

METABOLIC CHANGE JANUARY 2020 NEWSLETTER



BINGE-WORTHY SERIES

- 1. Our Planet on Netflix is a beautiful, captivating miniseries about life on our planet, narrated by David Attenborough.**
- 2. The Crown on Netflix - Artistic and historically accurate, The Crown is the story of the British royal family.**
- 3. MythQuest episodes are available on YouTube. It was one of my favorite series to watch with my school-aged children. Myths from different cultures are woven into a modern family's story.**
- 4. New Tricks on Hulu is a BBC series, and my favorite to binge-watch in 2019. It's an endearing detective series with a twist.**

5. Sneaky Pete, an Amazon Prime series, was my favorite to binge-watch in 2019 with my grown children. Every episode includes family dysfunction and nail-biting suspense.

PERSONAL BEST EXERCISE EQUIPMENT

**Gaiam Yoga Mat
Resistance Bands
Sunny Magnetic Mini Exercise Bike**

SIMPLE SOUTHWEST SALAD

**Shredded Lettuce
Chopped Avocado
Chopped Tomatoes
Chopped Red Onion
Low-Fat Mexican Cheese Blend
Trader Joe's Cilantro Salad Dressing
Fresh Gourmet Lightly Salted Tortilla Strips**

Toss salad ingredients together. Serve with dressing.