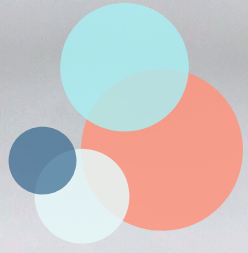


FitHappens



Real fitness. Real habits. Real results

Reading

[How to build new habits by taking advantage of old ones](#)



simple formula to get started: After/Before [CURRENT HABIT], I will [NEW HABIT]



Sound Bites



[Fibremaxxing? Importance of fibre in your diet](#)

listen to the whole episode to learn more about your gut microbiome



Fitspiration

Foot exercises & balance



simple balance exercises support joint strength and stability for everyday movement



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