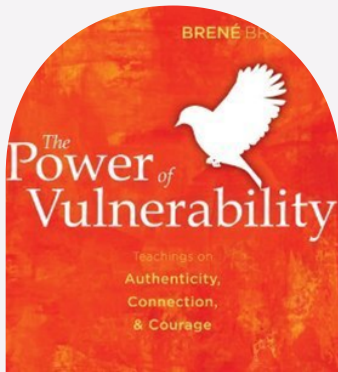


Stronger

Healthier

Happier

SUNDAY MORNING WITH ALEX DECEMBER 10, 2023



READ

Learn More

A profoundly life-changing lecture for me. Brené Brown helped me to see the beauty that lies in being vulnerable - an essential step to us being wholeheartedly and genuinely ourselves.

It took me a long time to realize that wellness is not just physical, but very much emotional. This book has helped me foster a healthy relationship with others, but most importantly myself.

This is a great read and can also be enjoyed alongside Brown's now-viral [TEDxTalk](#).



EAT

Get the Recipe

There are two dinner staples in my house with two young kids: tacos and mac & cheese.

I have been tracking my macros for the better part of the last two years, so when I found this recipe I knew it was a no-brainer.

Each serving comes in around 39g of protein (I substitute Banza pasta with Barilla Protein+), and with the familiar flavors of Taco Tuesday with cheesy mac, you can be sure this will satisfy everyone in your family. It's comfort food meets high-protein goodness!



LISTEN

EmPowered Radio

Years ago when I started my fitness journey, specifically macro tracking, I began following Emma Montgomery for her easy-to-follow guides for getting started with macros.

Her podcast, EmPowered Radio, gives short and sweet episodes outlining a wide range of topics, from navigating the holidays to step tracking to progressive overload. I have always appreciated Emma's approach to fitness and how she delivers her messaging and I think you will too!

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