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Welcome to GreatistYou, a new social experiment where we see what happens when five people decide to change their health and transmit their travels so that everyone can see.... Four goals, five contestants and six weeks to crush those goals for the promise of a better life (oh, and \$1,000!). Can you believe it?! We are less than two weeks away from GreatistYou's closing ceremonies. What an amazing journey it has been so far. To commemorate the success of going so far in such a short time, we ask our contestants to tell us what they have learned. The best parts, the worst parts and the biggest obstacles. Regina (@greatistregina) says: The best part: Let people reach out to me and tell me I've inspired them. Holy moly! Best. It's always been. Adrienne (@greatistdanda) says: The best part has been trying different exercises and having a new approach to running. Before GreatistYou, I was a bit stuck in my ways and would just do the same race every day. Now, I love to change it by adding it in yoga, swimming, bar, etc. and adding variety to my careers to push myself and prevent injuries. Darby (@greatistdanda) says: The biggest obstacle has been balancing my working and exercise life. My work is incredibly busy at the moment and I've been working overtime because of it. Sometimes my work days leave me so exhausted, but I'm learning to leave it behind once I leave the office. Jasmine (@greatistjasmine) says: So far, I have to say that I really like the thrill of trying new foods and creating new meals. As weird as it may seem, I have this thrill of grocery shopping because I know I'm being aware of what I'm eating and what ingredients are in the food I choose - something I've never done before. It's been quite a journey so far and I really enjoy eating Whole30. It really feels like a lifestyle change, in conjunction with work. I can even try to continue long term. Brandon (@greatistbrandon) says: The best part has been the support I have received - from friends, from followers, from the most granist staff. I feel awesome about it. I've also put a lot of work into my social media presence, cultivate a following, engage with people through likes and comments, and so on. I enjoyed meeting new people and feeling connected to them. Hey, we wouldn't be left without a few words of wisdom from Jessi (@greatistmentor): Go out and enjoy some leisure movement in the sunshine!! April 22 is Earth Day, and even though the UK is under lockdown, making many of us unable to leave, there are ways to celebrate from inside your home. Now is a better time than ever to see all those wildlife and nature documentaries you've added to your Netflix list Months. I chose seven documentaries to watch for Earth Day on Netflix, Amazon Prime, Disney+, and YouTube.It's YouTube.It's note that Earth Day will be a slightly different affair this year, due to the global pandemic. The COVID-19 crisis is a global disaster that has led to the deaths of thousands of people. The resulting blockades in force in countries around the world have led to a drop in air pollution across China, Europe and the US, and carbon emission levels from burning fossil fuels has dropped by 5% this year. While a pandemic can hardly have positive results, it can encourage people to think more about the need to protect our planet, its people and its wildlife. With these little sparks of hope for our world, comes the realization that we still have a big challenge ahead of us. These documentaries will help 'Continent 7: Antarctica' When we think of our planet, we often consider the places where most of us inhabit, and tend to forget extremes. If you're as fascinated as I am by Antartica, this is the National Geographic documentary to go get. Explore life on the planet's most extreme continent, along with hardcore researchers and engineers who braved the -100-degree F-cold for new and vital information. Available at: Disney+ You just can't let Earth Day go by without watching a David Attenborough movie or series. The best place to get them these days is Netflix; the platform has most of his recent works, including Blue Planet and Planet Earth. But perhaps the most relevant thing for Earth Day this year is Our Planet, a docu-series that explores the impact of climate change on different regions and species of the world. The content may be a bit alarming, but Attenborough's soothing voice will keep you quiet throughout. Watching Netflix'March Of The Penguins 2'March Of The Penguins should be the biggest penguin documentary in the history of time. Not to be confused with Happy Feet (the animated film — DW, it took me a second too), the film follows how penguins survive in the harsh conditions they face, and how they form families. The 2005 film was followed by March Of The Penguins 2; more up-to-date monitoring that occurred in 2017. And yes, Morgan Freeman still narrates. Ugh. Watching on Netflix Michael Moore is sometimes seen as a divisive figure, but IMO, his documentaries are downright brilliant. So why can't I wait to feast my eyes on his (literally) new documentary on whether green energy sources can save the planet in the state it currently stands in. It is executive produced by Moore himself, and led by his long-term work partner Jeff Gibbs. Oh, and it's available for free on YouTube. Score. Watch on YouTube! I'm telling you now, if you haven't been to the Park from Yellowstone to the United States, add it to your list of places you want to visit once we can all travel freely again. It's one of the most spectacular places I've ever been. And if you need more National Geographic's Wild Yellowstone movie will make you weird getting to your hiking boots. With close-up images of the landscape and wildlife in both summer and winter, this is a fascinating find. Available at: Disney+I remember starting to watch Leonardo DiCaprio's climate change documentary on a plane (ironic) with a different air of skepticism. What could this Hollywood A-lister tell us about the planet?! Well, it turns out actually quite a lot. This film is like a dose of reality, and it's a good sum of the dangers of the environmental situation we've created. Watch On Amazon Prime! admits that the initial draw for this title was the fact that Meghan Markle narrates it, but this truly is a brilliant film that follows the life of a son of elephants making an epic journey from the Kalahari Desert to the Zambezi River. It shows the different challenges elephants will face, and different elephant behaviors that help survival. See at Disney + Natural Heart Health Cures Did you know that more than 41 million women in the United States have heart disease? And that more women than men will die from it? In fact, it is the main health problem that kills women (not cancer, a common myth). But the good news is that only five healthy lifestyle patterns - moderate alcohol, a healthy diet, daily exercise, normal body weight and no smoking - can reduce the risk of heart attack by 92%, according to a Swedish study of more than 24,000 women. Incorporating only the top two into your routine reduces your risk by more than half. The 28 tips they follow are designed to help you get started. Try one a day for a month, then stay with as many as you can for the long haul. 8 minutes in the morning to a flat belly. Collect your copy today! Heart Health Day 1: Drinking Green Tea This powerful drink contains several powerful antioxidants that lower cholesterol and can even lower blood pressure. To make the one-day supply, bring 20 ounces of boiling water, drop into three bags of decaffeinated green tea, cover and steep for 10 minutes. Remove the tea bags and refrigerate the tea. When cool, pour tea into a bowl, add ice if you do, and take it all day. Heart Health Day 2: Scan saturated fat adult food labels that read food labels and nutritional facts cut back twice as much fat calories as those that don't give them a look, according to a study. When it comes to heart health, this is important: Don't let fat exceed 30% of your calories. And most importantly, make most of your fat the healthy monounsaturated (olive oil, nuts, dark chocolate, avocado) and polyunsaturated (salmon, linen, walnuts) type. Limit the intake of saturated at 7% of total calories (for a 1,600 calorie diet, that's around 12g a day). And avoid trans fats whenever possible; should be forming 1% of the daily calories, daily. Less than 2g a day. (Look for hydrogenated ingredient lists; trans fats are most often found in biscuits, biscuits, pastries and other processed foods.) Both fats increase levels of artery-obstruction LDL cholesterol. Heart Health Day 3: Cook as an Italian use of olive oil rich in fatty acids in your food preparation whenever possible. Healthy heart fat reduces bad LDL cholesterol and increases good HDL cholesterol. Bonus: Olive oil is also rich in antioxidants, which can help reduce the risk of cancer and other chronic diseases, such as Alzheimer's. Replace the olive oil with butter or margarine at the dinner table, plug in salads, and use it to replace the vegetable oils in cooking whenever possible. Buy only cold pressed oil, extra virgin; retains more healthy antioxidants from the heart of the olive than other forms. More prevention: How MUFAs flatten their bellyHeart Health Day 4: Cutting the time to sleep Every extra hour of sleep middle-aged adults can add to their night average reduces their risk of coronary artery calcification, a cause of heart disease, by 33%, according to a study published in the Journal of the American Medical Association. When you are even a little sleep deprived, your body releases stress hormones that limit the arteries and cause inflammation. If you wake up routinely feeling tired or need an afternoon nap, then you are probably sleep deprived. Most adults need 7 to 8 hours a night to perform well. (Do you have trouble sleeping? See 20 natural ways to sleep better every night.) Heart Health Day 5: Fiber up your diet Studies show that the more fiber you eat, the less likely you are to have a heart attack. Load in whole grain breads and cereals containing whole wheat, wheat bran, and oats. Toss beans in saucepans, soups and salads. Aim for at least 25 to 35g of fiber a day. Heart Health Day 6: Feast on saturated fat fish meat clog your arteries. On the other hand, fish such as salmon and anchovies are loaded with omega-3 fatty acids that will help your heart maintain a steady pace. Having even a serving of fish high in omega-3s a week could reduce your risk of death from a heart attack by 52%! More Prevention: 10 Fish Dishes Without FailHeart Health Day 7: Start the morning with juice Orange juice contains folic acid that helps reduce your levels of homocysteine, an amino acid linked to an increased risk of heart attack. Grape juice is loaded with flavonoids and resveratrol, both powerful antioxidants that can discourage red blood cells from coming together and form an artery-blocking clot. Choose 100% fruit juices to limit excess Heart Health Day 8: Make room for vegetables Until your vegetable consumption, aim to make vegetables 50% of your meals. Extra points to pick up cruciferous vegetables such as kale, Brussels sprouts, broccoli and cabbage, which are a gold mine and other heart-saving phytochemicals. Try these 14 ways to make less boring vegetables. Heart Health Day 9: Make new your go-to studies have found that those who eat more than five ounces of nuts a week are a third less likely to have a heart condition or heart attack. Just don't overdo it: nuts are high in fat and calories, which can pack in pounds if you inhale them by the fist. Heart Health Day 10: Taking a 20-minute walk Just 2.5 hours of exercise a week (that's a little over 20 minutes a day) could reduce heart attacks by a third, prevent 285,000 deaths from heart disease in the United States alone, and virtually eliminate type 2 diabetes. Wow! More prevention: 14 walking workouts to burn fat and boost heart health day energy 11: Changing your bread spread Olive oil is great for sinking your bread, but if you have to use a spread, choose one with cholesterol-lowering sterols. Adding two grams of these plant compounds to your daily diet can help lower total cholesterol by 10%, often within two weeks, according to numerous studies published in U.S. and European medical journals. This may not seem like a substantial reduction, but could result in a 20% lower risk of heart disease. Heart Health Day 12: Revuelva in linen is one of the most potent sources of heart-healthy omega-3 fats. Studies indicate that adding linen to your diet can reduce the development of heart disease by 46%, while helping to keep clumsy red blood cells together and forming clots that can block the arteries. Sprinkle two tablespoons of linen a day in your yogurt, oatmeal, cereals, or salad. Buy pre-floor, and keep refrigerated. Heart Health Day 13: Starting or Ending the Day With Stretching Flexibility May Be Key to Heart Health: Adults over 40 who were the slimeest had 30% less stiffness in the arteries than less bendy participants in a recent Japanese study. Stretching 10 to 15 minutes a day can keep the arteries flexible; affected by the elasticity of the muscles and tissues that surround them. Try these gentle yoga moves to improve your flexibility. Heart Health Day 14: Relax with some wine You've probably heard that imbibing is good for you. Research overwhelmingly shows that 1 to 3 ounces of alcohol a day significantly reduces the risk of a heart attack. Unless you have a problem with alcohol, high blood pressure, or risk factors for breast cancer or another, you can safely have one alcoholic drink a day. Enjoy dinner because you take it slowly. And that a full pour into a large glass of wine can easily double what is considered a healthy serving. Heart Health Day 15: Swapping in Soybeans These plant proteins can help lower cholesterol when eaten instead of less healthy foods. (Think of tofu instead of beef sofrito or edamame instead of dumplings). However, it is best to processed soybeans (from chips and pâtés) and avoid soy supplements. The problem with these is that we don't always know the amount of phytoestrogens (plant chemicals in soy that work similarly to estrogen hormone) in them. This can make its effects on the human body unpredictable. And exposure to high concentrations of phytoestrogens could stimulate the growth of cells that respond to estrogen, which include many breast cancers. Heart Health Day 16: Cooking with garlic Just one clin a day –or 300 mg 3 times a day- reduces the risk of a heart attack at least three ways: It discourages red blood cells from sticking together and blocking the arteries, reduces arterial damage, and discourages cholesterol from lining these arteries and making them so narrow that blockages are likely. Heart Health Day 17: Spice up your workout The best exercise is one you will continue to do. So every day, in addition to your regular workout, try something new just for fun - hitting a tennis ball against the house, shooting hoops with your kids, or dancing around your room after work. If you find something you like, incorporate it into your daily workout. Research shows that people who are active in little ways all day burn more calories and are generally healthier than those who exercise for 30 to 60 minutes and then sit on a computer, says cardiologist and prevention adviser Arthur Agatston, MD. Heart Health Day 18: Assess your stress levels One of the biggest causes of stress is trying to live in a way that is not consistent with who you are. Ask yourself: Am I doing what I want to do? Am I getting my needs? Every day, do a reality check on what you've done. When you say that your actions are not true to the type of person you are, make sure you listen. Spend time with people and on activities that make you feel happy and challenged in a healthy way – not drained or burned. More prevention: 13 foods fighting stressHeart Health Day 19: Meditating for 5 minutes Practicing a form of meditation in which awareness focuses on the present moment can reduce the effects of daily stress. Ride out a stress storm by simply closing your eyes and quietly focusing on your breathing for 5 to 10 minutes. (New to meditation? Let's check out these three new ways of meditating.) Heart Health Day 20: Get in touch with your spiritual side Studies indicate that those with regular spiritual practices who meet with a community of faith - attend church or temple, for example - live longer and better and are much less likely to have a heart attack. You can still get the benefits though you can attend regularly; just getting involved socially, like volunteering in a food unit, can help. Heart Health Day 21: Stay connected with loved ones Strong links with family, friends and community reduce anxiety and fight depression – two factors that risk of a heart attack. Make a lunch date with a friend you've been playing with on your phone tag, spend at least 1 night a week for a seated family dinner, or plan to visit your place of worship. Resolve to do one of these things every day (yes, want a quick thought of you email accounts). Heart Health Day 22: Take vitamin D and fish oil While research on multivitamins to prevent heart disease is mixed, science stands behind these two supplements. The only dietary supplement constantly shown in randomized clinical trials to work against cardiac death is fish oil, says Dariush Mozaffarian, MD, DrPH, assistant professor of medicine at Harvard Medical School. Omega-3 fatty acids stabilize the electrical system of the heart, reduce blood pressure and triglycerides, slow accumulation of arterial plaques and facilitate systemic inflammation. Fish oil was more successful than statistics in preventing death in heart failure patients, according to an Italian study. Vitamin D has a wide range of health benefits, heart health among them. Recent studies show that too few amounts can increase the risk of peripheral arterial disease by 80% and increase the odds of developing diabetes (a known heart disease risk factor). More prevention: The best vitamins for WomenHeart Health Day 23: Do something sweet for your partner There's a lot of proof that marriage will cushion you against heart disease, but that can be true only if you're happily coupled, Agatston says. A study in the Annals of Behavioral Medicine found that spouses who reported a lot of negative encounters with their partner had blood pressure that was, on average, five points higher than single people. The emotional stress of a difficult marriage usually causes adrenaline levels in the blood to increase, increasing blood pressure; it can also cause blood vessels to spasm. To make sure your marriage doesn't go on autopilot, forge small ways to stay connected all the time. If you do something nice today (like paying an unexpected compliment or taking on a rope you normally handle) you'll probably get rexfrated soon, which helps strengthen your bond. More prevention: Tricks to feel closer in 5 minutes heart health day 24: Enjoy the dark chocolate lid of the day with a bite of this healthy dessert. Dark chocolate varieties contain flavonoids, antioxidants that make blood vessels more elastic. In one study, 18% of patients who ate it every day saw immersion in blood pressure. Have an ounce (at least 70% cocoa) Heart Health Day 25: Getting away from secondhand smoke I have friends or coworkers who smoke socially? Stay away when they are illuminated and your heart will thank you. The effects on the cardiovascular system due to passive smoking are, on average, 80 to 90% as large as those due to active smoking, research shows. Even brief exposure (minutes or hours) to secondhand smoke may have effects almost as large as long-term active smoking. Heart Health Day 26: Go bananas with potassium To lower blood pressure, not just eat less sodium. It should also increase your potassium intake as it accelerates sodium excretion from the body, say researchers at the Nashville Hypertension Institute. Lead author Mark Houston, MD, says most Americans consume more sodium than potassium, but it should be the other way around. Some popular foods rich in potassium to help fix this: baked potatoes, tomato paste, lime beans, yogurt, cantaloupe and bananas. Heart Health Day 27: Reducing sugar People who consume more than 74g of fructose added a day (i.e. two to three sweetened soft drinks) are 87% more likely to have severely high blood pressure than those who get less, according to a recent study. Researchers believe that excess fructose can reduce the production of nitric oxide, a gas that helps blood vessels relax and dilate. To reduce your intake, beware of the worst offenders: drinks and baked goods. Drink seltzer instead of soda, or eat oatmeal with raisins and cinnamon instead of an oat raisin cookie. More prevention: Why you can't kick your Candy HabitHeart Health Day 28: Laugh when researchers at the University of Maryland Medical Center in Baltimore tested the mood quotient of 300 people, found that people with heart disease were 40% less likely to laugh at gaffes, mixes and irritations of everyday life than those without cardiovascular problems. Laughter is not a substitute for eating properly, exercising and controlling blood pressure and cholesterol levels with medication if necessary, says study author Michael Miller, MD, director of the university's Center for Preventive Cardiology. But enjoying a few laughs every day couldn't hurt, and our research suggests it could help your heart health. Do you need a reason to smile? Try one of these 2-minute happiness tricks. This content is created and maintained by a third party, and imported into this page to help users provide their email addresses. 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