



SAN ANTONIO
BOTANICAL GARDEN

Tropical Immune Boosting Smoothie

SERVES: 3

INGREDIENTS

1 cup of Coconut water
2 Kiwis, peeled & cut into chunks
1 Orange, peeled & cut into chunks
1 cup of Frozen mango
1 cup of Greek yogurt
2 teaspoons of Turmeric
1 Banana, peeled & cut into chunks

DIRECTIONS

1. Combine all ingredients into a blender and blend until smooth.



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HIIT Workout

Circuit I - AMRAP (meaning as many rounds as possible) set your timer for 10 minutes and get started!

- 8 thrusters
- 10 high plank - knee to elbows
- 5 broad jumps
- 5 walkouts with a push up

Circuit II - 30 sec on / 30 sec off - 3 total minutes for each movement

- 10 mountain climbers - 1 push up
- Squat Jacks
- Bicycle crunches
- Rebound lunges (15 seconds one leg/15 seconds other leg)

Circuit III - 3 total rounds

- 15 glute bridges
- 25 sit ups
- 20 shoulder taps