

# NUTRITION QUARTERLY

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Series 5 – Volume 1

SEASONAL WORKOUT:

**STICKING** to your **NYE**  
WORKOUT RESOLUTIONS

Incorporating  
**Healthy  
Options**

THE DANGERS OF  
**FAD DIETS**

Foods That  
**Boost ↑**  
**Reset**  
Your Gut Health

healthier  
HOT CHOCOLATE

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