

100 CALORIE BURN WORKOUT



Your New Vegan Lifestyle

Getting exercise on a regular basis is important to your overall health.

What we choose to nourish our bodies with is the basis for good health, but exercise is just as important.

Exercise is one of the 4 primary foods. With a good diet, exercise is needed to keep the heart strong and keep the body young. As we get older this is vital, a body in motion stays in motion. We get to live in this body and why not treat it as your temple. It's the only place you have to live! Enjoy life to the fullest!

This is a great quick and easy workout you can do anywhere!

100 Calorie Burn Workout

Do this 5 times a day to burn 500 calories

40 Jumping Jacks

30 Crunches

20 Squats

10 Push-ups