



9 Best Supplements for Reducing Inflammation

1. **Quercetin**
A compound found in plants like onions and apples
2. **Resveratrol**
A compound found mainly in red grapes and berries
3. **Boswellia**
Comes from trees commonly known as frankincense
4. **Turmeric**
Curcumin, the active ingredient in turmeric
5. **Vitamin D**
Has a variety of effects on immune system function
6. **Omega-3 fatty acids**
Omega-3s are found in food like fatty fish, but a supplement can be a good option
7. **Tart Cherry**
Known as a sleepy time aide, but it may also help manage inflammation
8. **Ginger**
Ginger root can be found in capsule form
9. **Green Tea Extract**
Found in capsule form or powder for tea

Provided by Eat This, Not That!

BEST GYMS NEAR FREEPORT, FL.

Bend The Bar Fitness

Hours: open 24 Hours

Fitness Classes: class options include Cross Fit, indoor cycling and personal training

Childcare: unknown

Address: 16735 US Hwy 331 S Unit A & B, Freeport, FL. 32439

Phone: (850) 520-0251

Warrior Fitness

Hours: open 24 hours

Fitness Classes: aerobic, Cross Fit

Childcare: unknown

Address: 4942 US Highway 98, Santa Rosa Beach, Fl. 32459

Phone: (850) 586-6600

Grand Fitness

Hours: varied

Fitness Classes: yoga, indoor cycling

Childcare: yes, for fee

Address: 440 Grand Blvd, Ste 200, Miramar Beach, Fl. 32550

Phone: (850) 424-4301

Sandestin Health Club

Hours: 10am-10pm

Fitness Classes: yoga Zumba, Pilates

Childcare:

Address: 9300 US Highway 98 W, Miramar Beach, Fl. 32550

Phone: (850) 267-6464

Destin Health & Fitness Club

Hours: varied

Fitness Classes: aerobics, yoga, spinning and bootcamp

Childcare: unknown

Address: 4472 Commons Dr. W. Destin, Fl. 32541

Phone: (850) 842-4612

Benefits Of Yoga

Improved sleep
Weight reduction
Increased flexibility
Increased muscle strength
Strengthened bones
Protection from injury.
Perfects your posture
Protects spine



Makes you happier
Helps you focus
Improved digestion
Helps keep you drug free
Increases blood flow
Balanced metabolism
Gives inner strength
Energy regulation

