



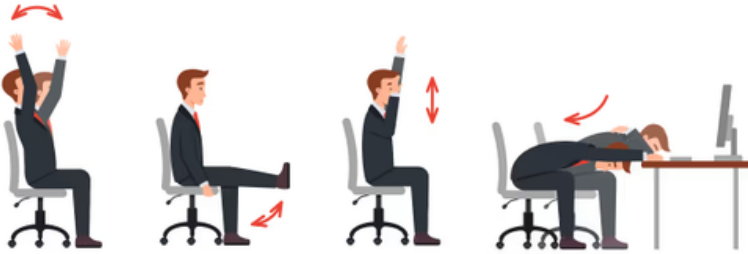
TURN LIFE ON

WAYS TO CELEBRATE INTERNATIONAL YOGA DAY

Best ways to celebrate International Yoga Day on June 21st. Let's actively engage in the celebrations and inspire others to embrace the practice of yoga.

Lunchtime Yoga Break: Well use of your corporate wellness pass to recharge and rejuvenate.

Desk Yoga: Incorporate these exercises throughout the day to relieve tension and improve posture.



Yoga-Related Lunch and Snacks: Healthy, yoga-inspired meals or snacks. Consider options like vegetarian or vegan dishes, fresh fruit, herbal teas, and nutritious smoothies.

[GET YOUR 7-DAY PASS NOW](#)

HEALTHY FOODS FOR MEN'S HEALTH MONTH

June is Men's Health Month! There are many ways to help the men in our lives stay healthier, and this month we're focusing on dishes that contain lycopene.

What is lycopene?

Lycopene is a carotenoid—a natural pigment found in certain plants, fruits, and vegetables. While tomatoes are the food most commonly associated with lycopene, it's also found in **watermelon, guava, pink grapefruit, apricots, and papayas**.

Several studies suggest that regularly eating tomato products may help protect against prostate cancer. For example, one meta-analysis of 11 case-control studies and 10 cohort studies found that people with high intakes of cooked tomato products had a **19% lower risk of prostate cancer**.

Try to incorporate tomatoes (and cooked tomato products) into your everyday meals. Tomatoes fit naturally into many popular dishes across cultures—**pasta, pizza, chili, tacos, and curries**—so it's easy to add more lycopene to your diet.





TURN LIFE ON

ARE 'COLD PLUNGE' ICE BATHS GOOD FOR YOU?

So, why would someone want to get into an ice-filled tub? Here are a few potential health benefits of cold plunges.

- **Sore muscle recovery:** Slipping into frigid water may help reduce muscle soreness, especially after a tough workout. Cold water constricts blood vessels temporarily, reducing swelling and inflammation to aid recovery.
- **Mood enhancement:** There may be mental wellness benefits from taking an ice bath, including reduced stress and increased alertness and focus.
- **Improved sleep quality:** Cold plunges may help you sleep better by reducing tossing and turning at night—particularly if you're an endurance athlete.
- **Protection from illness:** Can freezing yourself for a few minutes help you avoid getting sick? Evidence is still preliminary, but some research suggests cold therapy may support immune function.
- **Reduced body temperature:** If your body is running hot after a grueling workout, a cold plunge can quickly bring your core temperature down. This approach is sometimes used in sports medicine as emergency treatment for heat-related illness.

Limited-Time Offer: RE:SET Trial—\$150/45-min session
Re:set, recover, recharge, and rediscover balance!

[REGISTER NOW](#)

DRAGON BOAT FESTIVAL SPECIAL: ROW INTO A HEALTHIER LIFE

More Than Boats and Dumplings: The Wellness Side of Dragon Boat Festival! Take a break from tradition and focus on you. At PURE Fitness Gym, our rowing machines offer a full-body, low-impact workout that helps improve cardiovascular health, build strength, boost endurance, and reduce stress.

How long should you row?

The ideal time on a rowing machine depends on your fitness level and goals. Beginners can start with 15 to 20 minutes, gradually increasing to 30 to 60 minutes as they build endurance. For high-intensity workouts, intervals of 10 to 20 minutes can also be effective.

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