

A Better Body FROM THE INSIDE OUT



Yoga

Yoga can make you stronger and more flexible, more focused and alert and more energetic and limber. Yoga is a great tool to help you feel great and function better in your daily life.

Texarkana Yoga, Prodigy Yoga, One Love Yoga, Thrive Yoga & Wellness



Lightweight Running Shoe

Powered by On's Helion foam midsole and a finely tuned Speedboard, the updated women's On Cloudflyer is a lightweight running shoe that provides ample support for the long haul.

Racquet and Jog—Texarkana
\$159
www.racquetjog.com



Flotation Therapy Salt Bath

Enjoy an almost zero gravity experience in a flotation therapy salt bath. With all the weight and pressure removed from your body, your muscles and joints can relax, and your spine can decompress and elongate.

Eternal Beauty Medical Aesthetics
Call for pricing 903-278-9566
eternalbeautytexarkana.com



HIIT Training

High Intensity Interval Training burns calories, builds muscles, improves oxygen and blood flow and can even help lower blood pressure and blood sugar. HIIT workouts can be done at home or in group fitness classes in area gyms.

The Sportsplex, Grit Fitness, BMW Fitness



Supplements

Reinforce your immune system in the fight against COVID-19 with Zinc, Vitamin D, American Ginseng.

Renew Medical Spa
Prices vary
renewmedicalspsa.net



Healthy Shots

Help reduce inflammation, soothe digestive issues, relieve motion sickness, boost work-out recovery and enhance immune function with turmeric and ginger shots.

A variety of brands available on Amazon



Sleep Better

Don't lose another night's sleep. Lavender and cedarwood will calm your mind as Tart Cherry works to regulate sleep cycles over time. Many sleep disorders can be related to magnesium deficiencies, so they've added it to this dreamy bundle.

Rowe Casa Organics
Available at Dreidel Home and Sundry
dreidelhomeandsundry.com



Healthy Food Fast!

Healthy Meal Prep! Protein Smoothies, Snacks & MORE!

Heat It Up—Texarkana
Meal prices vary \$5-\$10
heatitupmeals.com