

Holiday Resolution

It's a no Brainer! Happy New Year's tired of setting resolutions. You can't keep?

Well Sisters and Brothers it's about high time we made it stick. That's right and I don't mean to your ribs, I think it's time we change our diets. I love southern food but how is it healthy for us. I love to have salads for breakfast and smoothies, We can't forget oatmeal and egg whites. Brain food such as fish and greens are good. Have you ever tried swiss chard ? B Smith will give you great ways to cook visit www.bsmith.com

Another topic Yoga... that is correct! It's the best for our curvy body types, another good factor, it helps our brain function better, lungs and reduces high blood pressure.

Before you invest into that new wardrobe, and makeup go within and breath deep.

There are many places to retreat, Create a spa room or visit the Yoga Guru Sister.

Maya Breuer owns a Yoga retreat for Women of Color, nestled away in Rhode Island.

I have met several sisters getting on the yoga bandwagon, Men listen up great examples

Keith Borden and Lamott Atkins..It's all about toning, strength training and a leaner body.

Running like crazy on a treadmills getting no where, Let's make Yoga a way of life for 2012.