

My Healthy Lifestyle



Over the last four years, I have lost 90 lbs; and for the last two years, I've kept it off by taking Mixed Martial Arts classes with my kids (age 11 and 16). We typically work out at least three times a week at Adams' Karate Fitness in Coldwater, Michigan; and we are all currently brown belts (only one level between us and our black belts now!).

Things I do to stay healthy include drinking nearly 100 ounces of water a day. I haven't had a soda in almost four years, and I drink 'green' smoothies to get my fruits and vegetables every day. My children are following my example, and that keeps me motivated.

My favorite green smoothie recipe:

The Traffic Light

6 strawberries (red)

1 banana (yellow)

1 cup kale (green)

1 scoop protein powder

6 oz water

- Remove stems from kale.
- Put all ingredients in a food processor (blenders don't chop the kale into fine enough pieces)
- Blend until smooth
- It is just a strawberry banana smoothie, will a slightly different texture
- If strawberries aren't your thing, then an apple is an excellent substitute



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