



Covid 19 and the future...

The past 365 days has NOT been easy! The world has been
Turned on its head and the question is how and when does this thing all end...

Obesity has been a driving factor in Covid 19 deaths:

[see article](#)

Covid 19 deaths rates 10 times higher in countries with obesity rates of 40% or more:

[see article](#)

How I learned to come to terms with Quarantine weight gain

By Jazmine Reed Clark

[see article](#)

Coronavirus cases are on the rise

[See article](#)

Doing THIS for 22 mins a day reduces risk

[See article](#)

Regular exercise STUDY

[See article](#)