

Campus Recreation

We create opportunities that inspire engagement in healthy, active lifestyles.

Juicing vegetables is tasty, easy and beneficial for your health. Juicing vegetables is a great way to reward your body with nutrient dense vegetables, vitamins, minerals and powerful nutrients.



Many of my clients who first come to me, complain about feeling sluggish, tired, no energy, lack of sleep and often times they want to get into shape. One of the first things I recommend is a simple juice fast.

Bonus

Add an apple or pear to sweeten it up!

When first starting to juice greens, you might be confused on what greens to juice and how to get a good tasty juice. You don't want the juice to be bitter or unbearable. Here are a 5 tips for juicing greens.



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5 Tips for Juicing Greens!
By: Drew Canole

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