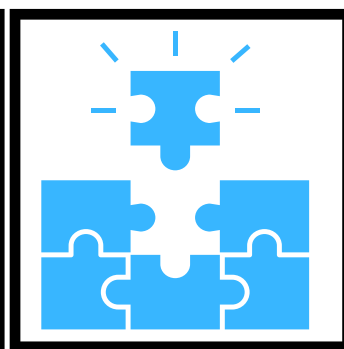
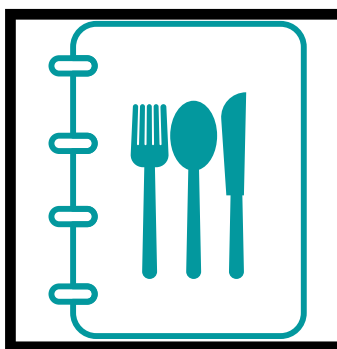
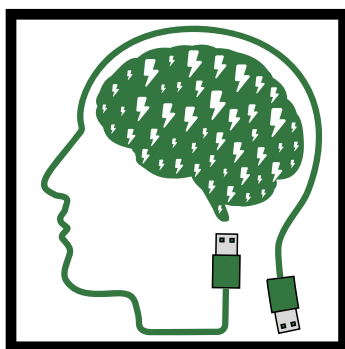


Practical Steps for Your Best Life Now!

The MindFlex Core-4

WEEKLY EMAIL SUBSCRIPTION



MindFlex'n?

BY THE MINDFLEX COACHES

Red, White, and Blue. . . Happy Independence Day! Today we celebrate 244 years of freedom, independence, and the right of pursuit of happiness. How amazing is that! How fortunate are we to live in this country.

We have come a long way from defending ourselves with muskets and other almost pre-historic artillery; that weaponry along with the bravery of men, women, and even children paved the way so that the foes we fight today are mostly in mind.

Despite any financial, physical, or social hurdle or injustice we may face, the freedom has been given to us to overcome and become independent of such.

As part of the TTS Clubs family we seize all opportunity and conquer any opposition that may come our way. Let freedom but specially. . . let mental freedom ring. Happy 4th!

Inside:

Movement • P2

Mindset • P3

Nutrition • P4

Supplementation • P5

Follow Us On





MOVEMENT HISTORY

TENNIS

Do you know hoe tennis started? Just to give you a hint, we would have bruised and battered hands if it had not evolved from it's conception. Watch this video to learn all about it.



VIDEO

Workout of the Week

WORKOUT



CALMNESS OF MIND



Calmness of mind brings forth great leaders and the answers to problem that many may think of unsolvable. Calmness of mind allows creativity to flow while preventing body and brain toxicity to grow. Watch this video for more insight on calmness of mind then follow the practical steps below.

PRACTICAL STEP

The minute tension arises due to whatever circumstance; the first step you must take is to take a deep breath. Too often we react rather than think and respond. If you need to, take a few minutes away from the event at hand, collect your thoughts, and remember that practicing calmness of mind will yield a faster and more effective resolution every single time.

Sweet Plantain Snack

This is by far one of the most favorite dishes in The MindFlex Kitchen. Watch this video on how to make delicious sweet plantain in a matter of minutes with ingredients you already use.



VIDEO

Food Norm

Have you ever wondered how food has a significant influence on culture and how that changes over time? This article describes how certain cultures have their own preparation techniques, combination of ingredients, and other methods that people take with them when they move migrate across the world

ARTICLE

Supplements and Weight Loss Goals

Can supplements help you achieve your weight loss goals? Check out this article from dotFIT on how supplements can help you achieve your weight loss goals.

Weight Loss



Check out this article from Harvard University to learn about blue light and your health.

ARTICLE