

🌞 June Newsletter – “Get Summer Ready!” 🌞

Fuel Your Fitness for the Season Ahead 🌻

Summer is right around the corner, and it's the perfect time to power up your fitness journey and get ready to crush your goals. Whether you're preparing for beach days, outdoor workouts, or simply looking to feel your best, June is the month to push forward with purpose. From strength-building exercises to staying active in the sunshine, we've got everything you need to fuel up for the season ahead.

We've also got new gear, supplements, and activewear to help you stay comfortable and stylish while you work toward your summer goals. Let's make this summer your strongest one yet!

🌞 June Specials:

- 25% OFF your total order with code [SUMMERREADY25](#) – Get everything you need for your summer fitness journey, from supplements to gym gear and fresh activewear! 🏋️‍♀️

🌞 June Wellness Tips & Tricks:

- **Embrace Outdoor Workouts**
Take advantage of warmer weather with outdoor workouts like running, hiking, or yoga. Fresh air and sunlight will boost your energy. Try new activities like beach volleyball or swimming! 🏊‍♀️
- **Set Your Summer Fitness Goals**
Set clear fitness goals for the season—whether it's improving endurance, mastering a yoga pose, or building strength. Consistency is key to staying motivated! 🎯

🥑 Healthy Recipe: Summer Smoothie Bowl

This refreshing smoothie bowl is perfect for a post-workout snack or a light meal:

Ingredients:

- 1 cup frozen mixed berries 🍓
- 1 banana 🍌
- 1 scoop protein powder 🏋️‍♀️
- 1/2 cup almond milk 🥛
- Toppings: granola, chia seeds, coconut flakes, fresh berries 🍓 🥥

Blend the berries, banana, protein powder, and almond milk until smooth. Pour into a bowl and top with granola, chia seeds, coconut flakes, and fresh berries for added crunch and flavor!

🌸 Shop Now and Get Summer Ready at beActive!

Motivation: “Success is the sum of small efforts, repeated day in and day out.” – Robert Collier