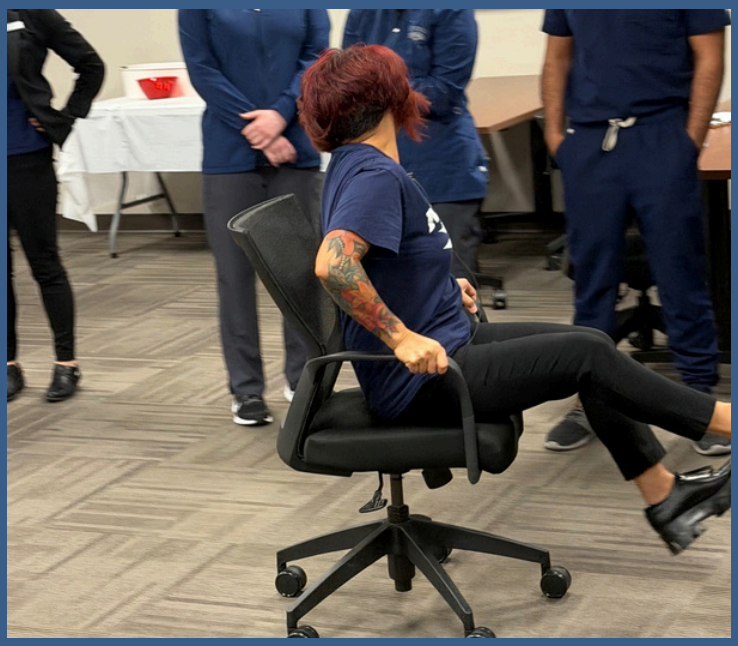
Sala Times





Chair Races









Things are happening...

Don’t miss the chance to join SFD

WELLNESS CHALLENGE

CHECK IN TIME

How is it going???

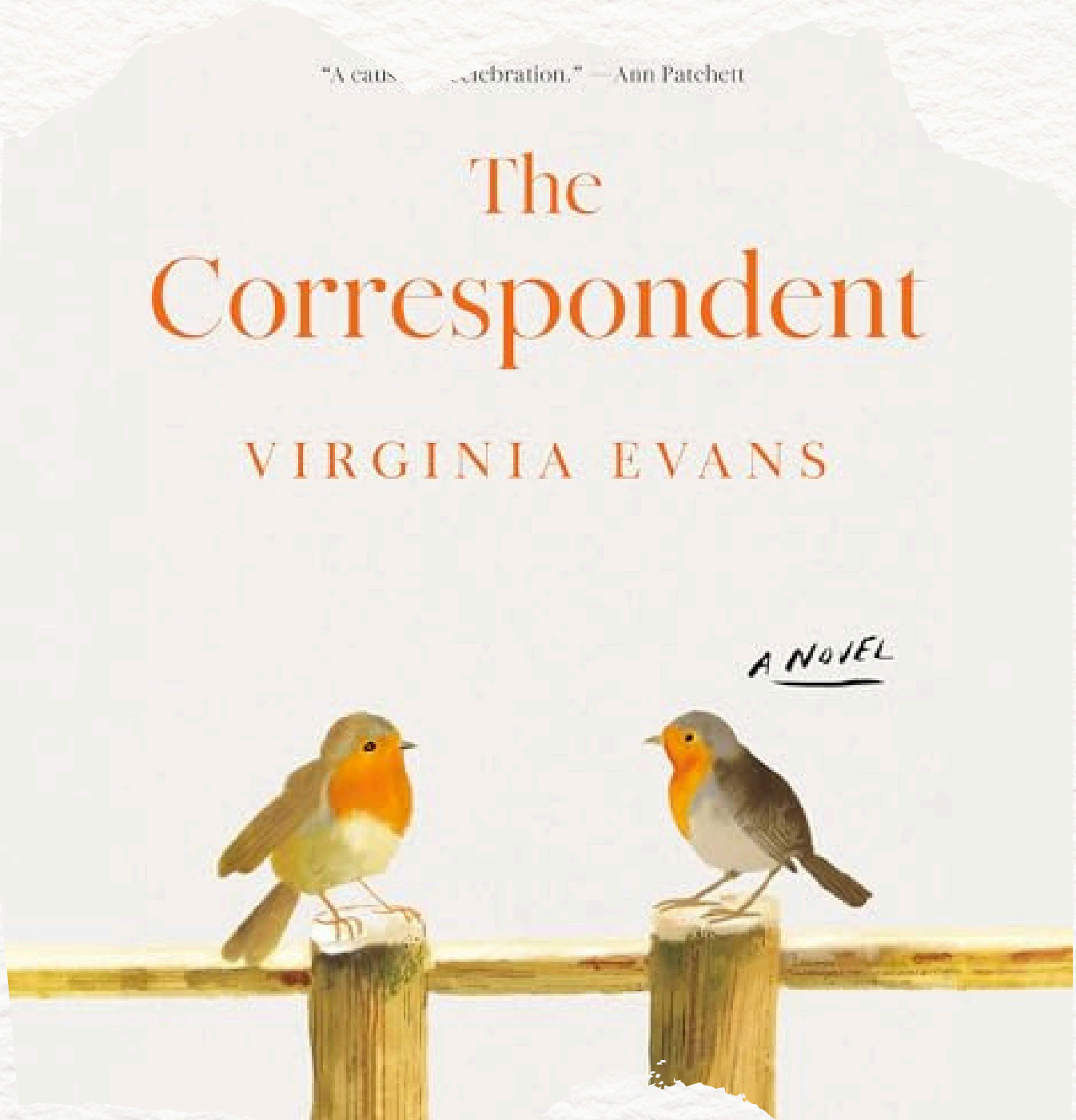
Quick Fitness Fun Facts to Fire You Up 🔥

- **Muscle burns more calories than fat, even at rest – so every strength workout is an investment in your future metabolism.**
- **A 10-minute walk after meals can help regulate blood sugar and improve fat loss over time. Small habits = big wins!**

Let’s keep cheering each other on, celebrating progress (scale or non-scale!), and pushing through together. You’ve got this – and we’ve got each other.

BOOK CLUB

If you want to be in book club please start this book. We will meet in mid to late February













Ski Time



Dr Jason adventures







VK fun in Seattle











Wellness fun





Sala Times info will be on...

Sala Hub



Sala HUB will have all the content and calendar so please look at that for important dates and photos!

Continue to send photos to salatimes1@gmail.com

Sala Hub password: SalaFamily123