.

Avocado Egg Salad

[CLICK HERE](#) for the recipe

