Email #1

Complementary Blog Post: 4 Exercises to Get You Outside

Subject: 4 Reasons to Go Outside for Your Exercise

Hi [firstname],

Exercise is important. There is no denying this fact. Simply put, getting the right amount of physical activity can be the difference between being healthy and having to deal with being sick. Most people put off exercise until tomorrow and that day never seems to come or they find exercise to be a chore.

After a long day of work, it can be difficult to convince yourself to drive to your local gym and workout. You’re busy and tired - the end of the workday should signal a cozy evening relaxing binge watching your favorite TV series.

Reality usually means that you have just as much work at home waiting for you that you just left. You have to make dinner, run errands and do household chores. You’re exhausted thinking about it.

Exercising can help you with your energy levels, your mood and your stress level. So make sure to fit it in your schedule because you might think it is a burden or you don’t have time. The reality is that you need exercise to help you get through all of your daily activities.

There are ways to make exercise enjoyable. Go outside. This could mean so many things. Go for a walk, find a hiking trail or find a fun obstacle course to complete. This obstacle course could be a set of stairs and walking 3 times around the trees down a street. It doesn’t have to be an actual obstacle coruse.

Going outside is a fun alternative to the gym.

Need a little bit more convincing? Below are just a few reasons why you should consider taking your workout outdoors:

**Break the Routine**

Weekdays are usually monotonous. Between going to work and heading to the gym, it can get boring and dull. While there really isn't anything you can do about the monotony in the office, at least not anything short of quitting and looking for a new job, there is something you can do about the way you workout.

Even if you run through the same trail every day, nature offers different scenery every time you go. You truly cannot predict what you would see and hear during your workout. It is fun to see the wildlife around you and what they are up to.

**Better, Fresher Air**

The gym cannot possibly manufacture crisp oxygen for their members. The air has been recycled all day and quite honestly maybe longer if they don’t open their doors to get fresh air in once in a while.

Working out is hard enough, the thought of breathing recycled air might just discourage you from exercising altogether. Give yourself a break and take it outside.

**Take Inspiration from the Sights and Sounds**

Gyms, even the fun ones, can be a little intimidating and sometimes discouraging. Especially when you’re first starting to exercise. If you belong to a gym that has muscular bodies and beautiful people it can be disheartening. Nothing says you’re still quite a bit away from your goal than the sight of people who have already reached theirs.

Outdoors there is no competition. Just you, fresh air, a little bit of sunlight and whatever music you’re listening too.

**Exercising Outside is Encouraging**

The combination of fresh air, sun light and the faces of people enjoying their time outdoors is definitely uplifting. Even if you’re not much of a nature fan, you’ll be surrounded by fun and enjoyment. This attitude can be encouraging and that is all the more reason to at least try to take your workout outdoors once in a while.

If you’re not sure what types of workouts once you get out. Check out this blog post.

LINK

Doing your exercise outdoors whenever possible has so many benefits to you. Both for your mind and your body. So make a goal of going out a couple times a week.

[Sign off]

Email #2

Complementary Blog Post: 5 Reasons to Make Exercise Important in Your Life

Subject: What are Exercise Day Trips?

Hi [firstname],

Over the week people spend time at work, but then the weekend comes and it is time to get out and have some fun. Some weekends will be spend taking the time to relax or puttering around the house working on your to-do list, but another idea would be to take your family on an Exercise Day Trip.

What Is an Exercise Day Trip?

This could be anything that involves being active most of the day. You pack a lunch, get a backpack ready and head out for the entire day.

What you do will depend on where you live, but it could involve the following:

1.Bike Riding

Riding a bike has so many health benefits and can be fun to get out in the weather and let the wind blow through your hair. Plus there are so many different options when you decide to take your bike out. You could check out your local neighborhood, the parks in your area, trails in your city or be adventurous and go to the next town over.

Take your bikes up to the mountain and get the fresh mountain air up there as you zoom down the hill. You can also load up your bikes and head to the beach for the day. Talk about a day of fun.

Your family will enjoy the outdoors, as well as spending time together.

2. Go To the River or Lake

Find something fun to do on the water. This could include so many different activities like kayaking, white water rafting, swimming, boating or water skiing.

Make sure you’re safe and take life jackets, but trying something different will bring the family together and they’ll talk about it for years to come.

3. Hiking

Another Exercise Day Trip idea would be to go hiking. Research local hikes and pick the ones that are easy when you first get started. Involve your family to see what appeals to them during their first hike.

Once you start hiking regularly, you’ll be able to go on different types of trails with different difficulty levels. Your kids will get the exercise they need and learn a lot about nature while you’re out in the forest.

If you’re interested in reading why it is important to make exercise an important part of your life – check out the blog post that is on the site:

LINK

The entire point of having an Exercise Day Trip is to be physically active most of the day and have fun while you’re doing it. The list above is not an all inclusive list of all the activities that you can get out and do – it is more of a short example.

Brainstorm some ideas and then get your family outside and exercising. You will discover that the entire family will start looking forward to these Exercise Day Trips. Although you might want to call them something else!

[sign off]

Email #3

Complementary Blog Post: 5 Exercise Day Trip Ideas

Subject: 4 Items To Make Sure to Take on Your Exercise Day Trip

Hi [firstname],

Working out outdoors has tons of benefits. Some of those benefits include being less expensive than a gym and more enjoyable. What is better than the sun on your face, fresh air blowing through your hair and the beautiful scenery around you?

When you’re making a day of it you’ll need to make sure you have a few items. It is important to travel light however it can be inconvenient and expensive to keep spending money for the things that you already have at home but forgot to pack or wear.

The list is different for everyone. Below are just a few ideas of the things you should consider bringing during your exercise day trip:

Reusable Water Bottle

The most important thing you should remember while working out is hydration. The more you are hydrated the longer time you can spend at your destination.

When you buy water every time you head out to exercise you’ll spend way more than if you fill your water bottle up at home. You’ll be helping the environment by not polluting the earth with a whole bunch of plastic water bottles that you end up throwing away. So by bringing a water bottle it’ll be cheaper and more conscientious.

Breathable and Supportive Underwear

Exercising, especially outside of a controlled environment, can be uncomfortable. You are sweaty, dirty and probably panting from the physical activity – depending on what you’ve decided to do. The last thing you need is to keep tugging on your underwear because they bunch up or lack ample support.

Sports undergarments are something that you should invest in. If you truly are dedicated to your healthy lifestyle, spending a little bit more on these things would make your workout less painful.

Microfiber Towel

A regular towel might do the trick. But if you are going on an exercise day trip you would want to pack smart and towels, especially the bathroom kind, are just too big and too much of a hassle.

Microfiber towels on the other hand can mop up your sweat just as great as microfiber towel. The difference is you can condense a microfiber towel enough for it to fit into a small space.

Hand Sanitizer

Whether you choose to exercise near the wilderness or right smack in the middle of the city, you are bound to touch unpleasant things that contain bacteria, which you do not want to bring home.

So bring hand sanitizer that will protect you and your family from getting sick. As they say, prevention is better than cure.

Here is an article that will give you a ideas on what type of exercise day trip you can take:

LINK

Exercise day trips can help you bond with your family and get out the house to enjoy the day outside.

[Sign off]

Email #4:

Complementary Blog Post: Be Adventurous: Try Something New For Your Exercise

Subject: Why Trying Something New in Exercise is Important

Hi [firstname],

People are creatures of habit and this is true for every part of your life. You eat the same foods, you go to the same restaurants, you watch the same movies, you follow the same routine – it is in your DNA to do the same things. There are reasons for this. If you had to switch everything up every day it would be exhausting – both mentally and physically.

One aspect of your life you should think about switching up every occasionally is your workout routine. There are several reasons to consider this. Take a look below:

1.Work Different Muscles

When you’re doing the same type of workout you’re going to be using the same muscles all of the time. This could cause you to reach a plateau in your fitness goals. No one likes to hit a spot in their training that they can’t seem to get past.

By finding a different form of exercise you’ll be using different muscles in different ways and this will help you with your plateau.

2.Can Add Spice to Your Workout Routine

Create variety to keep exercising regularly. By doing the same routine you’re going to get bored once in a while. Switch from running every day to taking dance lessons for a few weeks. You could also swim, take yoga lessons, go on hikes, surf or weightlift.

3. Figure Out What You Like

Trying new activities will help you figure out what you enjoy doing. You’ll never know that you like archery, rock climibing, gymnastics, ballet dancing or wind surfing if you never give it a try. You could discover that not only do you enjoy doing this new activity, but you’re really good at it as well.

Brainstorm everything you have every wanted to try and then look around your area to see if they offer it. You might be surprised at what you find once you start looking.

Some areas offer “open gym” so that you can try the sport without purchasing an entire month. Or call around and ask for a free lesson.

Figuring out the activities that you enjoy will keep you fit and it won’t feel like exercise.

4. Affects Different Parts of Your Brain

Can you believe that the exercise you are doing affects different parts of your brain? Yoga helps with your emotions while lifting weights will help with your problem solving skills.

So if you’re looking for a certain outcome you’ll need to find activities that impact that part of your brain. For example depression needs physical fitness or a more vigorous type of activity to help your blood pump more oxygen to the brain.

If you’re looking for new exercises to try – check out the new blog post:

LINK

You shouldn’t be dreading your exercise every single time you go to do it. There are so many activities to take part in. Find one that fits you and do more of that. Brainstorm your list and start crossing them off to figure out what you like to do.

[Sign off]

Email #5:

Complementary Blog Post: 4 Ways to Exercise During the Winter

Subject: 5 Exercise Day Trip Ideas

Hi [firstname],

The winter is always hard to get all of the exercise you need, but it’s not impossible. This would be a good time to join a gym, take lessons you’ve always wanted to or find a winter activity that you enjoy.

What type of winter activities are there?

Winter activities are an easy way to include the whole family and have an Exercise Day Trip as well. Rent a cabin in the snow by a ski resort for a weekend and take a few days to enjoy the winter wonderland without worrying.

Here are X activities that your whole family can enjoy:

1.Tubing

Buy a few tubes and go tubing down the mountain. It is an activity that most people enjoy and it doesn’t take any special skills to get it done. Carrying around the tube and walking through the snow will give you plenty of exercise.

2. Snowshoeing

Rent or buy a pair of snowshoes and go for a hike. This will definitely give you exercise, but will also be fun. You can explore the outdoors in a whole different way.

3. Play in the Snow

This might sound obvious, but as adults this is one most don’t engage in as much anymore. Follow the children’s example and get outside to build an igloo, make a snow angel and have a snowball fight.

You might be surprised how much energy it takes to build a snowman.

4. Skiing or Snowboarding

Skiing and snowboarding is usually done on a mountain, so this could be a weekend trip if you want to get more ski time in. If you’ve never done this before you can get lessons or use the training part of the mountain to practice before going up the lifts.

These activities will burn up so many calories and you’ll find then you’ll start looking forward to the mountains opening up for ski season.

5. Sledding

Sledding is similar to tubing and children have been doing it for ages. Sleds can be bought inexpensively and you’ll have fun finding a hill in your neighborhood to zoom down.

Need more ideas on what to do during the winter? Check out this blog post:

LINK

Exercising during the winter is more important than you realize. The winter impacts your mood greatly and can lead to seasonal affective disorder – by exercising you are keeping it at a distance.

[Sign off]

Email #6

Complementary Blog Post: 4 Benefits of Omega-3 Fatty Acid

Subject: 10 Fruits & Vegetables That Have Omega Fatty Acids

Hi [firstname],

Usually when people think of omega fatty acids in their diet they think fish. There is good reason for that because fish has the highest concentration of this type of fatty acid.

Most people don’t realize that there are fruits and vegetables that also have this amazing nutrient in them. So if you do not like fish or are allergic to it there are other ways to get enough omega in your diet.

1.Spinach

Spinach has 704mg per cup, but with this food you need to boil it to get the most omega’s. Eating it raw you’ll only get 41mg. That is quite a difference.

2. Winter Squash

Winter Squash comes in at a whopping 664mg and offers a variety of different types to try. So if you don’t like one you can try another one. You can bake or broil the squash.

3. Brussel Sprouts

You can cook Brussel sprouts a few different ways – grill, steam or roast. Each method of cooking produces a different result in how Brussel sprouts taste.

4. Cauliflower

Roasting cauliflower is a wonderful way to cook this. But make sure not to use oil because it will reduce the omega’s.

5. Kale

Cook a little bit of kale and then make a salad out of it. Both delicious and good for you.

6. Broccoli

Broccoli is a superfood and has so many different benefits to it that you should have this as a regular part of your diet. You can steam, boil, roast or grill this vegetable.

7. Leafy Greens

Leafy greens can mean kale, collard greens, turnip greens, swiss chard, red and green leaf lettuce or romaine lettuce and mustard green. Try different ones and see which one you like the best.

8. Berries

Berries are chocked full of antioxidants and are a superfood. They have so much going for them and should be eaten daily. If you want the highest omega’s go with blueberries. They have both omega 3’s and omega 6’s.

9. Mangoes

Mangoes are sweet and delicious, as well as a source for omega fatty acids. When they are in season you can find them inexpensive at the stores.

10. Honeydew Melon

Honeydew is also a fruit that delivers omega’s and should be used on a regular basis.

Check out the benefits of Omega Fatty Acids on the blog:

LINK

There are more ways to find omega fatty acids than in fish, so take a look at the list above and see what you can add to your diet today.

[Sign off]

Email #7

Complementary Blog Post: 4 Ways Fatty Acids are Good For Your Health

Subject: Omega 3’s Help Prevent Disease

Hi [firstname],

In the last few years, more and more people have become aware of how important it is to lead a healthy lifestyle. Gone are the days where fast food is a staple and consuming fruits and vegetables are taken as mere suggestions.

Needless to say, food manufacturers have caught on to the trend and it is reflected in the way that they have started packaging their products.

There are many healthy terms marketers use in order to sale their goods to consumers. While some are arguably mere buzzwords, the presence of Omega-3 in certain foods like canned fish holds its weight.

You might have seen "Omega-3" high-lighted on boxes and packaging stickers in your local grocers - but do you know what Omega-3 really is?

And are you aware of the diseases you prevent when you consume this popular fatty acid?

**What is Omega 3?**

Omega-3 are essential fatty acids that are often sourced from seafood. The body cannot function properly without this nutrient. Primarily utilized for its anti-inflammatory, Omega-3 helps prevent various chronic diseases.

**What Are the Benefits of Omega-3?**

People often equate healthy food with bland dishes and meals, but the truth is that couldn’t be farther from the truth. You can get omega’s from foods like salmon and berries.

**Omega-3 Helps Prevent Heart Disease**

By eating omega-3’s you can lower your chances of developing heart disease later in life. In fact as little as one serving of fatty fish twice a week can cut the risk by 32%.

**Have Family History of Arthritis? Consider Omega-3**

As people get older, bones, tendons and cartilage lose their youthful flexibility and tautness. As such, most seniors suffer from some form of muscle ache or rheumatoid arthritis, but omega-3 can help alleviate the pain felt if you are suffering from this geriatric disease.

**Worried about your Child's Learning Aptitude? Omega-3 Might Be Able To Help**

One type of Omega-3 fatty acid, DHA, is said to improve cognitive development in young people. According to research, infants who take supplements of omega-3 fair better when it comes to hand-eye coordination, length of attention span, social skills and aptitude test scores.

**Omega-3 Can Curb Symptoms of Depression**

Aside from being integral in keeping the vascular system healthy, omega-3 also plays a part in maintain brain activity. So by taking omega-3 you could reduce depression symptoms.

Not quite convinced about what Omega’s can do for your health. Check out this blog post:

LINK

Omega fatty acids play an important part in the way that our body operates and the functions that it provides. So taking a supplement or eating more food that has this fatty acid in it should be your highest priority.

[Sign off]

Email #8

Complementary Blog Post: 5 Benefits of Flaxseed

Subject: 5 Ways to Use Flaxseed in Your Meals

Hi [firstname],

Using flaxseed in your diet will help you get more omega fatty acids. Fatty acids are essential to the way your body functions and essential in lowering your cholesterol levels and keeping your cardiovascular system healthy. Plus flaxseed is a cheap ingredient to add to your meals.

Not sure how to include this superfood in your breakfast, lunch, and dinner?

Below are just a few flaxseed recipes you can try:

Breakfast Muffins Enriched with Flaxseeds

Breakfast is the most important meal of the day. As such, it is a good idea to supercharge the first meal you eat. Cooking a huge breakfast daily usually isn’t an option if you’ve got work to get ready for and kids to get out the door for school.

One way to make sure to start your day right is with flaxseed cereal muffins. You can freeze or reheat these in the morning. Make it easily with a ready-made muffin mix and a handful of flaxseeds. Then eat it for your breakfast or even mid-afternoon snack. This is both healthy and stress-free.

Yogurt and Flaxseeds – Easy-Peasy, Healthy Snack

Strapped for time? Craving a healthy, filling snack? Why not try topping your yogurt with fruits and flaxseeds? The flaxseeds give the texture and crunch you need in order to make this snack even more delicious.

Flaxseeds for Breading? Why Not?

Flaxseeds have a subtle nutty flavor – perfect for breading chicken, fish or any other type of meat. This super food is a lot healthier than other types of breading.

Allergic to Eggs? Use Flaxseeds as an Alternative

If you are allergic to eggs, you know full well how difficult it is to find delicious things to eat. After all, eggs are present in a lot of food options – be it bread, cookies or breakfast. Thankfully, flaxseed is an effective substitute to egg. For any recipe, replace one egg with two tablespoons of flax submerged in water and you are good to go.

Integrate Flaxseeds in the Recipes You Already Know

As mentioned earlier, flaxseeds are generally subtle in flavor. If you have trouble with the recipes above, you can still eat this nutritious ingredient by adding it to recipes you already fix. You can easily add it to meatballs, meatloafs and other meals – even the pickest of eaters would not even notice.

If you’d like to know more about the benefits of flaxseed – take a look at this blog post.

LINK

Flaxseed can be purchased in several different forms such as seeds, ground mill and oil. So if the seeds are too crunchy switch to another form.

[Sign off]

Email #9

Complementary Blog Post: 4 Benefits of Raspberry

Subject: 5 Types of Raspberries

Hi [firstname],

Raspberries are often thought of as a summer berry, but the truth is you can buy them all year round in some areas. Usually at the grocery store. Most of the time they can be pretty spendy, but once in a while you can get them on sale.

One way to avoid the high cost is to plant your own raspberry bushes. There are several different types of raspberries that you can plant, below are a few things about the yummy fruit that you might be interested in learning:

How To Buy Any Type of Raspberries

Raspberry season is usually in full swing during the middle of summer. The fruit however is available most of the year frozen and in some cases fresh, but more expensive. In order to get the best quality raspberries, make sure that you choose produce that is plump, slightly soft, deep in color and has good aroma.

You’ll know when raspberries are not good because they tend to become very soft plus you can usually see mold or black spots if they aren’t good.

If you can, check the container these raspberries come from. Is there juice leaking? If so, skip that container and move on to the next. When they leak that is an indication of soft raspberries and they might be bad.

Types of Raspberries

There are a few types of raspberries that are used for a multitude of different dishes and meals. Usually utilized for desert, each type has a distinct taste and color.

Red Raspberries

The most common type of raspberry available, red raspberries are usually bigger and less seedy than any other type of this fruit. They are sweet and juicy and are often used for jams, jellies, sauces, and dessert toppings.

Black Raspberries

Recognized for its distinct color, black raspberries are used similarly to red raspberries. However, they are usually found in forests and fields.

Purple-Flowering Raspberries

As the name implies, the purple-flowering raspberry bears flowers usually from June to September. They are less sweet than the red and black variety. However, they are tasty sweetened or flavored.

Purple Raspberries

Purple raspberries are a cross between the red and black varieties. This berry has the same sweet taste as the common types. The only difference being the color.

Golden Raspberries

Unlike all other types, golden raspberries are not common at all and are produced in limited quantities. It has similar taste, texture and substance as a regular raspberry however it has a bright gold to orange color.

If you’d like to know all the benefits of raspberries – take a look at this blog post:

LINK

Raspberries are easy to add to your diet and that of your family because of how sweet and yummy they are. Fresh is best, but they don’t have to be. You can also use frozen and get the same benefits.

[Sign off]

Email #10

Complementary Blog Post: 4 Healthy Raspberry Recipes

Subject: 4 Ways to Use Raspberry Vinaigrette

Hi [firstname],

One of the best parts of summer, aside from vacations and having no school for the kids, is the fresh produce the season brings. A common treat during these months of sunshine is the freshest, juiciest and yummiest raspberries. While there are frozen options available year-round, there is truly no comparing freshly picked raspberries with those that have been preserved and stored.

Raspberries are amongst the healthiest fruits out there. It doesn’t hurt that these tiny berries taste like the refreshing antidote to the scourge of the summer sun. You can incorporate raspberries in almost any meal – be it breakfast, lunch or dinner. For the health conscious, raspberry vinaigrette is a healthy dressing option that is sure to give life to ho-hum greens.

Curious on what else you can do with your freshly made raspberry vinaigrette? Below are just a few recipes you can try that would satisfy the entire family:

1.Nothing Beats the Classic – Green Salad with Raspberry Vinaigrette

If you are trying to be a little bit healthier, you are probably preparing to eat a whole lot of salad. Greens after all are a lighter option than having grains and meat for your meals.

Be careful with the salad dressing though. The healthiest salad can turned into the most fat leaden in a matter of seconds with the dressing you use. A good option is using a lighter dressing substitute like raspberry vinaigrette. Be it kale, lettuce or collard greens, this tangy vinaigrette will make any salad great.

2. Vinaigrette for Dessert? Add a Little Bit of a Kick to Your Fruit Salad

Raspberry vinaigrette can be added to make savory salads. But, a little experimentation with a sweeter variation will elevate the taste of a fruit salad.

3. Marinate Chicken with Raspberry Vinaigrette for A Brand New Dish

Chicken is versatile and a lot healthier than pork or beef. However, without proper seasoning, chicken breast can be bland and boring.

Are you tired of the same old baked chicken? Instead try marinating it with vinaigrette and create a brand new dish your whole family will enjoy.

4. Asparagus, Fresh Salmon and Raspberry Vinaigrette – A Match Made in Food Heaven

Some days you’d like to create an amazing dinner from scratch, but you just don’t have time. Instead make a meal in one. Take a cookie sheet and add asparagus and salmon, then on top add the raspberry vinaigrette. Bake it and enjoy. Simple and quick for those weekday nights you just don’t have time.

If you want to find more healthy raspberry recipe ideas – check out this blog post.

LINK

Salad dressings do not have to be full of calories to be good, so try a raspberry vinaigrette next time. You might be surprised all the ways you can use it in your cooking.

Email #11

Complementary Blog Post: 3 Reasons to Drink Green Smoothies

Subject: Why Green Smoothie Cleanses Work

Hi [firstname],

You might be thinking that you’d like to live a healthier lifestyle, but you’re not sure how to begin. You could get rid of everything in you cupboard, fridge and freezer and start again, but that usually doesn’t work.

Another way would be to help your body reboot and adjust to the healthy changes you want to start making. One of the best ways to prepare your body for better food choices is through a green smoothie cleanse.

Green smoothies have become more popular in the last few years. A green smoothie cleanse can make the process of shifting to a healthier lifestyle a lot easier.

Green Smoothies Make Consuming Vegetables Easier

For people who are used to meat and carbs at every meal, it can be difficult eating as many vegetables and fruits that your body needs. They are amazing for you body, but not everyone likes product and won’t eat them.

Green smoothies incorporate vegetables you wouldn’t normally eat and depending on what goes in the smoothie they can mask whatever vegetable with the refreshing taste of various fruits. Definitely, a win win!

Be Hydrated, Alert and Energized without Coffee!

Coffee is usually a must in the morning to wake up and get energized for the day. Coffee in itself is not bad for the body. However, most people add sugar, honey, milk and creamer to their coffee – which in turn adds tons of calories. Green smoothies provide you a natural way to get the caffeine that you need to keep you going.

Instead of going to your local coffee shop, why not just whip up a smoothie yourself!

Green Smoothies Are a Convenient Way To Get The Vitamins and Minerals Your Body Needs

With how demanding and stressful daily life is, it can be difficult to eat the recommended fruits and vegetables that you need every single day. Green smoothies are convenient because they can add a few servings in one glass. These drinks are packed with vitamins and minerals.

Come to think of it a glass is a meal in itself.

Detox Your Body the Right Way

The term detox and cleanse is enough to make even the healthiest people not even try because it these terms are associated with words such as deprivation and starvation. Green smoothies provide a way to restart your body without missing meals and being at the risk of passing out. You get what you need without feeling bloated and heavy.

If you’re interested in knowing more about the health benefits of drinking green smoothies – take a look at this blog post:

LINK

Green smoothies will help you take restart your body, this means that you won’t get the cravings as bad when you start eating a healthier diet. Find some smoothie recipes and try green smoothies today.

[Sign off]

Email #12

Complementary Blog Post: 3 Berry Smoothies To Help You Get More Fatty Acids in Your Diet

Subject: 3 Berry Smoothie Bowl Recipes to Try

Hi [firstname],

Over the last couple of years smoothie bowls have become popular. They are simple to make and can fill you up just like a regular smoothie. You can add any type of berry and tons of greens to your smoothie bowl, so it makes a perfect breakfast because it is both good and good for you.

If you are craving something sweet to start your day, smoothie bowls are arguably the healthiest option. Thicker than smoothies but a little less dense than ice cream, this perfect middle-ground can ensure that your morning breakfast is filled with nutrition.

These bowls are easy, affordable and healthy. Find a recipe below to and try your first smoothie bowl. If you love smoothies – you’ll love this new trend!

Vegan Berry Bowls

Smoothies are often made with loads of sugar, cream and milk.

While you add fruits, the fact that if you’re not careful with how you make a smoothie it turns into an unhealthy treat instead of what you intended it to be.

Why not try a vegan berry bowl?

To create a smoothie bowl blend together a few pieces of kale, chia seeds, milk, mixed berries, frozen banana and a little agave to sweeten it up and you are good to go!

Homemade Acai Bowls

Acai are superfoods that have recently gained popularity in the health community. Like most berries, they are good for the heart, excellent for digestion and important in keeping your skin healthy. Because it is not as popular as other berry options, vegan restaurants charge around $9 per acai bowl – so if you learn to make this bowl at home you’ll save money.

In fact if you make it at home you can save almost half the price!

To make an Acai Bowl bust out your blender and combine your milk of choice, vanilla extract, acai powder or fresh acai berries if you have them, a frozen banana, a tiny pinch of salt and agave or any other sweetener for maximum flavor.

Affordable but yummy, cheap but healthy - what more do you have to look for!

Strawberry 'n' Cream Bowl

The taste of strawberry and cream in cake, ice cream or any other type of dessert is a classic. It is possible to make this familiar combination a little less sinful but nonetheless delicious.

Enter strawberry 'n' cream smoothie bowl! Combine a couple of strawberries - frozen if you want your bowl cold, yogurt, maple syrup and vanilla in your trusty blender. For added texture, top with more fruits, cornflakes or chia seeds.

Above you’ll find three smoothie bowls that you can start with. If you’re looking for different smoothie recipes – check out the latest blog post:

LINK

So if you’re tired of eating the same breakfast and you’re looking for a unique option to try, get a blender and find a smoothie bowl recipe or try the fun smoothie recipes in the blog post.

[Sign Off]

Email #13

Complementary Blog Post:

Subject: 4 Green Smoothies To Try For Breakfast

Hi [firstname],

Sneaking vegetables into otherwise already delicious meals and drinks is really nothing new. Parents who are trying to get their children to eat better probably invented this trick. The popularity of green smoothies is not completely unknown.

It is a convenient, affordable and tasty way to incorporate vegetables into your daily meals. Plus they are refreshing and delicious.

As with anything, variety is key in keeping up the habit. No matter how yummy a typical spinach, strawberry, banana shake is, you would eventually grow tired of it – when this happens you risk derailing your plans to keep up your healthy lifestyle.

Running out of green smoothie ideas? Below are just a few recipes you can indulge in guilt free!

Why Not Matcha?

Spinach and kale are popular in green juices and smoothies. They can be added to the drink without too much flavor and the taste is more subtle than that of other types of leafy greens.

Not only that, but they are both a superfood and pack quite a lot in health benefits. They are a source of vitamins and minerals you need to keep your body healthy.

Instead of only using these two leafy green plants to use - why not try something else green for your green smoothie? Matcha, a type of tea, has more of an earthy flavor that can amp the taste of your drink. Then if you add a little bit of pear, it is a great way to start your morning.

Matcha is also chocked full of healthy caffeine and can have as much as half the amount as a cup of coffee to!

Spinach Orange Green Smoothie

Kick it a notch further by incorporating a little bit of spinach into your breakfast orange juice. To create a smoothie add a little bit of Greek Yogurt, oranges (or orange juice), spinach and some almond milk.

Blueberry Mint Green Smoothie

Blueberries are an amazing superfood. When you mix blueberries in a smoothie you’ll mostly get the purple color – even with kale or spinach.

But do not let the dark hue daunt you. Blueberries in general are great antioxidants. They are a formidable source of vitamin K and C. Plus with the mint it gives it a unique flavor

Oats Smoothie

Oat smoothies might sound a little weird, but they are very healthy for you and work to fill you up. You’ll like this type of drink during hot summer mornings – sometimes it can be hard to eat warm oatmeal for breakfast.

Adding oats and flax to your cold smoothie is a smart way to get your daily dose of fiber without having to sweat so early in the day.

Not sure how to blend a green smoothie? Check out this blog post on the site that will give you tips on how to make them:

LINK

Green smoothies can easily be added to your day. Breakfast is a great time because you can throw everything into the blender and put it in a to-go cup, but the truth is that smoothies work any time of the day. Don’t forget to check out the blog post on the benefits.

[Sign off]

Email #14

Complementary Blog Post: 4 Major Health Reason You Should Know the Importance of Nutrition

Subject: 5 Simple Ways to Improve Your Nutritional Habits

Hi [firstname],

Changing your nutritional habits doesn’t have to be an all or nothing type of approach. You can easily change your habits with one small thing at a time. The small habits will not seem as hard to overcome as the big ones. Then eventually these small habits will snowball.

This snowball effect does take time and effort on your part, but is well worth the effort. Remember that even if you have a bad day – that doesn’t mean you can’t do it. It means that you are human and you can try again tomorrow. So don’t give up.

Here are 5 Simple Ways to Improve Your Nutritional Habits:

1.Don’t Skip Meals

This tip might seem counterproductive, but the truth is if your body believes that you’re trying to starve itself it will start storing your fat. You don’t want this. So even if you don’t feel like eating grab a light snack or meal.

2. Brown Bag Your Lunch

When you come prepared to work with your lunch you’re less likely to hit the local restaurant when noon comes around. This will help you eat less calories. You’ll know exactly what has been put in your food, so there are no hidden calories.

3. Eat Lean Protein

Protein plays an important part in you diet. Unfortunately most people eat the protein with the most calories and fat. Try switching to lean meats. This can be gradual. One way is to start adding half ground meat and half ground turkey.

Once you’re used to that try another type of lean meat in your diet like skinless chicken breast or pork tenderloin. Make these your primary protein instead of the fatty type of meat.

4. Drink More Water

Your body is made up mostly of water and by drinking more you’ll be hydrating all the important organs. This is essential for anyone that wants to live a healthier lifestyle.

5. Add a Fruit or Vegetable to Every Meal & Snack

Including fruits and vegetables might take a little time getting used to, but the recommended daily amount is 7 to 10 servings daily. This sounds like a lot, but if you include a small piece of produce at each meal or snack it won’t be overwhelming.

Produce has so many health benefits that you’ll start to notice a difference in the way that you feel once you add them to your diet.

It doesn’t have to be hard. If you eat yogurt for breakfast, add some blueberries on the top. For lunch cut up a bell pepper and snack on that. Dinner cooking methods are some of the easiest ways to get vegetables in your diet. You can grill, bake, steam, roast, boil or eat fresh.

Not sure why you should care to make changes to your eating habits? Take a look at this article from the blog on health reasons to know why nutrition is important to you.

LINK

Start with one of these tips and then move on to the next one once you’ve established a habit with the first habit. This is a lifelong journey and you don’t have to rush it. Make improvements daily.

[Sign off]

Email #15

Complementary Blog Post: Discover the Types of Nutrition You Need in Your Diet

Subject: 6 Healthy Nutrition Tips

There are a lot of people that don’t know what proper nutrition is or what it looks like. Eating whatever they want whenever they want. They think that they don’t eat that much or unhealthy – when the reality is that they don’t look at labels or know what ingredients they are eating.

Here are X health nutrition tips to help you figure it out if you’re confused.

1.Eat whole fruits this can be fresh, frozen, dried or canned. Fresh would be the best, but the others will give your body what it needs. Be careful with dried and canned. Dried is a great one, but not if it is loaded with extra sugar. This also goes for canned. Make sure the the fruits are being stored in 100% juice.

2.Whole grains are better for you, so make sure to eat at least half of your grains in whole grains. This could include whole wheat breads and pasta. More whole grains would be oatmeal, brown rice and air popped popcorn.

3. Get less sodium in your diet. This means you’ll have to check out the labels on your food. Compare them to the low sodium, reduced sodium and no salt added of the same products. Pre-packaged food has so much sodium, so make an effort to pick ones that have less.

4. Make most of your plate full of fruits and vegetables. When you eat more fruits and vegetables you are going to be healthier. One way to do this is to fill your plate with product and make them your priority not the carbs and protein.

5. Eat more nuts and seeds. You might be surprised to learn that nuts and seeds are great for you. They are a healthy fat that have tons of benefits. You can add them to your yogurt, your salad or eat them as a snack. Be careful because nuts are full of calories as well.

6. Use a smaller plate for your meals. Most people overeat because they do not know what a portion size looks like. Or they eye ball what they think is supposed to be a serving. The problem with this is the fact it never works. Food is more compact than you realize and what you might consider one serving is in fact two or three portions.

If you’d like to learn more about nutrition – check out this article on the blog.

LINK

Being more conscious with your nutrition is a great habit to get into. Know what is good for you and what you should limit. Moderation is key.

[Sign off]