

NIGHTHAWKS WELLNESS NEWSLETTER

Sunscreen Awareness Month

July 2017

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EXERCISE FOR THE MONTH

T **R** **P** **d**

The triceps are those muscles on the back of the arms. To perform exercises for the triceps, do 1-3 sets of 8-12 repetitions, 1-2 times per week.

I **c** **:**

1. Stand approximately 2-3

feet away from overek04 (e)-169 401m(-)Tβ.73 0 0 9 27 446689m[t)4.2 ((e t)0.9 (s)-10.4a(d a)-14.7p(:)TJ0um)TJlies eeet a[d]-14.2