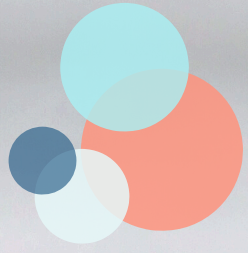


# FitHappens



Real fitness. Real habits. Real results

## Reading

[Trying to get more Omega 6 in you diet?](#)

check-out this handy guide from Alberta Health



## Sound Bites

[Is all protein created equal?](#)

listen to the whole pod to learn more about protein, diet and more





## Fitspiration

● [Need a morning mobility routine for your day?](#)

try this one from Tom Morrison, creator of the Simplistic Mobility Method



*Shawna Ford*

