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HEALTH & WELLNESS



Talking with Tramaïne
Archives Available
July 24th 2019: Working it Out...Outside

It is not uncommon to go into any gym and see individuals getting it in on the machines, or at the free weights station or maybe even in one of the many classes that gym is currently offering. This is great! Really great! People working out and taking charge of their health and fitness is a wonderful thing! However, it's also not uncommon for individuals to get "bored" with their same day after day, week after week, month after month gym routine. On this show, we are taking our workouts outside! We will share various ways you can get a great workout in by going out(side). We will also discuss

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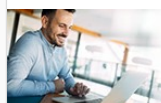
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