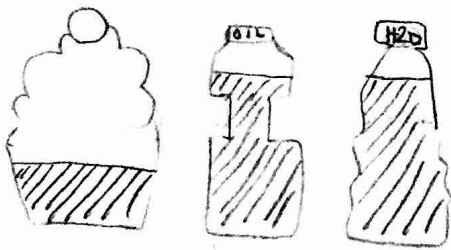


Homescreen

THURSDAY SEPT 18th



micronutrients

TIP: Don't forget to drink plenty of water to stay hydrated!

Micronutrient Page

IRON



IODINE



VITAMIN A



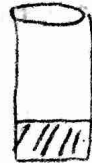
ZINC



FOLATE



CALCIUM



MAGNESIUM



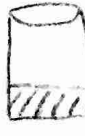
PHOSPHORUS



SODIUM



POTASSIUM



COPPER



VITAMIN B



VITAMIN C



VITAMIN K



VITAMIN D



TIP ideas: you CAN pull that outfit off

All you need for a bikini body is a bikini, and a body.

Don't forget to stretch after a work out.

Don't compare yourself to others - compare yourself to where you were yesterday

Exercise for yourself and the feeling of accomplishment