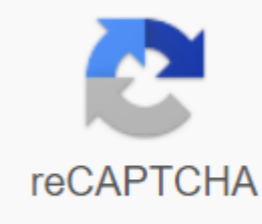




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1000 pound sisters

Located at the base of the three sisters' peaks in the stunning Mountain Falls, Sisters Village, Oregon is the beautiful respite of a fast-paced life. There is a stream of trout, hiking and trails, rafting and kayaking plus abundant wildlife. Attractive restaurants and shops abound. Nearby, the bend nests in the foothills of the waterfalls, and the Deshotes River passes through its heart. A similar list of recreational opportunities is at hand. Rivers, lakes, mountains, trails, adventurous paradise. This is the setting for a small reunion. My college roommate Colin, his sister Cassie and I have converged here for fun and exploration. Cassie, her husband Chris and two sons split their time between a hilltop house in Portland and this idyllic point and Creek Side in central Oregon. We walk around the pristine body of water and through melting snow fields. We would have dinner in attractive cafes and get soaked in a hot tub. For me, mother of three sons, spending time with sisters and friends who are like sisters is a valuable time. We talk for hours, barely stopping for a breath, about work, relationships, politics, travel, fitness and our kids. Great days of fresh air and exerts, followed by selectable food and fine wines shared with dear friends. real luxury . Click here to learn more about visiting the Oregon Center. This content is created and maintained by a third party, and is entered on this page to help users provide their email addresses. You may be able to find out more about this and similar content on piano.io this site is not available in your country in today's business world, the differences between good, better, and the best companies have never been this big. Gone are the days of a successful company because its product is 10 times better than competition -- nowadays, consumers expect any high-end product or service. Rather, today's companies succeed on the margins, such as through 1% improvements in grain metrics that accumulate and combine over time and ultimately create huge effects. In fact, the concept of compound interest - which we addressed here - shows exactly how seemingly small differences add up over time. Consider how small differences combine in a simple sport (shown here) from two men's clothing companies that sell directly to the online consumer. Let's refer to them as Business A and Business B. Both the market and sales wear casual to the newcomer man, and both 1 million email subscribers. Business A displays solid metrics -- 10% open email rate (OR), 3% one click through rate (CTR), and 2% conversion rate (CVR). Meanwhile Business B has OR 12%, CTR of 5%, and CVR of 4%. How do these 2% difference affect the top line of Business B compared to Business A? Business B generates 240 sales from its email listings, while Business A only moves 60 articles of clothing A 4X dial! This suggests the dramatic effects that seemingly small differences can have, but it also acts as a reminder to the relentless focus on inse raising improvements. Without this

mentality, any company can fail and become another statistic of today's cutthroat business environment. Companies should avoid this fate and adopt a culture that focuses on relentless improvement. After all, if a company's brand image is based on quality, the product or service should mirror that! How can companies do that? In a few ways: It may seem a little counter-intuitive, but it's always in beta. Beta is the time to bang bugs, keep going, and complete your product or service -- no matter the industry. It's time for intense scrutiny, but productive. However too often, we see companies being pleased after completing their MVP and launching a product into the market. Stocks are only higher after launch, so you should continue to monitor the quality of your product even more closely. But how can you do that? Your whole team needs to worry about getting better constantly, testing your product -- through A/B testing, quality assurance, or market research -- is integral to creating a culture of relentless improvement. While each should be interested in ongoing testing, certain responsibilities must be divided accordingly. It is often overlooked in startups where titles and ownership can be murky. At the very least, partition the test role to take the following three ways: determine a person to test themselves determining the person(s) to design and implement the test determining the person(s) to digest the test output and perform the full analysis we are practicing what we preach with our Playbook approach. On the M13 we are obsessed with the impact on results for companies in our portfolio. That way, we've collected a series of best practices and resources -- our playbook -- that we share with our portfolio companies. But to be effective, we are constantly testing and continuing our approach and making sure we share the best recommendations. It's a dynamic process, but it's necessary for us -- and every company -- to continue to grow and improve. Get out there now and figure out how you can continue to move the needle for your company! Jason Setiawan prevents the third annual Transformation Challenge kick-off on May 1st. Need some inspiration to join? Brandi Hopstein, a 31-year-old freelance makeup artist and mother of two, reunited last year and completely changed her health and body. You could be next after a recent move from New Orleans to New York, makeup artist Brandi Hoopstein found herself 30 pounds heavier, more unhappy and ready to change. So when he met with the prevention transformation challenge instructor, Chris Freytag, in the photo shoot for last year's challenge, he knew he had to join the prevention group's massive efforts to get fitter and eat healthier. In From the start of the challenge, Hopstein saw his energy transform, and after a few weeks his clothes began to fit better as the stubborn weight began to melt away. When the challenge ended, Hopstein was inspired to keep going with his workouts and eat clean. Four months later, Hopstein drew 23 pounds and a seriously tragic mood. I gave up bad choices and brought good things back to my life, Hopstein explains, pushing myself physically and realizing that the only reason I didn't do these things before was because I told myself I wasn't strong enough to make it happen. Why not live your own success story? Start your challenge now, and get a tip or two from Hopstein's playbook: [Block:Beans=2016-21 Flex Block Challenge Day] Danyell Durant makes it easy for Hopstein to fit with just 25 or 30 minutes of easy daily activity: 28-day challenge exercises of the week, more frequent club sessions, and Gillian Peransky's relaxed body, bright-minded YOGA DVDs for times she can't push in. She made smaller changes, too: walking briskly every chance she got, downloading apps to help track her progress, and choosing activities like running with a friend instead of overeating Net Flickl. (You can try Jillian Peransky's easy yoga for weight loss here.) It was fun when his motivation plunged, Hopstein became creative. She bought a flattering workout gear to inspire her to sweat, tried new classes (Zumba, yoga, and cycling), and made sweating a social event by joining a local running group. Swapping, Hopstein doesn't trade bad habits for better ones, replacing soda with herbal tea, sweet cravings for sweets with raw nuts, and stocking your fridge with homemade vegetarian meals packed at the weekend to avoid the temptation to consume during the week. Attention is the key to the success of her diet, she says, adjusting to what she is eating and why. When the cravings got hard, she stopped, breathed and asked herself why she wanted to eat—the answer wasn't usually hunger. Food is no longer a way to deal with stress, he says. (These 7 simple ways to control cravings can help.) This content is created and maintained by a third party, and is entered on this page to help users provide their email addresses. You may be able to find out more about this and similar content in piano.io's Sergi Nazarov/Getty Pictures whether it's your first or last 10 pounds, losing this amount of weight is a big deal. For some, losing 10 pounds means fitting to your favorite pair of jeans, climbing a flight of stairs without losing your breath, or reducing your diabetes medication. Unfortunately, the recipe for weight loss is not a one-size-fits-all formula. What helps one person adjust the pounds may backfire on another. Your friend may swear by intermittent fasting, but you find it difficult to do your schedule. Your colleague says Whole30 helped him leave his sugar cravings, but you can't seem to shake things sweet. No matter which way you diet, here's the best way to lose 10 pounds. 1 out of 25 stay hydrated research shows that diets that guzzle large amounts of H2O lose more weight than those who do not. A 2012 study of obesity found that drinking water can help promote weight loss over sweetened and unsweetened calorie drinks. Keep your glass interesting and bury some natural sweets by throwing in a few slices of fresh fruit. 2 out of 25 feel pressure to eat your whole meal if you feel full and satisfied, consider splitting your plate into two and saving the remainder for later. You can also snack on them later in the day. 3 out of 25 go meatless - at least once a week overall, vegetarians and vegans have lower body weight than their flesh-eating peers. That's because meat is denser than calories, not to mention more saturated fat than our plant-based counterparts. Check out these delicious vegetarian-friendly recipes to begin with. 4 out of 25 eating healthy foods eliminate processing, packaged foods from your diet such as crackers, chips, cookies, and candies, will help you avoid empty calories and artery saturated fat clogging. Choose fresh, whole foods like vegetables and fruits to nourish your body with powerful antioxidants and keep hunger bay—and as a result, keep weight down. 5 out of 25 get cooking dining naturally consuming your calories without you realizing it increases. Most of the time, restaurants pack a ton of salt, oil, and sugar into their meals. In addition, some restaurants use larger dishes to plate their meals, so the size of the section can be tricked. Save extra calories for yourself and cook a nutritious meal at home. Think: roasted vegetables, quinoa, cooked salmon. You can enjoy it any way you like! 6 out of 25 use smaller plates is your kryptonite control section? Sometimes the size of your plate may affect you to get more food than you really need. Use a smaller, 10-inch plate to help you balance your meals and consume fewer calories. 7 out of 25 limited distractions over meal time avoid scrolling over your phone or replying to emails when eating. These distractions can lead to excessive distraction and a sense of dissatisfaction with your meal. Be sure to chew your food thoroughly and sip the water in between bites to help you digest the food completely. 8 out of 25 limit your sweet tooth you know now how bad sugar can be for your health. A 2016 study of advances in cardiovascular disease suggests that a high diet in added sugars can triple the risk of death from cardiovascular disease. Be sure to keep tabs on your liquid intake as well. Sodas, sweetened tea, sugary coffee drinks, and sports drinks are hidden sources of white stuff. 9 out of 25 removing the refined kerb you should Eat bread, crackers, cereals, pasta, and baked goods made with white flour. Unlike whole grain-made foods, those with refined flour lack the fibre that keeps hunger at bay and your digestive system is hum. 10 out of 25 limit your alcoholic intake enjoying an alcoholic beverage every now and then is good... Or not. A 2018 study from the Llanst shows that no amount of alcohol is safe, but if you should imbibe, we recommend going for these low-calorie alcoholic beverages. These drinks keep sugar counts low by keeping things simple. 11 out of 25 start stepping out of helping to lose weight to improve your health to boost your mood, there are countless benefits of walking every day. In fact, the Centers for Disease Control and Prevention recommends that adults receive moderate-intensity exercise for at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) per week. Short walking breaks add up weight loss. simple and simple . 12 out of 25 received enough zzz research to show that those who are blind enough to eat more blindly and reach fatter grub than people who have plenty of rest. Snoozing problem? Try one of 100 ways to sleep better every night. 13 of the 25 received intimately a study in 2013 from PLOS One found that men burned about 101 calories after 30 minutes of sex and women burned 69 calories. While it may not seem like many, taking it most of the time can serve as an excellent cardio workout while boosting your mood and reducing stress. Try these sex situations tonight, 14 out of 25 building a support network requiring some motivation to get to the gym? Sign up help from workout friends. Having a suitable pal you can do with regular exercise will help you stick to your goals and encourage you through success and failure. 15 out of 25 track your progress bullet journaling is one of the most effective ways to track your progress and set realistic goals for yourself every day, week, and month. Not only will you record what you ate and exercise for a few minutes, but you can also write down your emotions, challenges and backwardness so you can come up with a plan to overcome them. There are 16 of the 25 connections with others who want to lose weight countless online communities built around weight loss and fitness programs that provide motivation, encouragement, and advice whenever you need to vent about failure or need to pat on the back for a job to be done well. 17 out of 25 stock up on healthy snacks while some people are able to get through the day without the stomach of a single snack, if you need my choice, be sure to have healthy options. Nuts, smoothies, protein balls, and hummus with large vegetable sticks are rich in protein, high fiber snacks that keep hunger in the distance. 18 out of 25 focus on protein protein is one of the most important macronutrients for your body. It not only blocks the building of healthy hair and nails, but it also helps in weight loss by keeping Saturated, boost your metabolism, and repair your muscles after workouts. Go for lean protein such as eggs, chicken breast, salmon, and grass-fed beef. For plant-based protein, reach the beans and legumes, quinoa, and tofu and tempe. Check out these delicious high-protein recipes you can prepare meals for breakfast, lunch, and dinner meals. 19 out of 25 strengths with HIIT want to accelerate your metabolism and strengthen your muscles while spiking your heart rate up? Consider high intensity interval training (HIIT). Studies have shown that working at intervals, alternating with periods of maximum effort by recovering to burn calories is more effective than a steady state of the cardio. 20 of the 25 meal prep make your healthy eating to the next level with meal preparation. Turning everyday staples into nutritious meals that you can only reheat at minutes can make all the difference when you're about to hit the speed dial for chinese. Make a two-person bunch of these one-pot dinners for busy weeknight nights. 21 out of 25 signing up for dream racing crossing the finish line? There is no better time to sign up for a race to give you extra motivation and pressure you need to lose weight and get in shape. Sign up for local 5K races near you and register the help of a trainer. Also consider joining a run club to stay focused on your long training runs. 22 out of 25 eating healthy breakfast every morning breakfast is the most important meal of the day for a reason. Eating a morning meal will energize and nutritiously to start your day properly. Plus, this can help you to avoid consuming more calories later in the day. A 2013 study of obesity found that a high-calorie meal at breakfast versus dinner was more effective for weight loss. 23 out of 25 combat chronic stress stress has a huge impact on your health. This can lead you to indulge in unhealthy cave foods and put you at risk for a variety of health conditions. De-stress by taking a few minutes to meditation or walking every day. Taking a relaxing bath, listening to relaxing music, and exercising off are other ways to dial off the pressure. 24 of 25 bikes to the office bike to the office instead of driving or taking trains. Being on wheels not only helps shrink your carbon footprint but helps you slim down as you burn calories during your commute. 25 out of 25 avoid your weight every day number on the scale is not the only marker of weight loss success. Just because the number doesn't germinate doesn't mean you're not progressing, your weight fluctuates every day based on meals and liquid consumption.

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