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sarahwells400mh  I've been having a blast with my new treadmill for home workouts! It's been great to keep me moving, but the one flaw is I notice I don't force myself outside as much. I complain it's too cold, and my run - which use to be outdoors - is now indoors!

This isn't unusual for me in the winter. I'm a baby when it comes to cold, and my body usually gets sick far more easily during the dark and cold months.

Obviously this year we've got to keep our immune systems strong as much as possible, so for that, I'm grateful for @usanainc and their unwavering



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Lately I've been going hard on the Vitamin C packs because vitamin C is a big part of supporting your immune system.

If you are still in need of stocking stuffers for a few family members, I strongly suggest, and there is definitely no better give than the gift of health :)

#healthychristmas #stayhealthy
#usanaathlete #vitaminC
#immunesupport #olympian #hurdler
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