

NUTRITION QUARTERLY

Series 4 – Volume 1

HOW TO STOP
Yo-Yo
Dieting

Keeping a Healthy
HEART

Recipe:

HOT
COCOA
BOMBS

EAT  MORE,
WEIGH LESS

ARE YOU
CARDIO
CRAZY?

5 Winter-ful
Workouts

This issue's

Featured Juice Bar

Old Town Smoothie Bar
Camarillo, CA

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