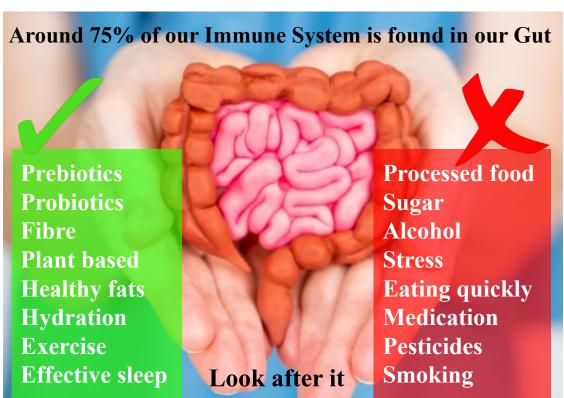
THE OFL DIGEST

Mon 24th to Sunday 30th April

Your weekly Exercise, Nutrition and Lifestyle bulletin

Trust and Love your Gut



"You're suffering from self-doubt, whilst others see your full potential"

Group Run!

Sunday 30th April, 930am meet Holden Arms car park, breakfast after. All welcome!

10-D0 LIST

JUMP FORWARD. ONE BURPEE. SQUAT THRUST YOUR FEET BACK, THEN WALK YOUR HANDS BACK TO WHERE YOU STARTED. ONE MORE BURPEE.

THAT'S ONE. REPEAT TEN TIMES

