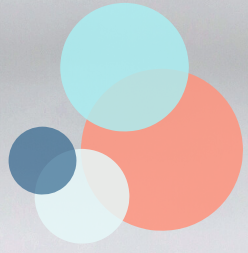


FitHappens



Real fitness. Real habits. Real results

Reading

Music and Dementia Risk (Study)



“listening to music daily was associated with a 39 per cent decreased risk of dementia”



Sound Bites

What does the research show about the benefits of creatine supplements? (Pod)



“exercise and creatine...work together to get the plethora of benefits”



Fitspiration

● STOP Doing 10,000 Steps (Video)

“a few minutes of intensity makes all the difference”



emjoy

