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# Orchestrate Your Workout

## PRO TIPS TO CREATE A MOTIVATING PLAYLIST

Whether summer temperatures drive you to work outside or simply make you want to move indoors where the air conditioner is blasting, having an upbeat playlist can help you quickly pass the time and feel good, too.

There's no better way to learn how to put together a motivational playlist than to ask a pro. Peloton's bikes and treadmills are wildly popular, but now, users are working out through their app because of the high-energy instructors, many of whom have become known for their amazing playlists. Here are two instructors' tips to put together a killer playlist.

### MIX IT UP

Instructor Leanne Hainsby is known for the eclectic, feel-good songs that keep people pedaling hard in her cycling classes. Hainsby credits her vast musical tastes to her time as a dancer, which expanded her playlist for workout music.

Which songs make the cut? Ones that inspire. "I think people will be so surprised by how much they will push themselves when they're moved by the feeling of a song or how the music makes them feel," she says. It doesn't matter if it's ambient electronic music or a lilting

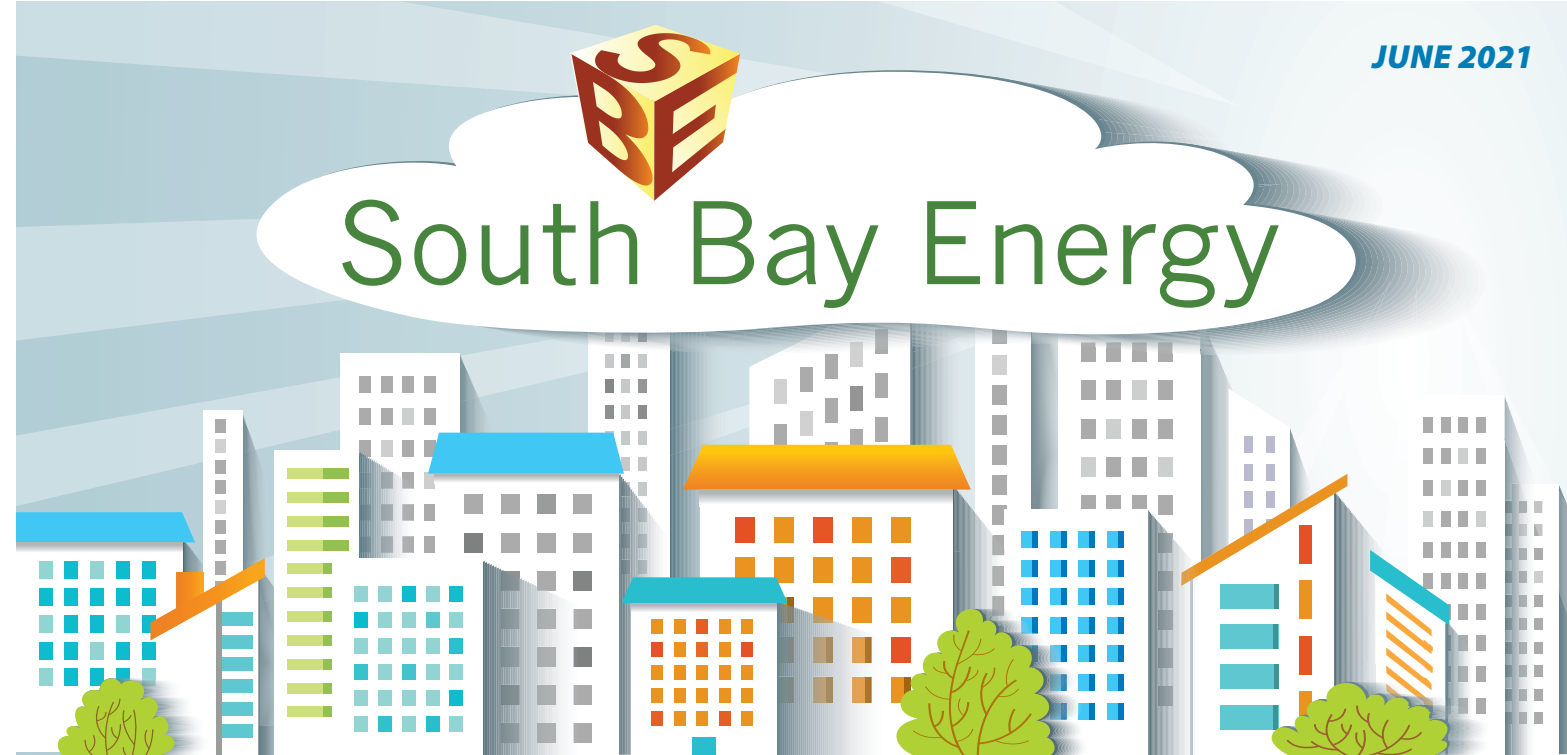
Johnny Cash tune, both of which can be found routinely on Hainby's cycling playlists.

### MAKE IT THEMED

Whether you're obsessed with '90s pop, classic rock jams, or David Bowie, you can use a theme to create workout playlists you'll love. This is a great trick pros like Peloton instructor Christine D'Ercole use. D'Ercole is beloved

by many for her themed classes, which range from an indie rock beginners' ride to a fan-favorite all '90s ride. She also has holiday-themed playlists, like the one for her Women's History Month ride in March that featured only female artists.

You can always hop onto Spotify and check out the Peloton page to see all of their instructors' recent playlists. Use this for inspiration to create your own list or stream whichever compilation catches your attention for your next workout.



## Steve's Update

At the time of writing, it's April, so spring is in full swing. That means the Mellis family is trying to get our spring chores done. This includes working in the garden and waking up the cars from their winter hibernation. I am not as young as I used to be, so I do a little bit each day so I don't hurt my back. The first order of business with the garden is hoeing out all the weeds. This may be a small garden, but hoeing is hard on my 56-year-old back! I break it up into thirds and do a little bit each day. After that, we put down some fertilizer and supplements into the soil. Once that is done, I go to Abbey's Nursery in Wantagh and get my plants. If you are in south Nassau County, I highly recommend this family-owned nursery. The staff is very friendly and helpful. In addition to the garden, I also clean out the flower boxes on the front of the house and put in new flowers. This year, I went with lantanas instead of marigolds. That's me working on my daughter's flower box!

The GTO fired right up. One of my favorite spring chores is putting the snow blower in the shed and putting my bicycle in its place! I put the snow blower behind

the GTO in the winter. In order to back up the GTO, the snowblower has to go. The Streamliner also fired right up. Both cars sit on the trickle charger all winter. I am hoping to have some fun with both cars this summer. Every Friday night, they have a classic car show at the Bellmore train station. The cars all park in the parking lot and you can spend a nice evening walking around looking at the cars. It's a family atmosphere, so you can bring the kids. Mr. Softee usually shows up, too!

The kids are graduating high school this year. Boy, does time fly. Seems like they just started school yesterday. They are also getting ready to take their road tests to get their driver's licenses! I think they are both good drivers, but this gives me something else to worry about. Plus, I have to do something about getting cars for them so they can drive to school in



September. Both are going to commute to school. Tina is going to Hofstra, and Jimmy is going to Adelphi. By the time this newsletter hits your mailbox, my kids may be on the road! Please be careful when driving through Massapequa!

- Steve Mellis



# Can 'Defining Moments' Be Created?

ACCORDING TO 'THE POWER OF MOMENTS' BY THE HEATH BROTHERS, YES!

Why do we remember our best and worst experiences and forget pretty much everything else in between? Why are we most comfortable when things are certain, but we feel so incredibly alive when we plunge into the unknown? These are the moments that stick with us — the moments that define us. They're an organic part of the human experience, and they can't be purposely created. Or can they?

In "The Power of Moments: Why Certain Experiences Have Extraordinary Impact," brothers Chip and Dan Heath seek to answer these questions and ultimately discern why specific moments can define us. They also explore whether those moments can be purposely created.

According to the Heath brothers' research, positive moments share four characteristics:

elevation, insight, pride, and connection. When you look for situations in which you can foster those characteristics, you can create moments that you and the people around you will remember for years to come.

"The Power of Moments" is great for anyone looking to leave a lasting impact on their employees or work team. Rather than have your next meeting be about unity — and leave your team grumbling about how that information could have been sent in an email



— create a meeting that has, in the words of the Heath brothers, "drama, meaning, and connection." You can't bring your team together for a defining moment by just talking about unity; they have to *experience* it.

While the characteristics the Heath brothers describe may seem a little vague at times, rest assured that

"The Power of Moments" will give you a fantastic playbook for creating moments that define your team and stick with them. Check it out today!

# Are Grocery Subscription Boxes Worth It?

June is National Fresh Fruit and Vegetables Month, so let's explore one popular way to get more fresh produce into our lives: subscription-based delivery services like Full Circle and Imperfect Food. Are these services actually worth it? Do they save money and provide what they promise? Here's what the research turned up.

## Can they save you time?

**The Verdict: Yes, without a doubt.** Subscription-based grocery delivery services appeal to consumers because they save time. With somebody else doing your grocery shopping, you don't have to think about when you're making a trip to the grocery store this week. Someone else is doing it for you!

Plus, some services even offer meal kits if you can't decide what to make. There's no argument here — these services definitely save you time.

## Can they save you money?

**The Verdict: Sometimes, since it depends on your existing shopping habits.** If you find yourself making impulsive purchases while strolling down the aisles at the grocery store, then a set (but customizable) weekly list of delivered groceries might be a great way to stick to your budget. Unfortunately, not many grocery subscription-box delivery services offer nonfood items like toilet



paper or cleaning products, so you may still have to make a trip to the store every once in a while.

## Is the food quality great?

**The Verdict: Yes, but it depends on your area.** You have a higher chance of getting better grocery items if you buy from an organic grocery box service, like Imperfect Foods or Farm Fresh to You, since these companies work closely with your local farms.

Keep in mind that some services, like Imperfect Foods, are designed to deliver fresh foods that are a little "imperfect" in size, shape, or color to help prevent food waste — but, as a benefit, it's more affordable! However, we've found some services, like Full Circle, will prepackage their boxes from warehouses that may not be local to you, so do a little research before picking one.

All in all, we've been pleasantly surprised to find that these boxes aren't such a bad idea. Consider looking into it if you're tired of the weekly grocery store time crunch!

# THE STORY OF LUNGILE MHLANGA

## The Founder of Treats Club

Following your passion can take you to some pretty unexpected places, but few entrepreneurs can personally attest to that as well as Lungile Mhlanga, the founder of Treats Club. This innovative company offers a unique approach to getting customers freshly baked goods, even when COVID-19 spread across the world.



During college, Mhlanga had a part-time job as a makeup consultant with Benefit Cosmetics. She loved this work so much that she dropped out of college to work there full time. A few years later, she took a position working for MAC Cosmetics at Harrods, a famous London department store. Honing her customer service skills, she soon ended up becoming a manager and trainer for MAC, working in Dubai, the Middle East, and India.

After she quit her job at MAC, Mhlanga found herself back in London, wondering what to do next. She recalled the praise she had received for some of her baked goods, and that was when her foray into the baking business started.

Mhlanga began posting some of her baked goods on Instagram, even scoring her former employer, MAC Cosmetics, as a corporate customer. Then, as fortune would have it, she got a chance to go on "An Extra Slice," a sister TV show to the popular series "The Great British Bake Off." On the show, Mhlanga was selected as "star baker," validating her desire to turn her passion for baking into a "proper business." And so, Treats Club was born.

Mhlanga made tasty treats, including hot doughnuts, for customers at markets all over London — and not even a pandemic could stop her. Mhlanga simply pivoted into her

new circumstances without much fuss, putting together kits that customers could use to make her hot doughnuts themselves. After being featured on popular morning TV show "Sunday Brunch," she had over 200 orders for the kits.

Mhlanga continues to gain notoriety for her baking prowess, and as long as she's willing to adapt and follow her passions, that success won't stop anytime soon.

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