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Murfreesboro, Tennessee



thefitnessangel Edited · 1w

I'm home after teaching Ride and Zumba! Two hours of cardio! 💧

People always ask how I have so much energy- it's NOT caffeine or anything artificial.

It's all about taking care of yourself. One healthy habit is fueling the body well and staying armored!

Be PROACTIVE! I always take my Juice Plus and drink my smoothie after my morning workout. Every single day- even if I don't exercise.

This reduces inflammation, helps my immune system stay strong, improves gut health, brain health, skin, hormonal balance, and more! It literally slows down the aging process. The



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balance, and more! It literally slows down the aging process. The consistency makes the difference! 💪

It's just like working out. If you do it every now and then, only when you feel like it, you don't get much out of it. You will not see real results. 😊

📌 You have to keep your body full of nutrient dense foods to 📌 truly be healthy. Not every now and then. Taking Juice Plus ensures that I am eating the rainbow every single day! 📌 and combined with my smoothie. I am getting a total of 50 different plants in my body every day. It's the CONSISTENCY and the VARIETY that we need most! 📌 Your gut is like a garden! If you want some more information about what I take every day, let me



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No comments yet.

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