

ZHENFIT UNCOMMON VIBE

FUN THINGS TO DO IN
WEST
PALM
BEACH

EXPLORE
PALM
BEACH
EVENTS

BEST FOR WINE

TRAVELING IS ESSENTIAL TO OUR LIVES IN MORE WAYS THAN WE KNOW. IT'S THE GREATEST WAY TO SEE THE WORLD AND ALL IT HAS TO OFFER. BUT WHAT PEOPLE DON'T TELL YOU IS, YOU KIND OF NEED TO BE FIT TO ENJOY ALL THE PERKS. YOU WANT TO WALK UP THE STEPS OF THE GREAT WALL OF CHINA, GO CAVE DIVING IN THE DOMINICAN REPUBLIC, TREK THROUGH THE JUNGLE ON A CRUISE EXCURSION, OR DANCE UNDER THE LIGHTS OF THE EIFFEL TOWER IN PARIS, THEN YOU'D NEED BASIC ELEMENTS OF WORKING OUT TO ACCOMPLISH THIS. OUR FRIENDS AT ZHENFIT UNCOMMON VIBE ARE WELL TRAVELED AND WILL GIVE YOU ALL THE SECRETS TO TRAVELING IN STYLE.



TRAVEL HACK GUIDE

Sheera Shim

SCAN HERE

TO
VIEW



**FULL
MAGAZINE
ONLINE**

ENDURANCE AND STAMINA ARE TWO OF THE MAIN TOOLS YOU NEED IN YOUR TRAVEL KIT. TO START, MONTHS BEFORE YOUR TRIP GO FOR LONG NATURE WALKS OR CONTACT KEVIN, TARA OR BILL TO GET THAT BODY IN SHAPE. IF YOU'RE FIT, THE REAL QUESTION IS DO YOU WORK OUT ON VACATION AND WHEN IS IT TOO MUCH? SHOULD YOU ENJOY VACATION FOOD OR STICK TO YOUR NORMAL ROUTINE? ONCE I BOOK A RESERVATION FOR VACATION AND CLICK THE PAY BUTTON, MY MIND AUTOMATICALLY GOES INTO VACAY PREP MODE. IT WOULD BE SUCH A SHAME TO BE NICKNAMED NAPZILLA ON A TRIP BECAUSE I DIDN'T PREPARE MYSELF PHYSICALLY. I REALLY WANT TO ENJOY MYSELF AND NOT BE THE GUY WHO HAS TO GO BACK TO THE ROOM TO TAKE A NAP OR TURN DOWN AN EXCURSION BECAUSE I DON'T HAVE THE ENDURANCE TO GET THROUGH IT. 30 DAYS BEFORE MY TRIP I MAKE SURE I STAY CONSISTENT WITH MY WORKOUTS TRAINING A MINIMUM OF FIVE DAYS A WEEK. 30 DAYS BEFORE MY TRIP I MAKE



SURE I STAY CONSISTENT WITH MY LINES. I USED TO TRAIN EVERY DAY OF MY VACATION UNTIL MY BEAUTIFUL GIRLFRIEND SHERA STOPPED ME ON MY WAY OUT OF THE ROOM AT 5AM TO TRAIN ON OUR FIRST TRIP TOGETHER. HER IDEA OF A GREAT TRIP IS NOT GOING TO THE GYM AT 5 AM EVERY MORNING. SHE SOMEHOW MANAGES TO FIND HER INNER VACATION MODE WHEN ONCE THE DAY OF VACATION ARRIVES. SHERA LIKES TO REMIND ME THAT THE REASON FOR A VACATION IS TO RELAX AND I SHOULDN'T BE JUMPING OUT OF BED EVERY MORNING TO WORKOUT BECAUSE THIS IS WHAT I DO AT HOME. MISSING MY WORKOUT A COUPLE DAYS WHILE ON VACATION ISN'T GOING TO HURT AND WHO REALLY WANTS TO BE SORE ON VACATION? IT TOOK ME A SECOND TO GET ACQUAINTED WITH THIS NEW RULE BUT I TRULY UNDERSTOOD IT AFTER ENJOYING A FEW EXTRA HOURS OF SLEEP SNUGGLED UP WITH MY GIRL UNDER WARM BLANKETS. I CAME BACK FROM MY VACATION FULLY RESTED AND ENERGIZED READY TO GET BACK TO WORK AND MAKEUP THE DAYS I MISSED TRAINING. THE ONE THING WE AGREED ON FROM THE BEGINNING WAS NOT RESTRICTING OURSELVES FROM ENJOYING THE FOOD WE WOULDN'T NORMALLY EAT. IT DOESN'T MATTER IF MY TRIP IS TWO WEEKS OUT OF THE COUNTRY OR JUST A WEEKEND GETAWAY. I DON'T RESTRICT MYSELF FROM ENJOYING CERTAIN FOOD WHILE TRAVELING.

KEVIN MORRIS

VACATIONS ARE A BREAK FOR ME TO GET AWAY FROM MY DAILY APPOINTMENTS, COMMITMENTS, AND RESPONSIBILITIES. I TAKE DIFFERENT TYPES OF EXCURSIONS AND SOME HAVE DIFFERENT LENGTHS OF TIME. REGARDLESS, EVERY VACATION I TAKE IS GOING TO INVOLVE A LOT OF WALKING. SOMEHOW, I SEEM TO FIND MYSELF DOING AT LEAST SOME CALISTHENICS OR ABDOMINAL WORK BRIEFLY DURING A COUPLE OF DAYS DURING THE TRIP. IF THE TRIP HAS SOME HIKING OVER ROUGH TOUGH TERRAIN, I GENERALLY WON'T WORK OUT. IF MY VACATION FOLLOWS MONTHS OF INTENSE TRAINING, I MAY TAKE THE ENTIRE TIME TO LET MY MUSCLES REST AND FULLY RECUPERATE FOR A WEEK OR SO. ON OTHER OCCASIONS, I'VE FOUND MYSELF LOOKING FOR A DIFFERENT GYM TO EXPERIENCE A WORKOUT IN IF MY BODY AND MIND FEEL LIKE IT. WHILE ON VACATION, I'M GOING TO HAVE THE FOOD I ENJOY, FATTENING OR NOT. I EAT CLEAN MOST OF THE YEAR, SO I FEEL IT'S OK TO INDULGE AND NOT FEEL GUILTY ABOUT IT. IT'S PART OF THE PLAN, AND WHEN I GET BACK, I'LL RETURN TO NORMAL EATING AND TRAINING. YOU'RE NOT GOING TO GET OUT OF SHAPE IN A WEEK IF YOU'VE BUILT A GOOD FOUNDATION. ENJOY THE WELL DESERVED TIME AWAY.

-BILL NEYLON

AFTER SPENDING A GOOD DEAL OF MY LIFE TRAINING REGULARLY, I WANT TO ARRIVE AT MY VACATION FEELING AND LOOKING MY BEST! TRUTH BE TOLD, I THINK I TEND TO TRAIN JUST A BIT HARDER BEFORE I LEAVE IF IT'S A SHORT WEEKEND TRIP. UNLESS I'M WITH SOMEONE WHO REALLY WANTS TO WORK OUT, I WON'T. OFTEN TIMES A TRIP CAN BE FILLED WITH LOTS OF PHYSICAL ACTIVITY THAT I DON'T FEEL THE NEED TO MAKE TIME FOR PURPOSEFUL EXERCISE. IF I'M GOING AWAY LONGER, I DO PLAN ON TRAINING. THAT SAID, IT CAN ALSO BE PART OF THE TRIP TO TRAIN SOMEWHERE DIFFERENT. THIS MIGHT NOT ALWAYS HAPPEN, ESPECIALLY AGAIN, IF IT'S A TRIP WHERE IM CONSTANTLY

TARA LEE

ACTIVE, BUT I WILL ATTEMPT TO FIND A GYM BEFORE I GO, OR PLAN ON BRINGING BANDS AND DOING SOME BODYWEIGHT TRAINING. I DEFINITELY DON'T PLAN ON TRAINING HARD MOSTLY BECAUSE OF THE FACT THAT YOU'RE OUTSIDE OF YOUR EVERYDAY LIFE, WANTING TO SPEND TIME DOING EXTRAORDINARY THINGS. AS FAR AS EATING, I LOVE TO EAT! I'M FLEXIBLE, AND WHEN I'M AWAY, I'M GOING TO EAT WHATEVER I WANT! I DEFINITELY WILL NOT BE EATING THE USUAL PLANNED HEALTHY DIET. I DO MOST OF THE TIME IN REGULAR LIFE. THAT SAID, I DO BRING SOME THINGS WITH ME. I'LL BRING SOME DAILY SUPPLEMENTS, PROTEIN BARS, AND UNLESS I KNOW THEY'RE READILY AVAILABLE WHERE I'M GOING I'LL BRING SOME PACKETS OF ELECTROLYTES, RED, AND GREEN DRINKS AND MAYBE SOME PROTEIN POWDER. THE IDEA OF BRINGING THINGS LIKE ELECTROLYTES AND RED AND GREEN DRINKS, PARTICULARLY IF YOU'RE FLYING AND ESPECIALLY IF YOU'RE LEAVING THE TIME ZONE, CAN LEAD TO STAYING HEALTHY ON THE TRIP AND AFTERWARD.

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DINING & DELIGHT

IN

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LIVE MUSIC + VIBRANT ATMOSPHERE



CAFE CENTRO

MOODY TONGUE SUSHI



AT HILTON WEST PALM BEACH

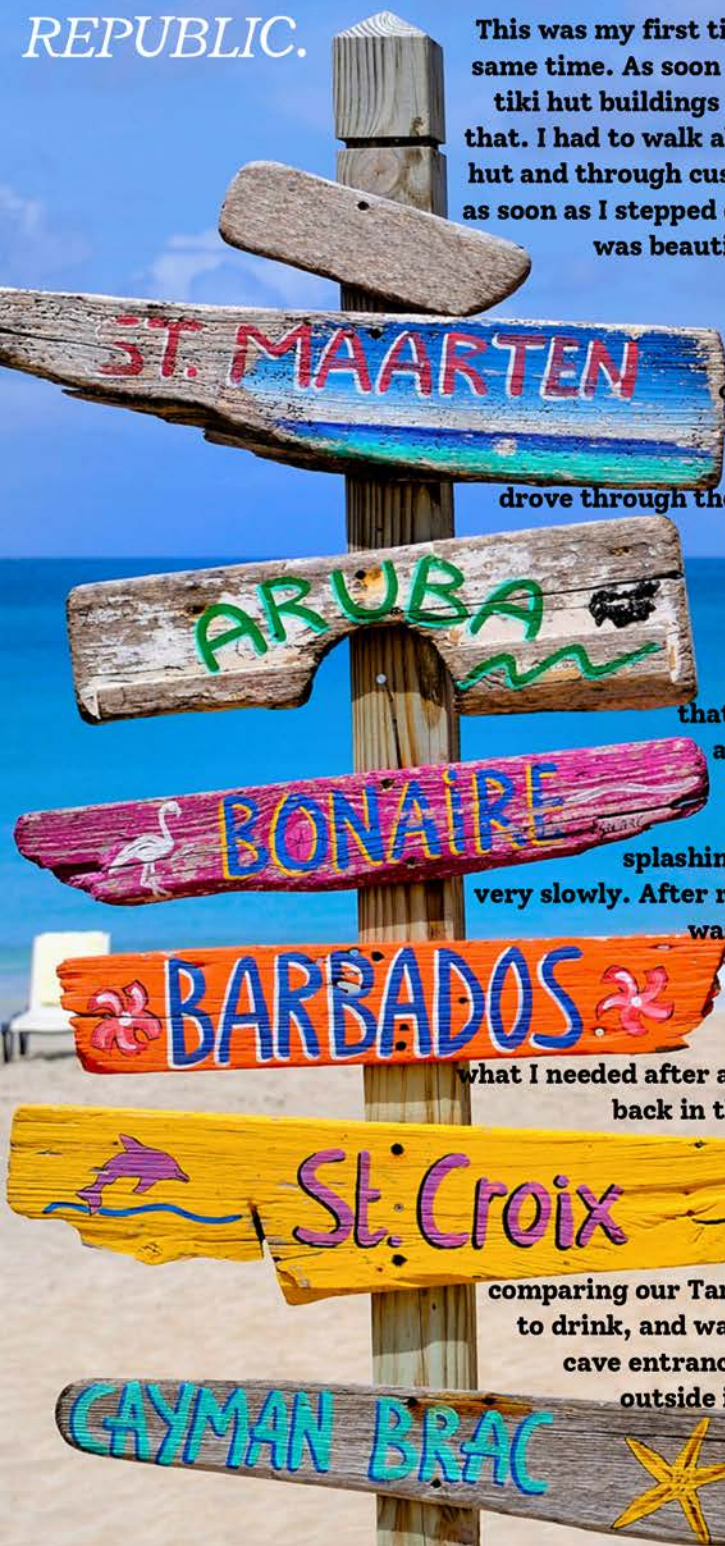
PRESENTS AN EXCLUSIVE 15 COURSE OMAKASE EXPERIENCE



**BEING THAT SHERA, KEVIN, TARA AND BILL
ALL COME FROM DIFFERENT PARTS OF THE
WORLD, THEIR TRAVEL PALATES ARE
EXTENSIVE.**

**LET THEM GUIDE YOU TO SOME OF THE
COOLEST PLACES TO VISIT.**

ONE OF THE BEST TRIPS I'VE TAKEN SO FAR IS TO PUNTA CANA IN THE DOMINICAN REPUBLIC.



This was my first time traveling out of the country. I was so excited and nervous at the same time. As soon as I stepped off the plane the first thing that caught my eye was the tiki hut buildings with wooden columns and straw roofs. I've never seen anything like that. I had to walk about 60 yards from the plane in the Caribbean heat to get to the tiki hut and through customs. I stayed at an all inclusive resort and was treated like royalty as soon as I stepped out of the van. I was greeted with a cold towel and a glass of wine. It was beautiful and located on the beach with lots of amenities and excursions I

couldn't wait to try. I chose to ride dune buggies and cave dive in the Dominican countryside. The next day they picked me up from the resort in a little old yellow school bus with no air conditioning. With a 40 minutes drive awaiting us in the sweltering heat. It wasn't a pleasant drive, but I definitely enjoyed the scenery smelling the goats and cows from the nearby farms in the air as we

drove through these unique communities all different in their own little way, selling food, clothes, and other trinkets. The one thing in common was the chickens running around freely. The ride alone was definitely an adventure. Finally we arrive at our destination, ready to ride the dune buggies. These dune buggies were made with just a frame, no windows, huge tires made for gripping dirt and a souped up engine that sat on the end of the buggy. We had to wear a helmet with goggles and a T-shirt tied around our mouth to stop the dirt and water from

getting into our eyes as we hit the trails. The trails were filled with heels and steep turns, deep puddles that looked like mini lakes splashing muddy water all over you even if you tried to drive through them very slowly. After riding for a while, we stopped for a break by the ocean and the water was crystal clear. I could literally see the bright colors of the little fish that swam up to us for a peek at those swimming in their territory.

I jumped right in wasting no time racing the fish back and forth to see who's faster. The water was so calm, cool and refreshing. Just what I needed after a hot day riding with the sun beating down on your back. We hopped

back in the buggies and drove for about 10 minutes to a little shopping plaza in the middle of the forest. It was a very interesting place because they had about five tents lined up with signs on

them that read Target , Walmart, and Publix. It was a very clever way to get us to buy from their shops and gain a few laughs comparing our Target, Walmart and Publix in the states to theirs. I bought something

to drink, and waited for everyone to settle before it was time to go cave diving. The cave entrance was about 20 yards from the tent and deceiving because from the outside it just looked like a big gray rock that stood about 10 feet tall with a

gaping hole in the front. The guide rushed and directed us to go down these dark stairs into an opening I couldn't quite see. When I got to the bottom of the steps I could hear people jumping in the water below me. My heart was racing,

but I wasn't going to let that stop me. I jumped in following everyone else especially because you really didn't have time to decide. The water was ice cold but after a while my body adjusted to it. I only spent a few minutes swimming around before we had to go to allow the other group to enjoy their turn. The ride back to the hotel was shorter

than the ride to get to the excursion but I fell asleep happy with myself for doing something I thought I'd never do. It was one of the best experiences I've had so far. If you ever decide to take a trip to Punta Cana, make sure you go cave diving and try the dune buggy tour on Macao Beach. Don't be afraid to try it. You'll be happy you did.

-KEVIN MORRIS

The coolest trips of my life up until now have been exploring the Hawaiian islands and even Maui alone, where we lived. Day hikes to the EL needle, the cliffs at Kahaloa, to two trips on the other islands. Raising my son Samuel, our downtime was spent out in nature swimming, snorkeling, hiking, and hunting for waterfalls. One of the most fun and thrilling things I did on Maui was to drive with a bunch of friends to the top of Haleakala, and then mountain bike down by Moonlight. This can be a feat, even in daylight, as the road is steep and in places almost vertical. Even as a seasoned off-road mountain biker, I was outright scared on the way up, just ruminating over what it would be like going down. A Handful of the people we were with had done it before chatting about their feet and near misses! To do it by Moonlight is a carefully planned trip because you have to have trucks and vans with bright lights to help guide you down the mountain - because a bike is not nearly enough. You also have to be careful not to ram into the random odd wandering cow here and there. Even though you're headed straight down, this is a real workout. There are times you could speed up and just fly, but most of the time you're on those brakes. It takes a few hours. It was so exhilarating, and I felt proud that I had triumphed over my fear of doing it.

-TARA LEE



ZHENFET UNCOMMON VIBE

Curated by Shera Shim

ISSUE 08

I'VE TRAVELED TO MANY PLACES, BUT ONE TRIP THAT TOPS THE LIST IS MACHU PICCHU, PERU. AFTER ARRIVING IN LIMA, YOU TAKE A FLIGHT TO CUSCO, CONSIDERED THE GEOGRAPHICAL CENTER OF THE UNIVERSE BY THE ANDEANS HUNDREDS OF YEARS AGO. FROM CUSCO, THE HISTORIC SITE IS 2 HOURS BY TRAIN, AND THEN ANOTHER 2 BY BUS TO THE NEARBY TOWN OF AGUS CALIENTES. MACHU PICCHU IS FOUND AFTER A 25 MINUTE NAIL BITING TRIP THROUGH THE JUNGLES' HAIRPIN TURNS. ONE OF THE MOST STRIKING THINGS YOU SEE IS THAT THE RUINS ARE BUILT ON TERRACES. THE INCA WERE INCREDIBLE ENGINEERS, AND UNDERSTOOD EFFICIENT IRRIGATION, AND HOW TO PREVENT THE EROSION OF THE SOIL DUE TO THE HEAVY RAINFALL THROUGHOUT THE YEAR. THEY TRANSPORTED, ERECTED, AND POSITIONED HUGE STONES THEY CUT INTO TIGHT FITTING SQUARES, WITHOUT THE INVENTION OF THE WHEEL OR ANY MODERN IMPLEMENTS. THEY UNDERSTOOD THE EARTH'S POSITION RELATIVE TO THE SUN THROUGHOUT THE YEAR. SO MUCH OF THE RUINS ARE PRESERVED AND INTACT THROUGH THE PASSAGE OF HUNDREDS OF YEARS. IT'S A TIMELESS, MAGICAL PLACE LIKE NO OTHER. I STILL REMEMBER THE FEELING I HAD WHEN OUR GUIDE USHERED US THROUGH THE STRUCTURES. IT FELT LIKE LIFE STOOD STILL THERE. NO OTHER VACATION HAS AFFECTED ME IN SUCH A SPIRITUAL WAY AS MACHU PICCHU DID, AND I'VE HEARD THIS FROM MANY OTHERS WHO HAVE VISITED AND HAD A SIMILAR EXPERIENCE. AMAZINGLY, IN OUR TOUR GROUP OF ABOUT 12, MY WIFE AND I HEARD TWO YOUNG WOMEN SPEAKING ENGLISH, AND WENT OVER TO ASK WHERE THEY WERE FROM. WE WERE SHOCKED WHEN THEY SAID "A LITTLE PLACE CALLED LOXAHATCHEE, FLORIDA". TALK ABOUT A SMALL WORLD!

-BILL NEYLON

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VACATION

IS A TIME TO VENTURE OUT AND SEE THE WORLD OR GET AWAY FROM THE HUSTLE AND BUSTLE OF LIFE. BUT HOW DO WE ACTUALLY "VACATION"? DO YOU USE IT AS AN OPPORTUNITY TO CHECK OUT AND GET SOME WELL NEEDED REST, OR TAP INTO YOUR WILD SIDE AND PARTY EVERY DAY? IS SLEEP REALLY THAT IMPORTANT? WELL, IT DEPENDS ON YOUR GOAL. HOW DO YOU WANT TO FEEL COMING BACK FROM VACATION?

For me vacationing is all about getting away from the daily hustle and bustle of life. When I'm home, there is always so much to do and a good vacation gives me the opportunity to relax and get off the grid for a while. I like

a good mixture of activities, fun and relaxation. I don't want to come back from my vacation burnt out, dehydrated or feeling sick. You want to party and let your hair down a little, but you don't want to overdo it because you will pay the price for it later. At the end of my vacation I want to come back home feeling refreshed and rejuvenated to keep that feeling heading back to the hustle and bustle of work.

-KEVIN MORRIS

The purpose of vacationing for me is twofold. First, having lived most of my life on the island of Maui, many of my vacations have been spent exploring the Hawaiian islands or visits back to the mainland. Hawaii is pretty

far in any direction, with about six hours to California, and six hours from Japan. I've lived most of my life far away from my immediate family, so these were vacations often to places I'd never been before. For me, it's been all about checking out, relaxing, exploring, and getting some quality time with my people! When I come home, I want to be full to the brim with those memories.

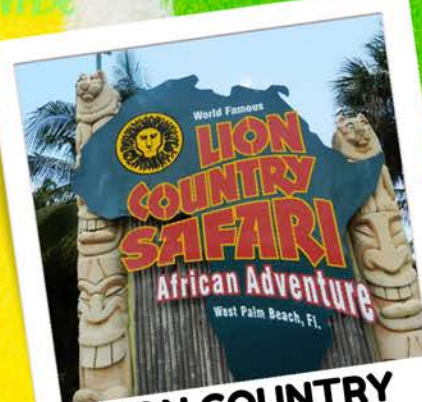
-TARA LEE



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every day feels like a
vacation.*

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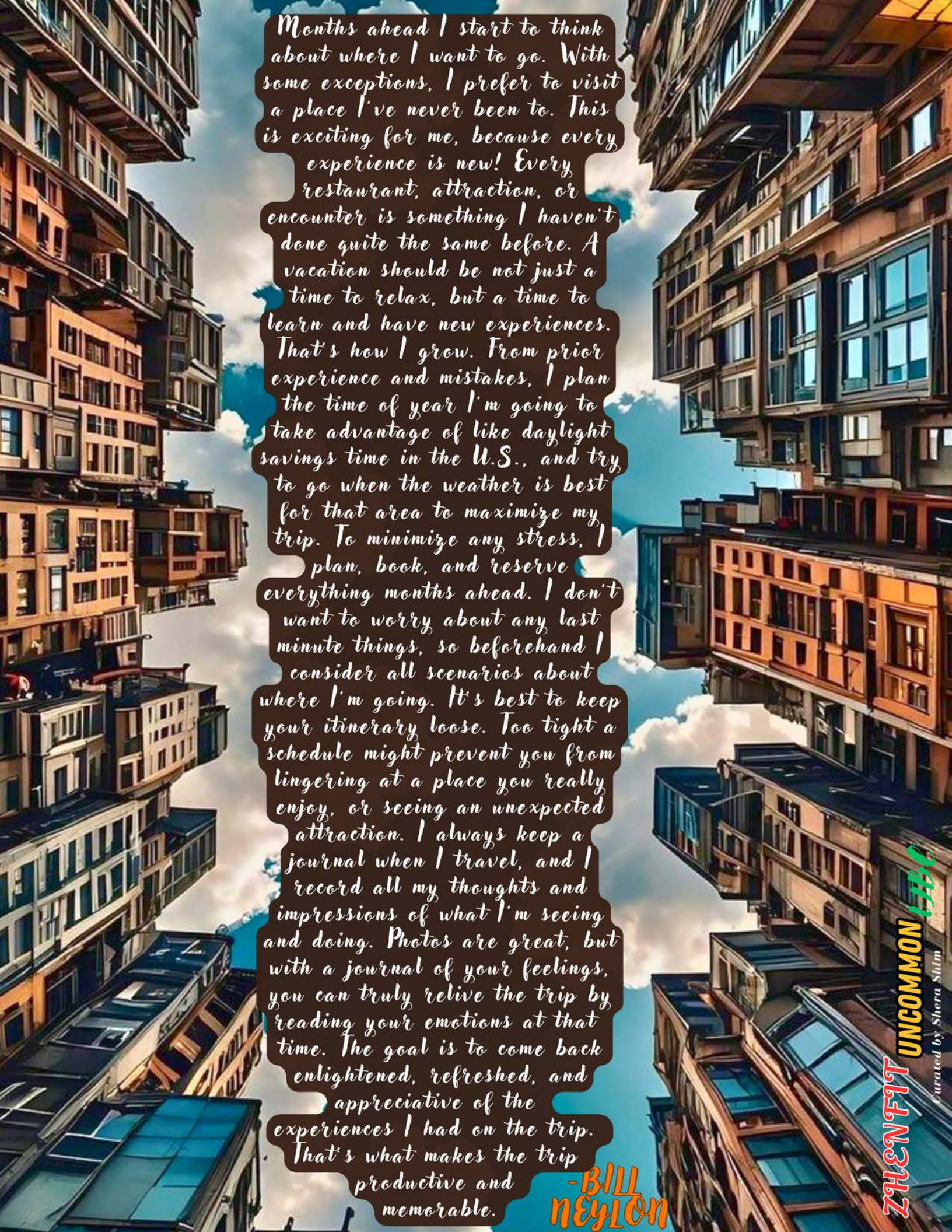
ADRENALINE
TRAMPOLINE PARK



CACTI PARK OF THE
PALM BEACHES



FUN DEPOT



Months ahead I start to think about where I want to go. With some exceptions, I prefer to visit a place I've never been to. This is exciting for me, because every experience is new! Every restaurant, attraction, or encounter is something I haven't done quite the same before. A vacation should be not just a time to relax, but a time to learn and have new experiences. That's how I grow. From prior experience and mistakes, I plan the time of year I'm going to take advantage of like daylight savings time in the U.S., and try to go when the weather is best for that area to maximize my trip. To minimize any stress, I plan, book, and reserve everything months ahead. I don't want to worry about any last minute things, so beforehand I consider all scenarios about where I'm going. It's best to keep your itinerary loose. Too tight a schedule might prevent you from lingering at a place you really enjoy, or seeing an unexpected attraction. I always keep a journal when I travel, and I record all my thoughts and impressions of what I'm seeing and doing. Photos are great, but with a journal of your feelings, you can truly relive the trip by reading your emotions at that time. The goal is to come back enlightened, refreshed, and appreciative of the experiences I had on the trip. That's what makes the trip productive and memorable.

-BILL
NEYLON

UNCOMMON

ZHENFET

Curated by Shera Shim


Life can throw some unexpected curve balls especially while on vacation. The last thing You want to do is misplace Your passport, lose track of Your friends or partner at a party without any way of contacting them or see Your cruise ship sailing away while You're still at the port. These scenarios are more common than You think. Hold on to Your seats as Shera, Kevin, Tara and Bill share their scariest encounters.

After the pandemic, I took a little vacation to Cancun Mexico. During this time, people were still wearing masks and the airlines wanted to make sure You were screened for Covid before You got on the plane. At this time, people were still very skeptical and uneasy about being in close quarters with individuals. Even during all of this I decide I want to take a trip. When I got to MY resort in Mexico, all the resort pools were filled to capacity with everyone having fun and mingling like Covid never existed. I had MY fun with

the reminder to stay clear of people and not get too comfortable. They made it very clear that I'd have to take a Covid test before leaving the resort. Yet, the day before MY departure MY test still came back positive, which meant I'd have to stay in Mexico until MY test came back negative. I was so worried and anxious because even though I thought I was being safe and protecting MYself I had Covid and I couldn't leave. Who knows how long I'd be here. I didn't plan to be stuck in Mexico. MY business, MY dogs, MY bills are all

going to be affected. Did someone cough on me? Should I have worn MY mask on the dune buggies? Who'd I let cough on me or get too close to me? I thought as I stood in line to retake the Covid test the day before I left. As they took me back in the room and shoved the long Q-tip up MY nose, I'm nervous but hoping for the best. I waited anxiously, constantly recreating a plan for if I had to stay in Mexico. When I got MY negative results later that day and cleared to go home I jumped so high I almost hit MY head on the ceiling of MY room. Many people weren't as fortunate. I was very grateful that I was able to leave, but I made a promise to MYself that I'll never put MYself in that type of situation again.

-KEVIN MORRIS



WHILE IN COLOMBIA ABOUT A YEAR INTO THE COVID PANDEMIC, MY WIFE AND I FLEW INTO A TINY AIRPORT IN A VILLAGE CALLED CHACHAGUI. THE GOVERNMENT HAD RECENTLY REVISED A TAX STRUCTURE THAT WAS UNFAVORABLE TO THE CITIZENS AND THEY REVOLTED BY SETTING UP BLOCKADES IN THE TOWNS AND ON THE ROADS SO SUPPLIES SUCH AS GAS, FOOD, PRODUCE, AND OTHER NECESSITIES COULDN'T BE TRANSPORTED. THIS APPLIED TO TRAVELERS AS WELL. WE LANDED AT THE AIRPORT (IN THE MIDDLE OF NOWHERE) TO SEE A LINE OF TAXIS WITH THEIR DRIVERS STANDING OUTSIDE THEM. WE WERE INFORMED THAT NOTHING WOULD BE MOVING UNTIL FURTHER NOTICE. EVERYONE WHO GOT OFF THE PLANE WAS IN THE SAME SITUATION, HELPLESS AND UNSURE. ALL THE DRIVERS HAD THEIR PHONES OUT AND WE COULDN'T TELL WHAT THE CONVERSATIONS WERE. WE LEARNED THAT THE PEOPLE OF CHACHAGUI WERE PARTICIPATING IN THE STRIKE AND WOULD NOT LET US ENTER. IT WAS A COMPLETE SENSE OF HELPLESSNESS IN ANOTHER COUNTRY. FORTUNATELY, NO ONE PANICKED. AFTER SEVERAL HOURS, THE PEOPLE OF CHACHAGUI RELENDED AND ALLOWED US TO PASS THROUGH THEIR TOWN. ONE OF THE DRIVERS RECEIVED A CALL WITH THE OK. A PROCESSION OF ABOUT 14 TAXIS DROVE THROUGH, AND WE ALL HAD OUR WINDOWS DOWN WAVING AT THE PEOPLE AND THANKING THEM FOR LETTING US THROUGH, AND THEIR UNDERSTANDING. IT WAS A HARROWING SITUATION COMPLETELY OUT OF OUR CONTROL.

-BILL NEYLON

UNCOMMON

Curated by Shera Shim

ZHENFIT

WBC

I'VE TRAINED 9 CLIENTS THROUGH 23 PREGNANCIES, AND THOUGH A LOT OF THE PROCESS IS SIMILAR, SOME OF THE LADIES HAVE UNIQUE COMPLICATIONS AND RESTRICTIONS OR CIRCUMSTANCES. ONE INDIVIDUAL HAD TO STOP TRAINING ALTOGETHER AS A DIRECT ORDER FROM HER PHYSICIAN, YET I HAD TRAINED HER VERY SUCCESSFULLY THROUGH HER PRIOR PREGNANCY, WHICH WAS HER FIRST ONE. THERE WAS SOME INTERNAL FACTOR WITH HER PREGNANCY AND HE WAS BEING VERY CAUTIOUS. FOR THE MOST PART, WOMEN DO EXCEPTIONALLY WELL DURING THIS TIME AS THEY CONTINUE TO MOVE AND EXERCISE. ALSO, WOMEN WHO DO WEIGHT TRAIN HAVE THE BEST DELIVERY EXPERIENCE, BECAUSE THEY ARE IN SHAPE AND STRONG, AND THEY CAN WITHSTAND THE RIGORS OF PUSHING, CONTRACTING, AND EXERTING. THROUGH RESEARCH AND INTERACTING WITH MY CLIENTS, I'VE LEARNED TO KEEP THE HEART RATE BELOW 115 BEATS PER MINUTE IN THE 3RD TRIMESTER FOR THE SAFETY OF THE FETUS. DURING THIS TIME, THERE'S A LOT OF DISTENSION, AND LADIES ARE A LITTLE MORE LIMITED IN THEIR MOVEMENTS AND LESS COMFORTABLE. THE BONUS OF WOMEN TRAINING THROUGHOUT THEIR PREGNANCY IS HOW QUICKLY THEY BOUNCE BACK TO FORMER SHAPE AFTER THE BABY IS BORN. THEY NEVER REALLY GOT OUT OF CONDITION, SO IT ISN'T A BIG TASK TO LOSE WEIGHT AND GET BACK IN SHAPE. I ALSO NOTED THAT BY EXERCISING, MY CLIENTS WERE IN GOOD SPIRITS, AND IN MY OPINION IT IS LIKELY THAT WEIGHT TRAINING HELPS STAVE OFF DEPRESSION.

-BILL NEYLON



THE ONE CIRCUMSTANCE OFTEN NOT MENTIONED IS TRAVELING WHILE PREGNANT. MOST TIMES PREGNANT WOMEN OPT NOT TO TRAVEL IN FEAR OF BEING EXTREMELY UNCOMFORTABLE. MANY WOULD SUGGEST NOT TRAINING WHILE PREGNANT, BUT THERE ARE MORE PROS THAN CONS THAT'LL HELP YOU TRULY ENJOY EVERY PART OF YOUR VACATION.

I HAVEN'T HAD THE OPPORTUNITY TO TRAIN ANY PREGNANT CLIENT YET ,BUT I UNDERSTAND THE BENEFITS. WHILE MOST WOMEN ARE HESITANT TO EXERCISE WHILE PREGNANT WHETHER IT BE HIGH RISK, OTHER RELATED HEALTH ISSUES OR JUST NEVER EXERCISED BEFORE, THERE ARE A LOT OF BENEFITS FOR THE MOTHER AND BABY. EXERCISING WHILE PREGNANT HELPS IMPROVE MOOD, DECREASE BACK PAIN, INCREASE ENERGY ALONG WITH SO MANY OTHER POSITIVE BENEFITS LIKE STRONGER MUSCLES AND GOOD CARDIOVASCULAR HEALTH. CARRYING ANOTHER HUMAN IN YOUR BODY IS NOT AN EASY TASK, BUT PREPARING YOUR BODY FOR THE PROCESS AND WORKING OUT DURING IT CAN HELP THINGS GO A LOT SMOOTHER. I HIGHLY RECOMMEND THE MOTHER ALWAYS GET CLEARANCE FROM HER PRIMARY CARE PHYSICIAN BEFORE SHE CONSIDERS AN EXERCISE PROGRAM.

-KEVIN MORRIS



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IN
WEST
PALM
BEACH**

**DINING
&
DELIGHT
IN
WEST
PALM
BEACH**

BEST FOR WINE

FOLLOWING THE CHRISTMAS HOLIDAY, WHERE PRESENTS WERE A MUST HAVE, NOW COMES ANOTHER HOLIDAY THAT REQUIRES GIFT GIVING OF THE GRANDEST GESTURE. VALENTINE'S, A DAY OF LOVE, PASSION AND DESIRE, LEAVES A RANSOM NOTE IN YOUR POCKET DEMANDING YOU SPEND MORE MONEY ON GIFTS. CUPID, THE SYMBOL OF VALENTINE'S DAY, AND THE ROMAN GOD OF DESIRE, EROTIC LOVE, ATTRACTION AND AFFECTION, IS OFTEN DEPICTED AS A WINGED INFANT ANGEL, CARRYING A QUIVER OF HEART SPEARED ARROWS. WHEN HE AIMS AND SHOOTS AT TWO UNSUSPECTING TARGETS CAUSING THEM TO FALL DEEPLY IN LOVE THAT MEANS IT'S TIME TO CELEBRATE THEIR UNION WITH LAVISH DINNERS, BRIGHT CHERRY RED ROSES, HEARTFELT CARDS, COLORFUL BALLOONS SURROUNDED BY CREAMY CHOCOLATES. BUT WHAT DOES THAT HAVE TO DO

WITH GIFT GIVING TO SHOWCASE HOW MUCH YOU LOVE YOUR PERSON? SHOULDN'T THAT BE AN EVERYDAY THING RATHER THAN A HOLIDAY? SOME MIGHT ARGUE IT'S A HOLIDAY MORE FOR WOMEN THAN MEN. OUR FRIENDS AT ZHENFIT UNCOMMON VIBE KNOW A THING OR TWO ABOUT VALENTINE'S DAY. LET THEM GIVE YOU SOME TIPS ON HOW TO MAKE YOUR VALENTINE'S DAY SPECIAL.

**FUN THINGS
TO DO IN
WEST PALM
BEACH**



VALENTINE'S DAY IS A PECULIAR HOLIDAY EVOKING MIND


**BENDING QUESTIONS
LIKE, IF I DON'T
GIVE
YOU A
GIFT ON
VALENTINE'S
DAY, DOES
THAT MEAN
I DON'T LOVE
YOU? DOES THAT
MEAN I HAVEN'T
BEEN LOVING YOU
ALL YEAR? WHY IS THE
GIFT IMPORTANT ON THIS
SPECIFIC DAY? THESE
QUESTIONS HAVE SPARKED
ENDLESS DEBATES.
REALLY, WHAT
WE SHOULD BE
FOCUSED ON
IS LOVE IN
GENERAL.
WOULDN'T YOU
AGREE? LET'S
SEE WHAT OUR
EXPERTS
THINK.**

ISSUE 07



WHEN I WAS A LITTLE GIRL, I LONGED FOR THIS FANTASY, FAIRYTALE, MOVIE LIKE LOVE. THE TYPE YOU ONLY SEE IN THE MOVIES AND NOWHERE ELSE. A LOVE FREE OF CONFLICT, DISCOMFORT, PAIN, COMPLICATION AND HARD DECISIONS WHERE EVERYONE GETS ALONG GREAT. IT WASN'T UNTIL I GREW UP AND STARTED DATING, THAT I LEARNED LOVE IS, AT IT'S CORE, A CLASH OF ALL SORTS OF FEELINGS AND EMOTIONS BONDED TOGETHER TO CREATE THE WORD "LOVE". IT'S NOT ALWAYS, HAPPY, PASSIONATE, FUN AND ALL THOSE POSITIVE WORDS WE'D LIKE TO ASSOCIATE IT WITH. SOMETIMES, IT'S DEEP PAIN, HEARTACHE, ABUSE, CONFUSION, LEARNING, CONDITIONAL AND EVEN HATE. I UNDERSTAND THAT NO MATTER WHO YOU SPEAK TO, NO TWO PERSONS' DEFINITIONS ARE REMOTELY THE SAME. I DON'T THINK THERE IS A DEFINITION TO SUM UP ALL THE COMPLEXITIES OF WHAT LOVE IS NOR IS ANY DEFINITION INCORRECT. IF WE DEEM ANYONE'S DEFINITION OF LOVE INCORRECT, IT IS SIMPLY BY THE MEASURE OF OUR OWN PERCEPTION. BY GOOGLE'S DEFINITION, LOVE IS A COMPLEX EMOTION THAT CAN BE DESCRIBED AS A FEELING OF STRONG ATTACHMENT AND ATTRACTION TO ANOTHER PERSON. IT CAN ALSO REFER TO THE ACTIONS THAT RESULT FROM THAT FEELING. LOVE CAN BE EXPERIENCED IN MANY WAYS, AND IT CAN BE POSITIVE OR NEGATIVE. THIS DEFINITION, VAGUE YET GENERAL, IS ONLY A TINY DOT IN THE THEORY OF LOVE BECAUSE THERE'S MORE TO IT. EXPERIENCE IS THE TEACHER OF LIFE WHICH ALLOWS US TO CREATE OUR OWN UNIQUE DEFINITIONS OF LOVE. THOSE CLASHES OF FEELINGS AND EMOTIONS BONDED TOGETHER TO CREATE LOVE IS STILL BEYOND OUR COMPREHENSION. LOVE IS THE ONLY FEELING THAT TRANSCENDS TIME AND SPACE SHIFTING THROUGH EVERY DIMENSION YET STILL REMAINING EXACTLY THE SAME. WHAT THE HECK DID SHE JUST SAY? YOU'RE THINKING, I BET. THROUGH THE LENSES OF EXPERIENCE LIKE DEATH, OR A MISSING LOVED ONE (WHICH INCLUDES PETS), WE SEE LOVE PERSIST AND REMAIN INTACT. THAT FEELING DOESN'T GO AWAY JUST BECAUSE THE PERSON IS NO LONGER HERE. IT STAYS WITH US FOREVER, ALWAYS EVOKING THE SAME EMOTION AND FEELING EVERY TIME WE THINK OF THEM. THROUGH DIMENSIONS LIKE NEAR DEATH EXPERIENCES AND DREAMS, LOVE IS





PERSISTENT. WHEN WE SAY A LOVED ONE WILL MEET US AT THE PEARLY WHITE GATES OF HEAVEN, WE'LL SEE THEM AGAIN OR THEY'RE WATCHING OVER US, LOOKING DOWN FROM HEAVEN ETC. THAT'S LOVE TIME TRAVELING. HOW ABOUT WHEN THEY APPEAR IN YOUR DREAMS THROUGH A PLEASANT DREAM OR A NIGHTMARE? THAT'S LOVE SKIPPING PAST THE BOUNDARY OF DIMENSIONS (A REALM WE CAN'T ACCESS AT OUR OWN WILL). WE WAKE UP THINKING THEY'RE TRYING TO COMMUNICATE WITH US SOMEHOW FROM A REACH FAR BEYOND WHAT WE CAN EVEN FATHOM. I CAN GO ON AND ON ABOUT THE INTRICACIES OF LOVE BUT AS JIM CAREY FAMOUSLY SAID IN THE MOVIE THE MASK, "SOMEBODY STOP ME". REALLY, LOVE IS UNDEFINABLE BY OUR EARTH WORDS.

AND WHEN I SAY EARTH WORDS I MEAN, ABSENT OF THE WORD LOVE, THAT STRONG SENSATION WE KNOW AS FEELINGS AND EMOTIONS WOULD BE A CONSTRUCT OF SOMETHING SPIRITUAL AND ETHEREAL. IT'S BEEN HERE BEFORE THE HUMAN RACE AS DEPICTED IN BOOKS LIKE THE BIBLE, THAT DESCRIBE A GOD WHO CREATED THE PLANET DETAIL BY DETAIL FROM A LOVE WE COULD NEVER UNDERSTAND. OR IN AN ACT OF IMMENSE LOVE, DEMONSTRATING HIS DESIRE TO SAVE HUMANITY, GOD SENDS HIS SON INTO THE WORLD, BY OFFERING JESUS AS A SACRIFICE FOR OUR SINS. BECAUSE IT IS SO IMPENETRABLE, YET THE MOST CREATIVE, TIMELESS,

PASSIONATE, MOST MISUNDERSTOOD FEELING YOU'LL EVER HAVE, IT DESERVES TO BE CELEBRATED. EVERY DAY YOU CAN GIVE AND RECEIVE LOVE IS A DAY IT SHOULD BE CELEBRATED. FOR, NO MATTER HOW MANY TIMES YOU SAY I LOVE YOU IT CAN NEVER TRULY EXPRESS HOW YOU FEEL. WHATEVER YOUR DEFINITION OF

LOVE IS, THE NUMBER ONE UNIVERSAL RULE IS TO ALWAYS TELL WHOMEVER YOU LOVE THAT YOU LOVE THEM AS MANY TIMES AS POSSIBLE.

Shera Shim

ZHENFIT
UNCOMMON
Vibe
Curated by Shera Shim

MUST-TRY

RESTAURANTS

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ONLINE

WEST PALM BEACH, FL

**RH ROOFTOP RESTAURANT
WEST PALM**

Skylit garden escape offers a curated menu of timeless classics for brunch, lunch and dinner.

**FERN STREET WINE
BAR & KITCHEN**

An innovative farm-to-table restaurant in a modern art gallery setting

**CITY CELLAR WINE BAR &
GRILL**

Floor-to-ceiling windows, award-winning wines, and delicious pizza, steaks, pasta, and seafood.

**TREE HOUSE**

Highest rooftop magical oasis perched atop the Downtown West Palm skyline with live music.

**II BELLAGIO**

Delicious Italian cuisine in a modern, casual and vibrant atmosphere.

**PLANTA**

100% vegan restaurant, reimagines and reinvents plant-based dining, providing flavorful and fun cuisine.

**ELISABETTA'S RISTORANTE**

An unforgettable dining experience with its refined Italian cuisine, where guests can savor the authentic flavors of Italy.

**PINK STEAK**

Miami vibe complements a Palm Beach space with a 15-foot-tall flamingo statue and banquettes of pink and green.



LOVE IS A VERY INTERESTING WORD. EVERYONE, INCLUDING MYSELF, THINKS THEY KNOW HOW TO LOVE. THROUGH MY EXPERIENCE AND PAST RELATIONSHIPS, I DEFINE LOVE AS HAVING THE ABILITY TO LOVE AN INDIVIDUAL THE WAY THEY WANT TO BE LOVED. I'VE MADE THE MISTAKE OF LOVING SOMEONE THE WAY I THOUGHT THEY SHOULD BE LOVED WHICH DIDN'T END WELL. I NOW UNDERSTAND HOW SELFISH THAT WAS. THE WAY I THOUGHT THE PERSON SHOULD BE LOVED AND HOW THEY NEEDED TO BE LOVED WASN'T THE SAME. WE ARE ALL UNIQUE AND HAVE DIFFERENT LOVE LANGUAGES. YOU CAN DO NICE GESTURES LIKE DINNER DATES, GIVING GIFTS, OPENING DOORS AND TRAVELING, BUT I BELIEVE THESE ARE JUST THE SURFACE THINGS. GESTURES ARE COOL BUT ANYTHING YOU DO HAS TO BE SPECIFIC TO THE INDIVIDUAL YOU'RE WITH, THAT MEANS YOU HAVE TO STUDY YOUR PERSON AND ASK QUESTIONS SO YOU DON'T MISS THE MARK. VALENTINE'S DAY SHOULDN'T BE THE ONLY DAY YOU EXPRESS YOUR LOVE TO YOUR PARTNER. THEY SHOULD FEEL YOUR LOVE EVERY DAY AND WHEN VALENTINE'S DAY ARRIVES, A BOUQUET OF ROSES, A THOUGHTFUL CARD AND FANCY DINNER SHOULD SUFFICE BECAUSE YOU HAVE BEEN CONSISTENTLY SHOWING YOUR PARTNER LOVE EVERY DAY.

KEVIN MORRIS

NOW MEN, WHEN IT PERTAINS TO YOUR DAUGHTERS, IT SHOULD BE THE SAME WAY. DON'T BE THE DAD THAT SHOWS UP TO YOUR DAUGHTERS SCHOOL WITH BALLOONS AND CHOCOLATES SIMPLY BECAUSE YOU KNOW SOME LITTLE BOY IS GOING TO GIVE YOUR BABY GIRL SOME CHOCOLATE COVERED HEARTS. COME ON DAD'S, WE HAVE TO DO BETTER! I'VE MADE THIS MISTAKE WITH MY DAUGHTERS NOT REALIZING I SHOULD HAVE BEEN GIVING THEM BALLOONS, CHOCOLATE CANDY, NICE CARDS AND RANDOM GIFTS JUST TO SHOW MY LOVE FOR THEM ALL YEAR, AND NOT JUST ON VALENTINE'S DAY

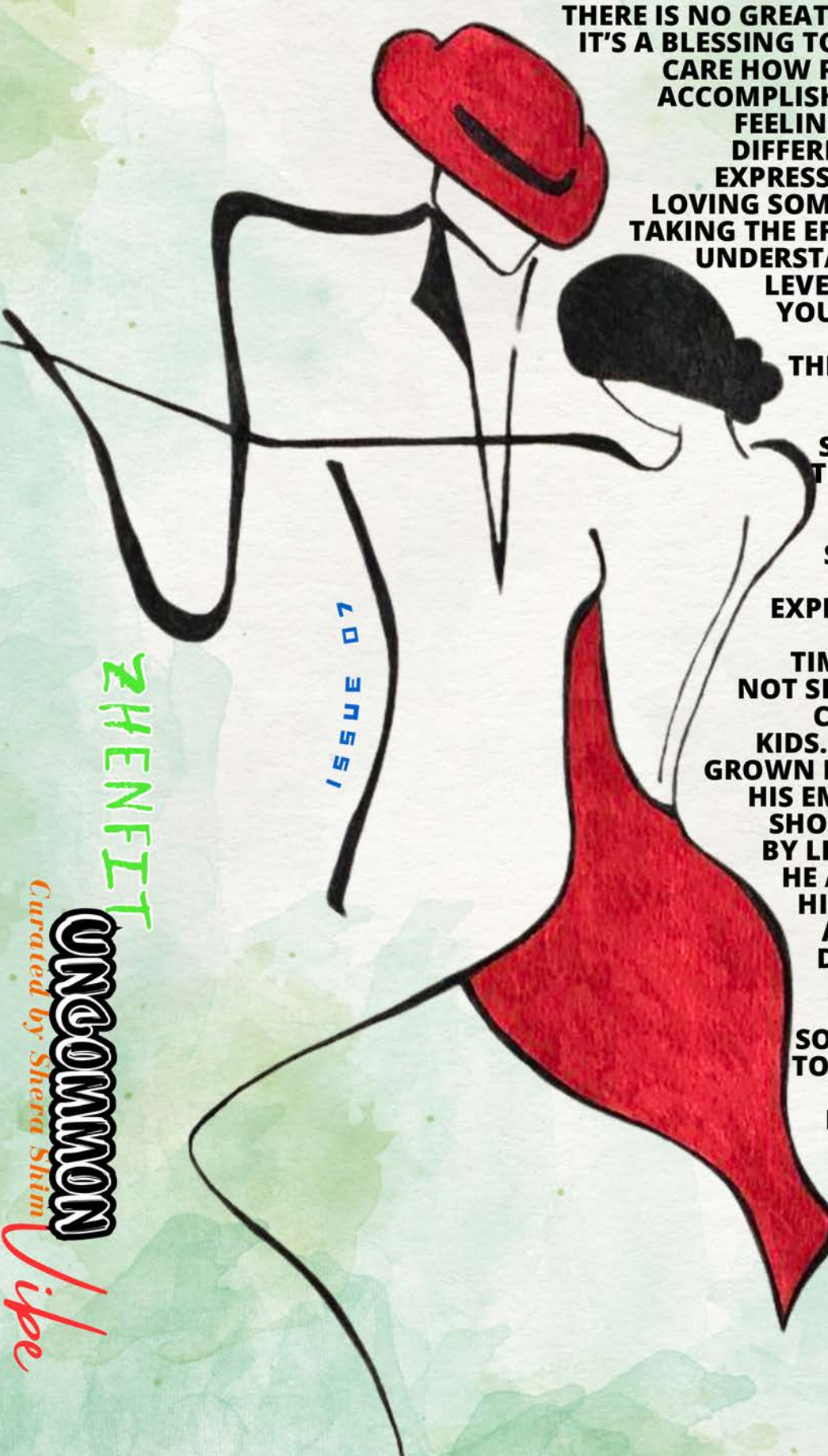
LEARNING TO LOVE SOMEONE THE PROPER WAY TAKES TIME AND ATTENTION. REAL LOVE IS SHOWN BY YOUR ACTIONS. IN MY CURRENT RELATIONSHIP WHEN I TELL MY PARTNER I LOVE HER I AM ALWAYS OBSERVANT AND ATTENTIVE TO HER NEEDS TO WHICH I CAN LOVE HER THE WAY SHE REQUIRES WHICH IN RETURN BENEFITS ME.

WITH HER FEELING LOVED AND APPRECIATED EVERY SINGLE DAY, THERE REALLY IS NO NEED TO GO OVER AND BEYOND ON VALENTINE'S DAY.

ISSUE 08



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TO VIEW FULL
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THERE IS NO GREATER FEELING THAN TO BE LOVED. IT'S A BLESSING TO RECEIVE AND TO GIVE. I DON'T CARE HOW RICH YOU ARE OR WHAT YOU'VE ACCOMPLISHED, WITHOUT IT YOU ARE LEFT FEELING PRETTY EMPTY. PEOPLE HAVE DIFFERENT DEFINITIONS OF LOVE AND EXPRESS LOVE IN DIFFERENT WAYS BUT LOVING SOMEONE ISN'T JUST GESTURES, IT'S TAKING THE EFFORT AND TIME TO KNOW AND UNDERSTAND SOMEONE AT A VERY DEEP LEVEL. WHEN YOU SHOW SOMEONE YOU LOVE THAT YOU KNOW WHAT THEY LIKE, UNDERSTAND WHY THEY FEEL THE WAY THEY DO, PUT THEM BEFORE YOURSELF AND REALLY CARE FOR THEM, THAT SHOWS REAL LOVE. I TRY TO DO THINGS WITHOUT BEING ASKED, BECAUSE I WANT TO MAKE MY WIFE'S LIFE EASIER. LOVE IS SELFLESS, AND YOU DO THINGS FOR THAT PERSON WITHOUT EXPECTING ANYTHING. IT'S REALLY LISTENING AND GIVING YOUR TIME, ATTENTION AND CONCERN, NOT SIMPLY GIFTS. I THINK THE SAME CONDITIONS APPLY WITH YOUR KIDS. MY SON JOHN, WHO IS NOW A GROWN MAN, ISN'T REALLY OPEN WITH HIS EMOTIONS. THAT'S OK BECAUSE I SHOW HIM MY LOVE AND SUPPORT BY LISTENING AND ADVISING HIM IF HE ASKS. AS A CHILD, I DIDN'T GIVE HIM GIFTS, OR THINGS TYPICALLY ASSOCIATED WITH VALENTINE'S DAY, BUT I WOULD TAKE HIM TO A MOVIE OR FIND SOMETHING FUN WE COULD DO TOGETHER. SOMETIMES YOUR GREATEST GIFT TO SOMEONE IS YOUR TIME. LOVE DESERVES TO BE CELEBRATED, BECAUSE THERE IS NO GREATER GIFT TO EXTEND OR ACCEPT.

-BILL NEYLON

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ZHENFIT

ISSUE 07


Curated by Sheru Shim

UNCOMMON

Life

BEST PLACE FOR WINE

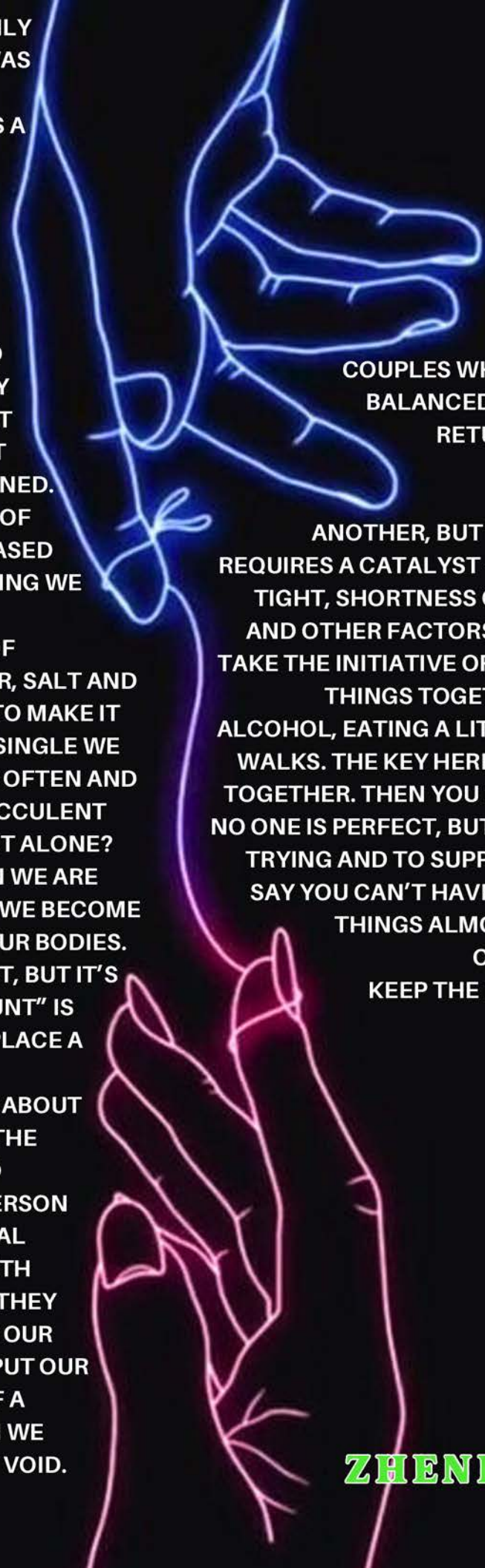
My go to spot for wine is Cooper's Hawk. They have many locations all over the country but my favorite is located in Palm Beach Gardens, Florida. This place has turned me into a wine connoisseur. I

never really liked to drink wine until I was introduced to this place by Shera, who knew everything there is to know about wine. She's the reason I am now a wine connoisseur. When you first open the door at Coopers Hawk you may think it's just a wine store, but it's much more than that. As you enter you will see a selection of wines on the wall to your right that reaches the ceiling. Below a wine tasting bar sits filled with people enjoying themselves, whether they are coming from a long day at work or just meeting with good friends to get tipsy and laugh a little while tasting different flavors of wine, and there's always a good crowd. The bartenders are great and always attentively looking to fill your glass with a fresh wine of your choice. You may also get a little magic show like Shera and I did because our bartender was a magician. The ambience is amazing, as you exit the wine tasting area and enter the dining room. The vibe instantly changes when you are greeted by smiling Coopers Hawks employees at the hostess station, soft music and a light maple and cherry wood decor that sets the mood for a great date night. They have indoor and outdoor seating where they serve a variety of full course meals and my favorite appetizer, over the border egg rolls. Not to mention my favorite wines Romance Red and Scarletto. Wherever you are traveling in the United States, make sure you find a Cooper's Hawk. You will not be disappointed!  KEVIN MORRIS



LOVE CAN MAKE YOU DO CRAZY THINGS BUT WHAT THEY DON'T MENTION IS "LOVE WEIGHT". WE'VE ALL BEEN THERE. WHEN YOU'RE SINGLE AND READY TO MINGLE, YOUR BODY IS RIPE FOR THE PICKING. ONCE YOU FALL IN LOVE, SOMEHOW ALL THAT FITNESS STUFF COMES SECOND. WE'RE NOT CONSCIOUSLY OPTING TO FORGET ABOUT FITNESS BUT SUBCONSCIOUSLY IT'S NO LONGER AS IMPORTANT AS IT WAS PRIOR TO FALLING IN LOVE. WHY IS THAT?





WHEN I WAS SINGLE WITH ONLY MYSELF TO THINK ABOUT, I WAS VERY ORGANIZED AND DISCIPLINED AND THERE WAS A CERTAIN "HUNGER" THERE FOR LOOKING MY BEST AND BEING APPEALING ENOUGH TO ATTRACT THE RIGHT WOMAN FOR ME, AND ALSO GAINING THE RESPECT OF "THE GUYS". WHEN YOU FIND THAT PERSON YOU ARE TRULY IN LOVE WITH, THERE'S GREAT COMFORT IN THAT, AND THAT "HUNGER" IS GREATLY LESSENERED. LET'S FACE IT, A GREAT DEAL OF TIME IN A RELATIONSHIP IS BASED AROUND FOOD. IT'S SOMETHING WE LOVE TO SHARE AND ENJOY. RESTAURANT FOOD IS FULL OF ENHANCEMENTS LIKE BUTTER, SALT AND OTHER UNHEALTHY THINGS TO MAKE IT TASTE GOOD. WHEN WE ARE SINGLE WE TEND TO EAT AT HOME MORE OFTEN AND LESS LIKELY TO EAT RICH, SUCCULENT FOOD. WHO LIKES EATING OUT ALONE? WHEN WE FIND THAT PERSON WE ARE TRULY COMFORTABLE WITH, WE BECOME A LITTLE LESS VIGILANT OF OUR BODIES. OH, WE STILL DRESS OUR BEST, BUT IT'S ALMOST AS THOUGH "THE HUNT" IS OVER. PARTLY BECAUSE WE PLACE A LITTLE LESS ATTENTION ON OURSELVES AND CARE MORE ABOUT THAT PERSON WE ARE WITH. THE EXCITEMENT, NEWNESS, AND INVOLVEMENT WITH THAT PERSON ALSO GIVES US LESS PERSONAL TIME. THE TIME WE SPEND WITH THAT PERSON AND THE WAY THEY MAKE US FEEL INSIDE, FIRING OUR ENDORPHINS, CAN TEND TO PUT OUR FITNESS REGIMEN AS LESS OF A PRIORITY THAN IT WAS WHEN WE WERE SINGLE AND HAD THAT VOID.



COUPLES WHOSE RELATIONSHIP IS WELL BALANCED AND ESTABLISHED SHOULD RETURN TO THE IMPORTANCE OF THEIR HEALTHY WEIGHT BECAUSE THEY LOVE ONE ANOTHER, BUT IT'S NOT EASY AND USUALLY REQUIRES A CATALYST - CLOTHES ARE GETTING TOO TIGHT, SHORTNESS OF BREATH, LACK OF ENERGY AND OTHER FACTORS. ONE OR THE OTHER HAS TO TAKE THE INITIATIVE OF SUGGESTING DOING ACTIVE THINGS TOGETHER, CUTTING BACK ON THE ALCOHOL, EATING A LITTLE CLEANER, TAKING MORE WALKS. THE KEY HERE IS TO DO ALL THESE THINGS TOGETHER. THEN YOU HAVE THE BUILT IN SUPPORT. NO ONE IS PERFECT, BUT THE FIRST STEP IS TO START TRYING AND TO SUPPORT EACH OTHER. WHO'S TO SAY YOU CAN'T HAVE FUN DOING IT? TRYING NEW THINGS ALMOST ALWAYS BRINGS PEOPLE CLOSER TOGETHER AND WILL KEEP THE RELATIONSHIP INTERESTING.

↪ *Bill Neylon*

Fresh out of a breakup and hell bent on getting our lives back on track, we race to the gym to check off “get my sexy back” on our to-do list. During said relationship we are now trying to shed from our lives, we put on a few extra pounds we’d never allow if we were single. That breakup along with love weight triggers a burst of energy that results in fixing all the things we think are wrong with us. Whether it be hoping to show our ex’s how physically evolved we are from them or truly healing our mind, body and souls, fitness seems to be the first thing we’re willing to fix. Love weight, a mental comfortability to temporarily let go of our strict fitness rules and regimen, is one of the hardest weights to lose, especially if you’re in a great relationship. Normally, exploring life with a person you love, means you’ll have more fun doing the things you didn’t do when you were single like go on dates, eat out, drink alcohol, travel, and splurge more frequently. You don’t actually realize you’re gaining weight until one night you go to put on that little black dress that fit you like a glove 2 months ago and realize it can’t go over your butt. Then you’re back tracking through all the night outs of “it can’t hurt” deserts and blame your partner for playing a major role in your weight gain. How dare he let me eat that last piece of cheesecake, I shouldn’t have had in the first place, you claim as you’re now forced to take a good look at the obvious places weight has appeared. Now you’re scrambling to find something else to wear and your whole night is ruined. It happens to the best of us. The one thing to remember is as long as there is a gym on every other street in your neighborhood, you can lose the weight. If you don’t want to go to the gym, then start with some sort of physical exercise and stop eating those “it can’t hurt” deserts. A little goes a long way so be sure to stay consistent and you’ll be back to yourself in no time. If your partner doesn’t want to join you on your fitness journey, that’s ok. Stay committed to your fitness goals. After all, you’re the only person benefiting from you being in great shape.

SHERA SHIM

KEVIN MORRIS

TOGETHER. DON’T LET A FEW EXTRA POUNDS SPOIL THE OPPORTUNITY TO CONNECT, BOND AND SPEND TIME WITH THE ONE YOU LOVE. I’M NOT SAYING, LET YOURSELF GO BUT LIVE A LITTLE!

LOVE WEIGHT CAN HAPPEN TO ANYONE, EVEN PERSONAL TRAINERS. I JUST GOT BACK FROM A SEVEN DAY CRUISE WITH MY LOVE, SHERA. WHEN I LEFT FOR THIS TRIP MY ABS WERE VISIBLE. WHEN I GOT BACK, THEY WERE GONE. BUT WE HAD A GREAT TIME THAT WILL BE FOREVER ENGRAVED IN OUR MEMORY. IT’S A LOT EASIER TO STAY IN SHAPE WHEN YOU ARE SINGLE BECAUSE YOU PRETTY MUCH KEEP THE SAME ROUTINE AND EAT THE SAME FOODS MOST OF THE TIME. YOU SPEND 90% OF YOUR TIME BY YOURSELF! WHEN YOU FALL IN LOVE, THINGS CHANGE UNLESS THE PERSON IS EXACTLY LIKE YOU WHICH CAN BE BORING BECAUSE IT LEAVES NO ROOM FOR ADVENTURE. IN MY RELATIONSHIP, I’M THE GYM RAT AND SHERA WORKS OUT ON AND OFF BUT IT’S NOT THE FIRST THING ON HER LIST. WE BOTH LOVE GOING TO DIFFERENT RESTAURANTS, TRYING DIFFERENT FOODS AND HAVING A FEW DRINKS FROM TIME TO TIME. SHE’S JAMAICAN AND WE ARE NOT GOING TO EAT BROCCOLI, CHICKEN BREAST AND WHITE RICE EVERY DAY LIKE I USED TO BEFORE MEETING HER. TO BE COMPLETELY HONEST, I LIKE HER PALETTE AND WOULDN’T WANT TO GO BACK TO MY STRICT DIET. WHEN YOU ARE ENJOYING LIFE TOGETHER WITH THE ONE YOU LOVE YOU’RE GOING TO GAIN A LITTLE BIT OF WEIGHT TOGETHER. REMEMBER, IT’S NOT THE END OF THE WORLD. JUST LIKE YOU PUT ON THE EXTRA POUNDS YOU CAN TAKE IT OFF. IF YOUR PARTNER IS NOT FOND OF THE GYM, TAKE WALKS TOGETHER AND CUT BACK ON THE ALCOHOL. TRY TO COOK MOST OF YOUR MEALS AT HOME. IF YOUR PARTNER IS OPEN TO GOING TO THE GYM WITH YOU THEN SET ASIDE A COUPLE OF DAYS IN YOUR SCHEDULE TO WORKOUT. STAY CONSISTENT AND EVENTUALLY THE LOVE WEIGHT WILL COME OFF. REMEMBER, IF YOU CAN PUT ON THE WEIGHT TOGETHER, YOU CAN GET IN SHAPE

FUN & RECREATION IN WEST PALM BEACH



THE CORAL SKY IS A SUPER OUTDOOR VENUE THAT ATTRACTS WORLD FAMOUS ACTS, AND I'VE NEVER SEEN A BAD CONCERT THERE. IT'S HUGE, WIDE OPEN, AND THERE ARE SO MANY PEOPLE THERE, I ALMOST ALWAYS RUN INTO A FAMILIAR FACE. EVERYONE IS COOL, COURTEOUS AND EXCITED ABOUT EXPERIENCING THE ACT THEY CAME TO SEE, SO THE ATMOSPHERE IS VERY POSITIVE. THERE'S NOTHING QUITE LIKE SINGING ALONG AND SHAKING YOUR HEAD TO A SONG YOU LIKE WITH THOUSANDS OF PEOPLE AROUND YOU DOING THE SAME THING.

**SCAN
HERE**

TO
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THE BAMBOO ROOM IN LAKE WORTH SPECIALIZES IN BLUES AND JAZZ, BUT IT'S INTIMATE ATMOSPHERE MAKES FOR A GREAT EVENING OUT. THE KEY TO A WONDERFUL TIME THOUGH ISN'T THE LOCATION, IT'S THE MUSIC. I THINK IT'S CRITICAL TO LISTEN TO SOMEONE YOU BOTH REALLY ENJOY, THEN THE EXPERIENCE IS REALLY ENHANCED BECAUSE THE MUSIC IS THE COMMON ELEMENT, AND GIVES YOU THE SAME FEELINGS AND EXCITEMENT. THEY SERVE FOOD THERE, BUT THAT'S NOT WHY YOU GO. I WOULD RECOMMEND EATING SOMEWHERE FIRST, UNLESS YOU JUST WANT FINGER FOOD. IT'S MORE ORIENTED TOWARD DRINKS.

Bill neylon



**GRAND GESTURES ARE CUSTOMARY ESPECIALLY
ON VALENTINE'S DAY.**

**THE BIGGER THE BETTER, RIGHT?
BUT DO YOU THINK A GRAND GESTURE SUCH AS A
PROPOSAL IS APPROPRIATE ON VALENTINE'S DAY?
AND, IF VALENTINES DAY ISN'T THE RIGHT TIME
THEN WHEN IS?**



No woman wants to share their proposal with a holiday. It's sort of comes off as a cheap way to celebrate an occasion because it says "I couldn't find a way to gift you for this specific holiday so I decided to give you a 2 for 1. I'm already celebrating this holiday why not throw your proposal in as a last minute decision". Similar to, if your birthday is on Dec 21st, and they get one gift for both your birthday and Christmas. Separating holidays from proposals will make your loved one feel very special. Pick a day of significance like the day you first meet or the day you first said you loved each other. Any day that's meaningful to the both of you or a day you want to make meaningful to the both of you going forward is perfect. Give me a random day like a Tuesday in the summer with no holidays coming up and I'm happy.



Of course, it's really hard to surprise me because if asked, I could probably guess a number you're thinking of right now, but a well thought out proposal, close friends and family, and a surprise that'll knock my socks off, is definitely a memory I'll hold near and dear to my heart. You can't go wrong with a surprise you know your partner will enjoy. Holiday proposals are predictable and something you expect to see. 1 out of 4 women will be proposed to on Valentines Day or any holiday and I wouldn't want to be one of them. A random intimate day where you and your honey can sit back and reminisce on the lengths he had to go through to surprise you is best. I want to always remember this day as a day where it felt like only you and I are celebrating our union. Realistically, you'll have to share your random day with thirty other couples who decided to get engaged as well but at least you won't have to share it with the entire world because it's a holiday. Plan, prepare and execute a day she'll never forget.

THE UNCOMMON
Vibe
Curated by Shera Shim


↳ Shera Shim

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VALENTINE'S DAY IS A BIG DEAL IN MOST INDIVIDUALS' EYES. WHO DOESN'T LIKE TO BE REMEMBERED ON THIS SPECIAL DAY OF LOVE. I BELIEVE ANY GESTURE IS COOL, BIG OR SMALL, BUT IT'S THE THOUGHT THAT REALLY COUNTS AND NOT THE GIFT. YOUR LOVE FOR THAT SPECIAL PERSON IN YOUR LIFE SHOULD BE SHOWN EVERY DAY AND GIFTS SHOULD BE GIVEN PERIODICALLY THROUGHOUT THE YEAR. GIFTS CAN RANGE FROM A SIMPLE CARD AND ROSES TO A SURPRISE GETAWAY FOR YOU AND YOUR LOVED ONE IN THE CAYMAN ISLANDS. I BELIEVE ANY GIFT IS VALID. JUST DON'T LET VALENTINE'S DAY BE THE ONLY DAY YOU DECIDE TO SHOW YOUR PARTNER LOVE. PROPOSALS SHOULD NOT BE ON VALENTINE'S DAY OR ANY HOLIDAY. YOU DON'T WANT TO TIE THE DAY YOU'RE GOING TO ASK SOMEONE TO SPEND THE REST OF THEIR LIFE WITH YOU INTO A NATIONAL HOLIDAY. IT CAN TAKE AWAY FROM THE MOMENT, AND YOU DEFINITELY DON'T WANT THAT TO HAPPEN. YOU WANT THAT DAY TO BE CREATIVE, SPECIAL, ORIGINAL, AND UNFORGETTABLE FOR THE WOMAN YOU ARE PLANNING TO GIVE YOUR LAST NAME TO. FOR SOME COUPLES VALENTINE'S DAY MAY BE A PERFECT DAY FOR THEM TO COMMEMORATE THEIR UNION BUT FOR ME, I SAY SAVE THAT GRAND GESTURE FOR A DAY THAT HAS NOTHING TO DO WITH ANY HOLIDAYS. TRUST ME.

KEVIN MORRIS

VALENTINE'S DAY IS NOT THE DAY FOR A WEDDING PROPOSAL, IT IS A DAY TO BE CELEBRATED IN AND OF ITSELF. A PROPOSAL SHOULD BE A SURPRISE, AND A VERY SPECIAL DAY TO BE REMEMBERED FOR THAT REASON ONLY. THE SPECIAL TREAT FOR VALENTINE'S DAY SHOULD BE SOMETHING YOU KNOW SHE REALLY LIKES. THAT DECISION, AND THE ACTION IT TOOK IN REALLY KNOWING HER IS WHAT'S IMPORTANT. THE THOUGHT PUT IN SHOWS LOVE. A VACATION GETAWAY OR A CRUISE IS WONDERFUL, BUT NOT ALWAYS NECESSARY TO SHOW YOUR LOVE AND DEVOTION. THE APPEAL OF THESE TRIPS IS THAT IT BRINGS COUPLES CLOSER TOGETHER WHEN THEY ARE IN AN UNFAMILIAR PLACE. EVERYTHING THEY NOW EXPERIENCE IS NEW. SOME NEW THINGS YOU ARE NOT SURE OF, MAKES YOU LOOK TO ONE ANOTHER AND ASK "SHOULD WE TRY IT?" LATER AT DAY'S END YOU REMINISCE ON WHAT YOU'VE EXPERIENCED. IN THESE STRANGE NEW PLACES YOU ONLY HAVE EACH OTHER, SO NATURALLY YOU ARE GOING TO BOND AND FIND OUT EVEN MORE ABOUT ONE ANOTHER, AND IT CAN STRENGTHEN A RELATIONSHIP.

BILL NEYLAN

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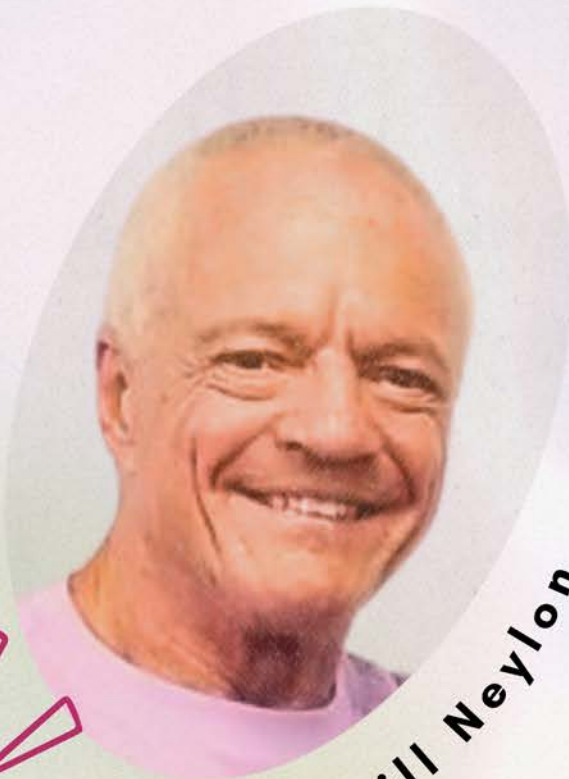
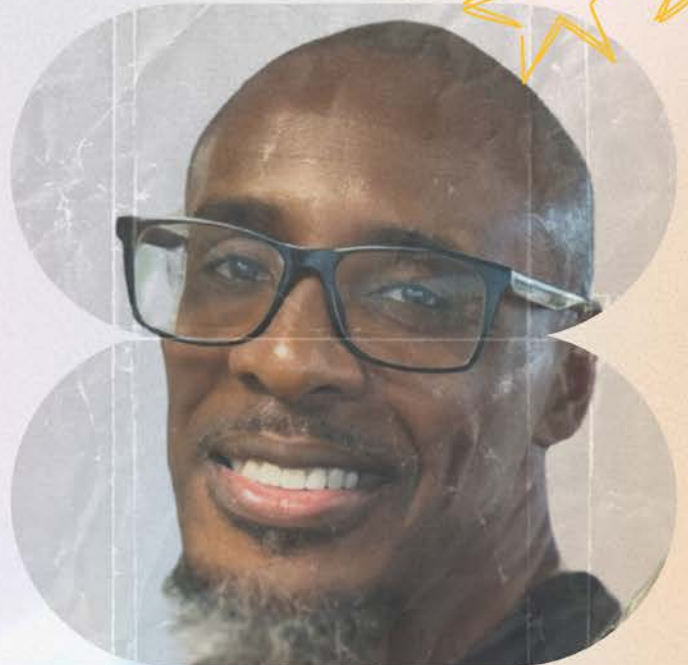
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