

BAOBAB PRE-WORKOUT SMOOTHIE

Add Baobab powder to your pre-workout smoothie for great taste, hydration, and magnesium to support electrolyte balance throughout your workout.

PREP TIME: 5 MINS

COOK TIME: 0 MIN

TOTAL TIME: 5 MINS

YIELDS: 1 SERVING

WHAT YOU'LL NEED:

- 2 tablespoons of Baobest™ Baobab Fruit Powder
- 8 frozen strawberries
- 2 cups almond milk
- 1 tbsp coconut oil
- ½ cup shredded, unsweetened coconut

In a blender combine all ingredients. Cover and blend until smooth then pour and enjoy!



#ROSEHIVEBOX



THE MIND, BODY, SOUL BOX

Clarity for the mind, exercises for the body, and foods for the soul.

BAOBEST BAOBAB SUPERFRUIT POWDER

This Organic wild-harvested Baobab powder comes straight out of the fruit pod! Seriously – all Baobest does is take away stringy fibers and you're left with pure, delicious, raw fruit powder with all the Vitamin C and enzymes preserved. Bursting with nutrients – Baobab contains fiber, electrolytes and antioxidants even more powerful than blueberries, goji berries, acai or pomegranate.



How To Use: Baobab has a slightly sweet, citrusy, flavour that adds a refreshing zing to water, juices and even savoury recipes. Our favorite way? Simply stir 1 serving into a glass of water.

FOODS ALIVE LEMON CHIA POWER CRACKERS

A mix of nutrient-rich almonds, walnuts, flax, sunflower seeds, and reishi mushrooms blended with maca, lucuma, coconut, vanilla, and lemon. These power crackers contain fiber and protein, making them the perfect snack to give your body the power it's looking for while delivering all of the essential amino acids as well as vital branched chain amino acids (BCAA) which are important for continued muscle growth and recovery between workouts or adventures on the hiking trail.



How To Use: Enjoy these healthy, energy-packed treats in school lunches for your kids, plane trips, road trips, backpacking, camping, or as an after workout snack!

PROTEIN SHAKE + ROSEHIVE WATER BOTTLE

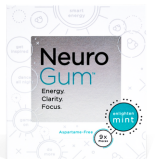
This all in one nutrition shake offers plant-based protein, vitamins, minerals, daily greens, fiber and so much more. A clean, plant-based choice to fuel your healthy, active lifestyle-without compromise. Take it on the go whether you're heading to work, the kids soccer game or out shopping, with our limited edition shaker bottle!



How To Use: Get creative! Some protein shakes taste delicious with just 8oz of water. Or try switching it up for breakfast, by using it in a smoothie with a handful of spinach for an extra nutrition boost to keep you feeling full!

NEUROGUM

NeuroGum is a sugar-free and aspartame-free nootropic energy gum. The synergy of its' primary ingredients: natural caffeine, L-theanine, vitamin B6, and vitamin B12 have been studied extensively through clinical experiments to show positive results in cognitive functions to improve concentration, alertness, and memory. And since gum is buccally absorbed through the mouth, the active ingredients in NeuroGum take effect 5X faster than if taken through drinks or supplements.



NOOMA ORGANIC ELECTROLYTE DRINK

NOOMA uses real ingredients packed with electrolytes needed for hydration after a workout. No sugar added and only 30 calories!



Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information provided is for educational purposes only. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.

DISCOVER WHAT'S INSIDE

THE PARK BENCH WORKOUT

Warm up:

- 10 squats
- 10 lunges each leg
- 10 toe raises
- Repeat 3 times

Circuit 1:

- 10 lunges each leg
- 10 tricep dips
- 10 step ups
- 10 wide pushups
- Repeat 5 times

*2 minute rest, then move on to
Circuit 2

Circuit 2:

- 10 jump squats
- 10 tricep pushups
- 10 split squats (back foot on
bench)
- 30 second plank

Repeat 5 times
Rest as needed

*Intermediate- only rest
between the 2 circuits
*Advanced- Double the reps!

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MEET YOUR PERSONAL TRAINER

Christina Leskinen

Christina is a former firefighter turned personal trainer, yoga instructor, and nutritionist. She has dedicated her life to helping others lead a healthier lifestyle in all areas, including mind, body, and soul.

CONNECT WITH CHRISTINA

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YouTube: Christina Leskinen



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