NIGHTHAWKS WELLNESS NEWSLETTER

Sunscreen Awareness Month July 2017

IN THIS ISSUE:

A are re M

Rec Ce re
Da re a

Ba C cre
S ac -

* M

EXERCISE FOR THE MONTH

Езесзе

T ca R aP d

The triceps are those muscles on the back of the arms. To perform exercises for the triceps, do 1-3 sets of 8-12 repetitions, 1-2 times per week.

l c

1. Stand approximately 2-3 feet away from overek**2**4 (e)-1**6**9 401m(-)TB.73 0 0 9 27 44**6**689m[t)4.2 ((e t)0.9 (s)-10.4a(d a)-14.7p(:)][JOum)][Jlies eeet a[d)-14.7p(:)][JOum][Jlies eeet a[d)-14.7p(:)][JOum][Jlies eeet a[d]-14.7p(:)][JOum][Jlies eeet a[d]-14.7p(:)][Jlies eeet a[d]-14