

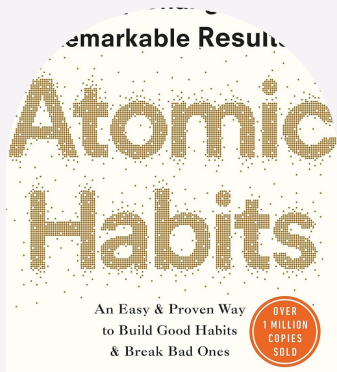
Stronger

Healthier

Happier

# SUNDAY MORNING WITH RYLIE

JANUARY 7, 2024



## READ

### Learn More

Atomic Habits  
by James Clear

James Clear defines the habit loop and its influence on our daily decisions. This book empowers you to recognize the habits you wish to modify and identify incremental actions that can result in significant transformations. I loved this book and its positive impact on my daily actions through 'habit stacking' and utilizing the habit loop to my benefit. It's a compelling read for anyone looking to make positive changes in the new year!



## EAT

### Tik Tok Meals!

Emily Schaapman, also known as @dairygirlfitness on TikTok, is my favorite recipe influencer.

She consistently shares simple yet high-protein meal ideas on her page. As someone with a busy lifestyle who isn't particularly fond of cooking, I value her straightforward and health-conscious approach to reimagining traditional meals. Two of my favorites include her high-protein chicken pot pie bake, and her high-protein big mac salad!



## WATCH

### Down to Earth

In this series, Zac Efron teams up with wellness expert Darin Olien to embark on a global journey, diving into sustainable and healthy living practices. From environmental sustainability to alternative energy and holistic well-being, the duo's exploration covers diverse topics. The second season takes place in Australia, making it particularly intriguing for me, having studied abroad in the country during my college years. The combination of travel, exploration, and a focus on sustainable and healthy living makes the series an interesting watch for those interested in environmental and wellness topics.

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