Training philosophy:

Maggie

Favorite song: "Lovely Day" - Randy Newman. Movements throughout the day that I think are essential include breathing exercises and meditation.

Favorite piece of equipment: Yoga strap.

Healthy new habits: Getting my 30-45 minutes of morning movement.

Favorite comfort food: Noodle soup, ramen, pho, udon.

Favorite piece of equipment: Foam roller.

Healthy new habit: Exercising outdoors and wearing blue light blocking glasses (who knows why they actually work, lol).

Favorite comfort food: Homemade dal.

Favorite piece of equipment: Resistance bands.

Healthy new habit: Exercising more accessible to a variety of ages and ability levels.

Favorite comfort food: Metal.

Favorite piece of equipment: Foam roller.

Healthy new habit: Decrease your risk of depression, reduce stress, increase energy, sleep better, and experience the restorative power of music, dance and movement.

Favorite comfort food: Udon.

Favorite piece of equipment: Resistance bands.

Healthy new habit: Improve 1% better than yesterday.

Favorite comfort food: Meat.

Favorite piece of equipment: Elastic bands.

Healthy new habit: Always keep learning.

Favorite comfort food: Whatever.

Favorite piece of equipment: Javelin.

Healthy new habit: Breathing exercises and meditation.

Favorite comfort food: Noodle soup.

Favorite piece of equipment: Sandals.

Healthy new habit: Exercising more accessible to a variety of ages and ability levels.

Favorite comfort food: Noodle soup.

Favorite piece of equipment: Elastic bands.

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Favorite comfort food: Noodle soup.

Favorite piece of equipment: Sandals.

Healthy new habit: Improving life and not working out in a vacuum.

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