

designed to help you

BLOOM

NOVEMBER 2021

**GYM
PERSONALITY
QUIZ**

SEE WHAT THE
ANSWERS SAY
ABOUT YOU

5

**MINUTE
BREAKFAST TO
BOOST YOUR
MOOD**

**TIPS ON HOW
YOU CAN START
INVESTING**

**TIME
CHANGE
WORKOUT**

**THE WORKOUT FOR
WHEN YOU'RE JUST
NOT FEELING IT**

BLOOMACTIVEWEAR.COM

Start your morning right with this mood-boosting breakfast! This bowl is packed with nutrients and photoworthy too!

MERMAID BOWL

Prep Time: 5 Min

BLUE SPIRULINA BENEFITS

- Plant-based protein
- Nutrient-packed
- Mood & energy boosting
- Anti-inflammatory properties

*Always consult with a physician before trying new supplements.

Directions:

Add 1 cup pineapple, 1 cup banana, and 1/2 cup coconut water to a blender along with 1 tsp of blue spirulina.

Blend until you have a smooth and thick consistency.

Add to a bowl and top with coconut flakes, sliced dragonfruit, berries or your choice of toppings. Enjoy!

INGREDIENTS

- Blue Spirulina
- Frozen Pineapple
- Frozen Banana
- Coconut Water
- Coconut Flakes
- Dragonfruit or Berries

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LEAVE THE STOCKS TO THE MEN? WE DON'T THINK SO.

According to a Fidelity study, record number of women opened retail investment accounts during the pandemic.



5 TIPS ON HOW YOU CAN START INVESTING TOO

1 KNOW YOU DON'T NEED A LOT OF MONEY TO START.

A common misconception about investing in stocks is that you need a lot of money to start. The reality is you can start with any amount in your budget and slowly build your account. By starting small, you not only minimize your risk, but it may also give you chances to find better buying opportunities as the market moves or your knowledge expands.

2 INVEST IN WHAT YOU KNOW.

It may be tempting to go after the latest stock everyone is talking about, but if you don't know anything about the company, it may be a higher risk. That doesn't mean these stocks can't be good buying opportunities. It just means it is important to research the companies you don't know and their potential.

3 OK, SO EVERYONE SAYS RESEARCH BEFORE YOU BUY. HOW DO I RESEARCH A STOCK?

The great thing is that there are many ways to research a stock without spending a lot of time. Here is a list of questions to help you know what to look for to see if a particular stock may be right for you. Many investing platforms provide this information, or it can also be found online.

- What does the company do?
- What is their growth/decline over time?
- Is it volatile? (does the price move drastically?)
- Is there any relevant news that may affect the stock?

4 FLUCTUATIONS IN THE MARKET ARE NORMAL.

Say you decide to invest in a company by buying stock. But over time, the stock price declines. Naturally, you might be thinking, "I should've never invested." While each company is different, it is normal for the stock price to move up and down over time. Just because the price is down one week doesn't necessarily mean you made a bad investment. Think long-term.

5 THINK LONG-TERM.

Think of a garden that takes time and care to bloom and become bountiful. Your investment account is similar. Don't get frustrated if you don't see big returns right away; it takes time to grow! Be patient and manage your risks responsibly.





TIME CHANGE WORKOUT

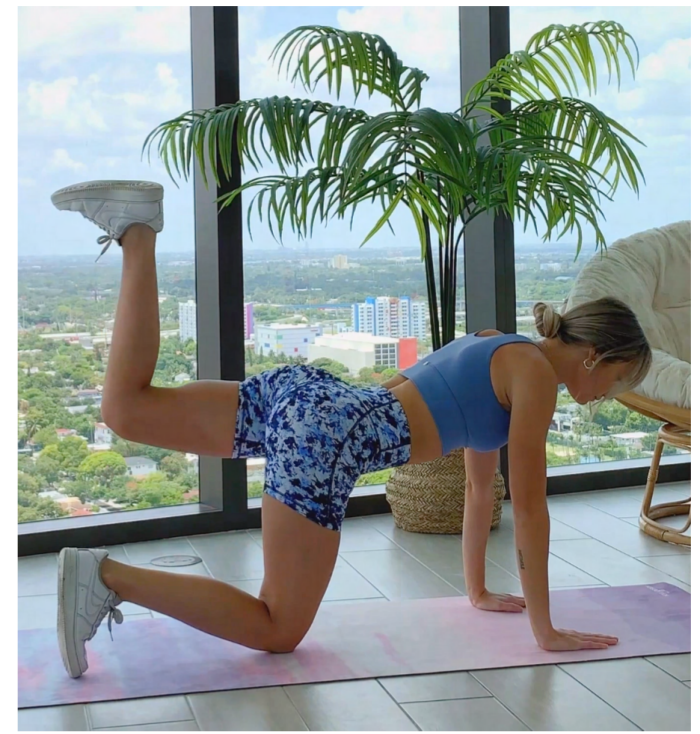
**THE ROUTINE TO DO
WHEN YOU'RE JUST
NOT FEELING IT.**



Here's a light workout that can be done from the comfort of your home for those days when you feel like skipping the gym.

1

Kick Backs



X 20 reps each leg

2

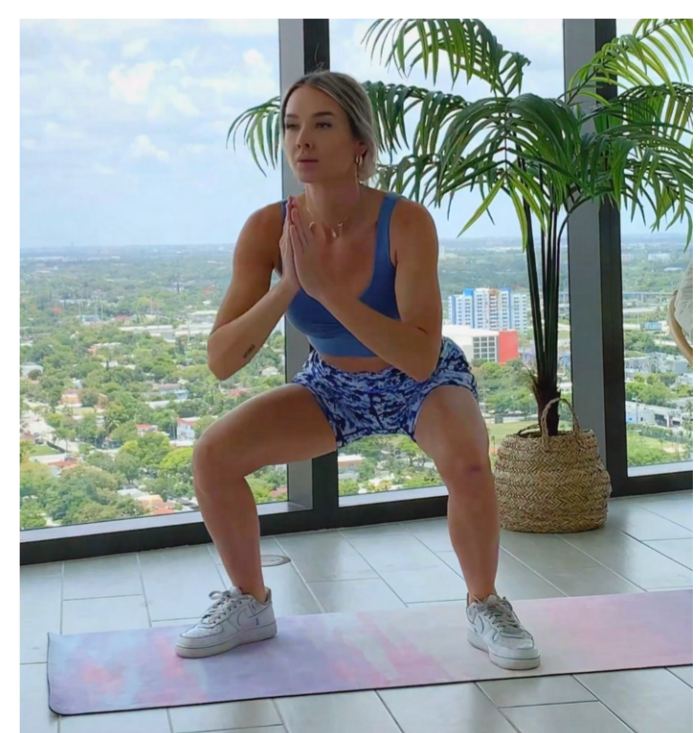
Side Lunges



X 15 reps each leg

3

Squats



X 20 reps

Repeat 4 times or until fatigued!

GYM PERSONALITY QUIZ

WHAT'S YOUR GO-TO GYM FIT?



- (A) Crop top and leggings
- (B) Oversized shirt and biker shorts
- (C) Matching set
- (D) Whatever is clean that day

YOU FORGOT YOUR HEADPHONES. YOU THINK...



- (A) IT'S OKAY! I prefer the sounds of nature
- (B) I NEED MUSIC! Getting them and coming back
- (C) I'M BUMMED! But getting it done regardless
- (D) WORKOUT CANCELLED! Looks like it wasn't meant to be

YOUR FAVE WORKOUT LOCATION IS...



- (A) Yoga studio or outdoors
- (B) Gym with heavy weights
- (C) I like to switch it up!
- (D) Wherever no one can see me!

YOUR GO-TO EQUIPMENT IS...



- (A) Yoga Mat
- (B) Squat Rack
- (C) Booty Band
- (D) Stairmaster

Mostly A's

Self Care Queen

For you fitness is all about stress relief and relaxation. You love outdoor activities and prefer a studio that smells like eucalyptus over a sweaty gym.

Mostly B's

Weightlifting Baddie

Beware to whoever tries to talk to you with your headphones in! You like to dry scoop preworkout and can probably outlift the boys around you.

Mostly C's

Booty Building Babe

Leg day is your fave! You love a cute workout fit and gym selfie but make no mistake you're there to put in work!

Mostly D's

Home Workout Hottie

You like to work out at home while catching up on the latest show or in a secluded gym area. Your go-to hairstyle is a messy bun and you don't really care what you wear to the gym; you just want to get your workout over with!



We want to hear what you think!

Did you enjoy this issue? Head over to @bloom.activewear on Instagram and let us know what topics you would like to read about on next month's issue!



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