

designed to help you

BLOOM

DECEMBER 2021

**HOW TO LEVEL
UP IN 2022**

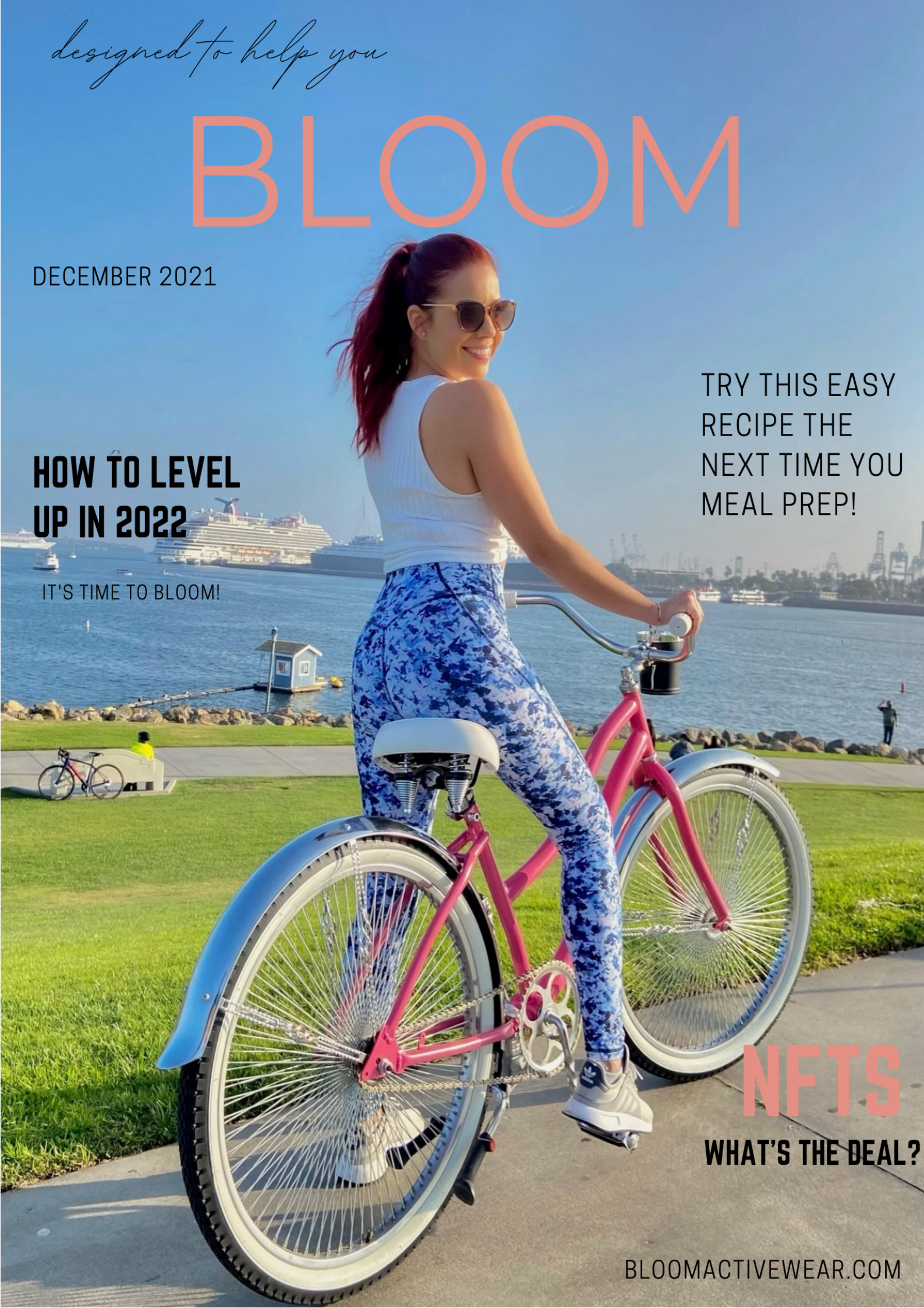
IT'S TIME TO BLOOM!

TRY THIS EASY
RECIPE THE
NEXT TIME YOU
MEAL PREP!

NFTS

WHAT'S THE DEAL?

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ORZO SALAD



INGREDIENTS:

- Orzo Pasta
- Chickpeas
- Cherry Tomatoes
- Cucumber
- Purple Onion
- Basil
- Olive Oil & Red Wine Vinegar
- Salt & Pepper
- Optional: Feta Cheese

WHY WE LOVE THIS RECIPE

- Nutritious
- Easy to make
- Tasty!
- Plant-based
- Great for meal prepping

DIRECTIONS:

Set water to boil in a pot with a pinch of salt. Once water is boiling add orzo pasta and cover. Stir occasionally. While pasta is cooking begin to chop cucumbers, onion, and cherry tomatoes. Once pasta softens, remove from heat and transfer to a large bowl. Toss $\frac{1}{3}$ cup of olive oil into the orzo and let cool. Once cool, add chickpeas, onions, sliced cherry tomatoes, and cucumbers. Add in $\frac{1}{3}$ cup red wine vinegar and season with salt and pepper to your liking. Top with basil and feta cheese and enjoy!

NFT's What's the deal?

Your questions answered
without the "crypto bro"
answers



Lazy Bunny NFT owned by BLOOM Activewear

What's an NFT?

NFT stands for "non-fungible token," but really, what does that mean?

To put it in simple terms, it is a unique, digital asset. While most assets we are used to today are physical like cash or property, NFTs are one-of-a-kind digital art like music, gifs, virtual real estate, and more.

Why are people buying NFTs?

We know what you're thinking, why buy digital or virtual assets when you can purchase physical ones?

Well, different reasons. For many, it is a new form of investing and, it is a chance to own something that may grow in value over time.

For others, it is simply about collecting like you would collect cards or art or about the utilities (perks) that come with owning one.

What makes an appealing NFT?

There is no way to guarantee if an NFT project will be successful. However, here are some things to look out for:

- Owners of project are active
The owners and artists of the project should not be anonymous
- Utilities/ Perks
Is there any perks that come with owning one? For example, special invites to exclusive events, dividends for being an NFT holder, early access to other NFT projects, and more
- Roadmap
An NFT roadmap is the goals and strategies that a project plans to use to market & grow the value of the project

This information can typically be found on the NFT project's Discord. You can join Discord communities prior to purchasing.

How do you buy an NFT?

NFTs must be purchased with cryptocurrency, such as Ether (ETH) tokens.

There are apps like Metamask or Coinbase that allow you to purchase crypto and set up your crypto wallet.

Be aware there are fees each time you exchange your US dollars into crypto and buy NFTs.

Still totally confused or not sure about NFTs? That's okay! This is all very new information and a lot to take in. The purpose of this is not to persuade you to buy NFTs, but rather to point you in the direction of finding which types of investments are right for you so you can BLOOM to your fullest potential.

HOW TO LEVEL UP IN 2022

TIPS TO BLOOM INTO YOUR BEST SELF THIS NEW YEAR

EAT BETTER

We're not talking fad diets or skipping cookies.

We're talking about adding more nutritious, colorful foods into our diet. Foods that give us energy and make us feel good!



TAKE CARE OF YOUR MENTAL HEALTH

Working to better yourself can get overwhelming.

Remember, it's not always about "the grind." It's also important to be in a positive headspace and take care of your mind like you would take care of your body.

Meditate more, practice positive self-talk, and take a break when necessary.



ACHIEVE A FINANCIAL GOAL

Reaching a financial goal is extremely rewarding and can open the door to accomplishing other goals you may have.

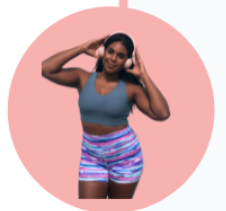
Take a major financial goal you may have such as paying off debt, buying a house, or learning to invest, and break it into multiple, smaller goals. Set a time frame for each small goal and write a plan for how you will accomplish it.



BE ACTIVE

Workout because you love your body, not because you hate it!

If working out at a gym feels like a chore to you, try a new fitness class or an outdoor workout. Being active comes in many different forms and it's important to find an activity you actually enjoy!



READ MORE BOOKS

Books have the power to teach a new skill, motivate, reduce stress, and so much more.

Make it a goal to read every day, even if it's only a few pages each day. Consistency is key!



STOP DOUBTING YOURSELF

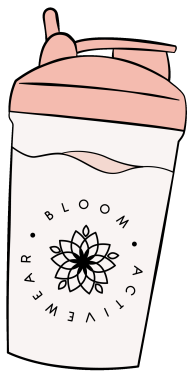
It's time to go after that goal you can't stop thinking about.

Start that business or Youtube channel. Go after that dream career or the new hobby you've been wanting to try. The first step is to believe in yourself!





How to find our GIFs



Search "Bloom Activewear"
on the Find Images tab on
Instagram to find and use
our GIF stickers in your
photos!



www.bloomactivewear.com

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