

THE FL DIGEST

Mon 24th to Sunday 30th April

Your weekly Exercise, Nutrition and Lifestyle bulletin

Trust and Love your Gut

Around 75% of our Immune System is found in our Gut



Prebiotics
Probiotics
Fibre
Plant based
Healthy fats
Hydration
Exercise
Effective sleep



Processed food
Sugar
Alcohol
Stress
Eating quickly
Medication
Pesticides
Smoking

Look after it

“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!

TO-DO 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