Restaurant etiquette, anyone?

These tips worry not proper restaurant if you are unsure if there’s a

WHERE: Android, iOS, web

music that matches your tempo or a voice in your ear telling you workout music selected by DJs for workouts. Whether you want AL GEOGRAPHICAL CHANNEL, 3.00 PM: dropping experiments.

■

streets and conducts a series of jaw-s

■

GORDON RAMSAY: UNCHARTED, FOX

WILD 24, NAT GEO WILD, 8.00 PM:

“Don’t say anything online that you wouldn’t want

■

African Savannah.

me and my self-esteem too. Is there anything pretty bad to just listen to her and it affects herself and says things like how much she hates her body and is ashamed of herself. It’s her and wishes you to be happy. You can’t please everyone

■

JASMIN REVOLUTION, begun.

What is the right thing to say and do when a good friend feels herself down for being overweight? A very close friend has

■

03

FIT BLOG

NAP MY FITNESS

It is the best exercise-tracking

Android, iOS

WHERE:

MAP MY FITNESS

It is a circuit training workout app

Android, iOS

WHERE:

J&J Official app lets you create custom workouts

Android, iOS

WHERE:

Fit radio

It is an entertaining app that

Android, iOS

WHERE:

POLISH YOUR SKILLS

Restaurant etiquette, anyone?

Do you enjoy eating out but you are unsure if there’s a proper restaurant etiquette? Worry not and follow these tips:

Know the proper use of cutlery

Gently you will start to talk

behind the plate and work your way through the courses. Don’t let the table temporary, place it on your mouth until you have swallowed. At the end of your meal, don’t wrinkle your napkin. Fold it flat on the table tidily and leave it on your table where it belongs. Know that relationship problems mirror inner conflict

You must be polite to the restau-

wear this for the kitchen to be

because it is on your own mouth. Think of yourself as you are not happy with the food or the amount of time it takes the waiter has no control over the quality of it to your mouth until you have swallowed. Savour the meal

Put it unfolded on the table beside

Place it unfolded on the table beside

You are not the source of every conflict

problems mirror inner conflict

Don’t say anything online that you wouldn’t want

If cute and peppy fuel your dose of body positivity. This app, blog, and YouTube channel by

BLOGILATES

This one brings together on-demand

This is an entertaining app that also has plastics for good food. Whether you work

workouts and meal planning. The app creates a personalized program for your diet and exercise

based on the results you want to see. It’s for people who like lots of guidance, suggestions, routines, and instructions. You choose a goal, whether it’s to lose weight, gain muscle, lean muscle, or

FIT BLOG

8FIT

fit

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