

Nimkee Fitness Center

QUICK FIT TIP

JUNE 2016

It is beautiful outside! The sun is shining, the temps just right and there are benefits of being in nature. Here are just a few: In the natural world we have a sense of being away from the day to day stresses and strains of life. Being in nature helps us to put matters in perspective. The natural world stimulates and pleases our senses.

All of this encourages optimal human functioning and restoration.

Take in all of the great benefits by walking outdoors, stretching outside or even just standing and breathing in the fresh air.

Did you know... all the benefits of strength training? Here are just a few: Increased muscle mass, higher bone density, improved functional movement.

So come in the Nimkee Fitness and lift some weights!

Healthy Recipe:

Three Melon Mozzarella Salad.



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