

THE MANNTRA

L I F E S T Y L E



ISSUE 1: WINTER

Contents

February 2019

EDITORS' LETTER

NEW YEAR MANNTRA

4

SKINCARE

BEST WINTER PRODUCTS

YOUR SKIN TYPE: WHAT TO USE

MANNTRA EATS

10

QUICK MANNTRA MUNCHIES

CAF TIPS

VEGAN FOR 3 MONTHS

HOW TO FIND COMFORT THROUGH FOOD

BAKESALE PANIC!

18

SELF-CARE

OVERWORKED MANNTRA

EFFICIENCY MANNTRA

3 LITER CHALLENGE

FITNESS

22

30-MIN-MANNTRA

LETTER FROM THE EDITORS

Hi Horace Mann!

Welcome to the first ever issue of The Mantra!

While we are all stressing about classes, sports, and extracurriculars, it can be challenging to actually know how to create a balanced and healthier lifestyle without taking hours to organize your life. Although the school provides donuts, hot chocolate, ramen, and bake sales which make us all happy, those are only quick fixes to improve our moods and bodily health. We are all happy about eating Krispy Kreme donuts on a crazy test day, however, eating a donut is not going to magically make you happy and healthy for more than around 15 minutes. Our goal for The Mantra is to introduce you to more sustainable methods of living a healthy, fit, and well-rested high school experience. Even though we are not experts in the field of wellness, The Mantra gives students the opportunity to share habits with the student body in order to enhance HM students' lives in a balanced and friendly way.

-Mikayla Benson and Annie Wallach

NEW YEAR

“And now let us
long year that
new, untouched
that have n

Since This is The Mantra's first issue and the Holiday edition, we have decided to use Rainer Maria Rilke's wise words to highlight how this new year is a blank canvas that we can paint in anyway you desire, which connects to this issue, as the first Mantra Volume!

MANNNTRA

us believe in a
is given to us,
d, full of things
ever been.”

-Rainer Maria Rilke

After 1st Semester, many students set new goals and resolutions for the upcoming year. “I am going to workout every day” or “I’m going to visit with my chemistry teacher three times a week” or “I’m only going to eat salad at lunch”. It is so great that we all aspire to improve and healthily advance our lives. However, these dramatic and daring goals may be unrealistic. As we enter into a “new, untouched” year of possibilities, this issue will introduce you to some realistic resolutions and goals.

A Guide to Your Winter

Overall, it's important to learn what your skin needs, and then to go out and provide yourself with products to help your skin reach its full potential. Although it may seem like a hassle at first, I hope this article helped creating your winter skin care routine seem less daunting. There is, in fact, a solution that fits your skin and your schedule.

FINDING YOUR SKIN TYPE

First and foremost, knowing your skin type is essential when building a routine. Most people fall into these skin care categories: Oily, Dry, Combination, Sensitive, and Normal.

It's not essential to know your skin type, but it proves to be super helpful. You will be able to buy products that are made to improve the certain aspects of your skin.

1. Soko Glam quiz

2. Ask the Scientists

MAKEUP REMOVER :

I begin with removing my makeup. As someone who wears mascara and eyeshadow every single day, a strong makeup remover that doesn't sting my eyes is super important.



Beauty 360 All-In-One
Micellar Cleansing Water



Lancôme's Bi-Facial Double-
Action Eye Makeup Remover

er Skincare Routine

By Dalia Pustilnik and Pascale Zissu

C L E A N S E R :

Dalia

I tend to opt for a more gentle cleanser.

Cleansers do the real job of cleaning everything from the day out of your face so make sure you are ready for the day/night.



Enzyme Cleansing Gel Mario Badescu



First Aid Beauty Face Cleanser

Pascale



philosophy Purity Made Simple Cleanser



Cetaphil Daily Facial Cleanser

Since my skin tends to become more dry during the colder seasons, it's important to find gentle cleansers that effectively remove oil and dirt without irritating my skin.

E X F O L I A T O R :

Exfoliators smooth down your skin and open your pores for cleansing. Studies have shown that chemical exfoliators can be better for your skin, but those tend to be much more expensive than the physical exfoliators I mention below. Also, please try to NOT purchase an exfoliator with microbeads! They can be detrimental to the environment and your smooth skin is not worth the lives of our sea life.



Mario Badescu Botanical Exfoliating Scrub



Caudalie Deep Cleansing Exfoliator

T O N E R :

Toner helps to remove excess dirt, oil and makeup. It also is important to correct and balance the pH of your skin, By helping to clean and close pores, it's specially beneficial for acne-prone skin.



Pixi Glow Tonic
Exfoliating Toner



Origins Zero Oil Pore
Purifying Toner



Mario Badescu Glycolic
Acid Toner

M O I S T E R I Z E R :

Dalia

Since I personally have normal/oily skin, I like to use a lighter moisturizer in the morning and a heavier one at night. This method allows my skin to get the moisture it needs without me coming to school looking like a complete greaseball.

MORNING:



Tata Harper
Repairing
Moisturizer



Clinique Dramatically
Different
Moisturizing Gel



Clinique Moisture Surge
72-hour Replenishing
Hydrator

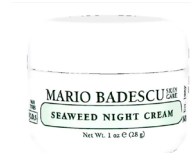


Ole Henriksen Sheer
Transform Perfecting
Moisturizer

NIGHT:



Ponds Dry Skin
Cream



Mario Badescu's
Seaweed Night
Cream



Glossier Priming
Moisturizer

**All of these options provide many hours of hydration without making my skin feel greasy. They moisturize effectively and makeup applies smoothly over them.

E Y E C R E A M :

Many people associate using eye cream as a habit for older people, however, using eye cream starting in your teenage years may benefit you as you age. Since the skin under our eyes is sensitive and thin, using eye cream will moisturize your under eyes, in addition to reducing puffiness, sagging, and wrinkles as you age.



Kiehl's Eye Alert



Drunk Elephant C-Tango Multivitamin Eye Cream



Ole Henriksen Truth Serum



Glossier The Super Pure Serum

S U N S C R E E N :

Although the weather outside is incredibly cold, and most of the time, the sky may be cloudy, that does not mean that you should not be protecting your skin from the UV rays of the sun.



Glossier Invisible Shield



Coola Mineral Face SPF 30 Matte Finish Moisturizer

L I P B A L M :

The cold weather can also cause your lips to dry out, and crack. They can be prevented by consistently using lip treatments, to keep your lips protected from the cold.

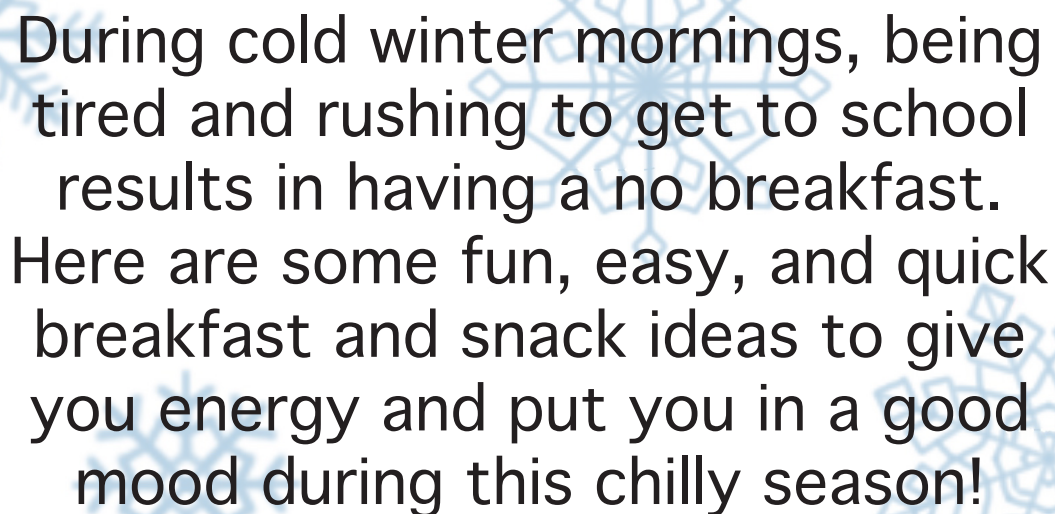


Black Jack Lipbalm



Malin + Goetz Lipbalm

Manntr



During cold winter mornings, being tired and rushing to get to school results in having a no breakfast. Here are some fun, easy, and quick breakfast and snack ideas to give you energy and put you in a good mood during this chilly season!

ra Eats

Double Chocolate Chip No-Bake Oatmeal Energy Balls



1 cup of dry oats
2 tablespoons of chia seeds
¼ cup nut butter
¼ cup of honey
2 tablespoons of cocoa powder
½ cup of mini dark chocolate chips

An optional step:
Add some protein powder.

The next step is to take small spoonfuls of the mixture and roll them into balls. Finally, put the energy balls in the refrigerator to chill for at least 30 minutes and keep them stored in the refrigerator until ready to eat. This recipe is nutritious and delicious at the same time. These energy balls contain either x butter or sunbutter which are both amazing sources of protein, fiber, vitamins, and minerals. These energy balls also contain oats which are a great source of fiber.

Chocolate Chip Cranberry Cookies

- 1/2 cup unsalted butter, softened
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1 tablespoon vanilla extract
- 1 large egg
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 cup dried cranberries, chopped
- 3/4 cup white chocolate chips

Directions:

Cream the butter and both sugars together until smooth. Add the vanilla and egg. Sift together the flour and baking soda. Spoon the flour mixture gradually into the creamed sugar mixture. Stir in the cranberries, white chocolate chips and macadamia nuts. Bake at 350F until lightly golden on top and the edges are set, 12 to 15 minutes.



Recipe courtesy of Trisha Yearwood



Easy Acai Bowl

- 1 handful frozen berries
- 1 chilled banana
- 1 pack of chilled acai puree (or 2 tsp of acai powder with 3-4 crushed ice cubes)
- 1 handful of leafy greens (optional)
- 1 to 2 scoops of protein powder of choice
- 1 tablespoon of hemp seeds
- Pinch of cinnamon

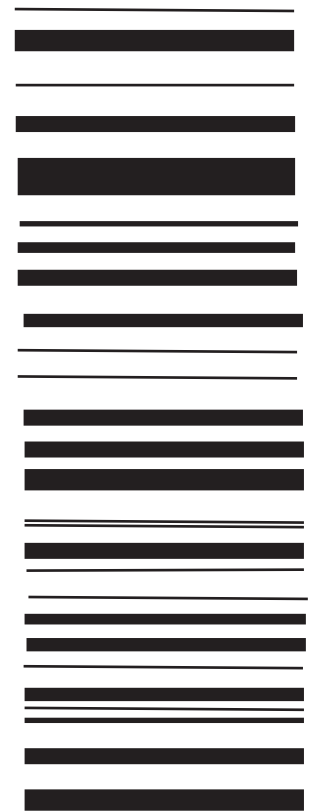
Directions:

Add these ingredients to a blender, and blend them together. For an extra boost of nutrients, blend in a spoonful of peanut butter along with the fruit mixture. Finally, pour the mixture into a bowl and top it off with sliced fruits of your choice and some granola. This recipe is easy to modify to your tastes by adding different frozen fruits or protein powders to change the taste and nutrition factors. You can also add different toppings depending on what boosts you want to add and to change flavors and textures.

Caf Tips

By Rhea and Esha Patel

1. Salad in our cafeteria can be expensive and we can find ourselves avoiding the salad bar for that reason. What if we told you that every other Friday, the entire salad bar is absolutely free? It's true! Now you can count on eating healthy and saving money every other Friday.
2. On Tuesday's, Flik usually serves tomato basil mozzarella paninis and sushi, among many other options, most of which are vegetarian. If your meal is completely vegetarian on Tuesdays, you will be allowed to get a free drink of choice. Just ask!
3. Every week, we receive a green sheet in our email inboxes and at the very bottom, you can find the upcoming week's menu for lunch. This could help you plan out your meals or could give you something to look forward to!



Either way, these tips may help you in the Caf for the rest of your high school career because who doesn't want to save money?

Going **VEGAN** for 3 Months:

MY EXPERIENCE

By Johanna Scher

At the end of the summer of 2018, I made the ambitious promise to myself to cut out all foods that were not vegan. Overall, I can confidently say that I had a fairly easy time with this task, and I noticed obvious benefits over a short amount of time. Although I do not think that veganism is for everyone, I do believe that it is an option to consider if you want to make a significant, healthful, and environmentally friendly change in your diet. So, what inspired me to cut out all animal products and by-products? Was it for environmental reasons? My health? Curiosity? Was it because I had heard rumors of an improved mental state by partaking in the vegan lifestyle? I could say it was some sort of combination of all three, but in reality, it was an unanticipated lifestyle change that I didn't know I needed, and that has altered my perspective on food in addition to permanently shifting my eating habits for the better.

The main benefit I noticed from becoming vegan was that I was essentially forced to consciously think about what exactly I was eating before I ate it. Some foods, such as nonprocessed foods were fairly easy to judge whether it was vegan or not. However, there are inevitably situations where we have to eat processed food, especially with busy schedules and few options during the day. While glancing at the backs of granola bars, crackers, or other packaged snacks to see the contents, I began to be more mindful of what ingredients were really hidden inside foods, and the nutritional value they provided for me. I noticed that I began to eat less processed foods, and when I did eat a packaged food, it was often more plant-based, either fruit packed or a grain of some sort, both which

something not vegan, like chips with cheese flavoring, or desserts containing dairy and eggs. In social situations, such as an event with a dessert table, I abandoned baked goods and swapped them for fruit.

The next benefit I found myself experiencing since becoming vegan is that I began cooking more meals at home. I realized that vegan meals are usually fairly quick and easy to cook and that countless recipes existed that were healthy, delicious, and catered toward a vegan diet. Simply browsing the internet for vegan recipes for a few minutes can open up tons of possibilities to try new foods, such as healthful grains, produce, and introduced me to new cuisines, as many countries tend to incorporate fewer animal products and more plants into their food. Simply going to the grocery store and shopping for a few recipes made me realize that I had been ignoring plenty of foods, simply because I had never even known that they existed. Cooking meals at home in general, vegan or not, has an abundance of benefits. Although slightly time-consuming, it is often healthier, more cost-efficient, and informative for anyone. It is truly something I believe everyone should try to incorporate into their lives as much as they can.

In addition, I began to notice significant changes in my energy, mood, and overall happiness. Not only did I feel less tired, distracted, or cloudy during the day, but I noticed that I felt an increased level of self-confidence just from eating healthier. And yes, there is a science to shifts in moods. There are a multitude of grains, leafy greens, and berries that can increase energy levels by giving you essential vitamins that are hard to come across in meats or dairy. Also, eliminating fatty acids, which are found in meat and fish, can actually make you feel happier.

Veganism is extremely environmentally

friendly. The production of meat is extremely costly, requires a lot of field space, and a large amount of grain and water to feed the animals. In fact, of the grain produced by the United States, 70% of it goes towards feeding animals. As well as food, more water is required for livestock than for plants. Switching to consuming more plants rather than animals could help fight world hunger and water scarcity. Plants also have the ability to filter the air of its pollutants, to which livestock is the leading contributor whether it be methane produced by cows, or transporting and storing meat.

Going vegan made a recognizable difference in the diversity of the food that ended up on my plate. This may sound contradictory because I was technically restricting my food options, but foods such as smoothies or salads that I inevitably ended up eating often, included more whole ingredients into one meal than I was eating before. So, why is it important to be introducing a wide array of one food group into your diet? The health benefits of one food can often be linked to its color, and it is important to make sure that your plate displays as many colors as possible. For example, not just carrots can improve your eye health; oranges and sweet potatoes, surprisingly, help to fight off illnesses that cause age-related blindness too. This issue may not seem important at our age, but a balanced diet and a colorful plate play the main factor in staying healthy at all times in life.

The many changes I noticed that came with eating a vegan diet, such as mindful snacking, cooking with new foods, improved moods, and a more diverse diet show me that veganism potentially could work for some people who want a change in their diet. While I do not think that veganism can work for every person, it is important to keep in mind that eating fewer animal products can help the environment, and limiting your meat intake is something that anyone can do. Overall, I learned a lot about

food from trying out veganism, and I believe that anyone can benefit from the diet, so long as they give it a fair chance, remain open-minded, and don't give up.

Vegan Chocolate Chip Cookies

Prep time: 45 min
Total Time: 60 min
Servings: 40
Oven Temp: 350 °F

Coconut oil, melted: 2/3 cup
Granulated sugar: 2/3 cup
Brown Sugar: 2/3 cup
Unsweetened almond milk: 1/2 cup
Vanilla extract: 2 teaspoons
All-purpose flour: 2 1/2 cups
Baking soda: 1 teaspoons
Baking powder: 1 teaspoon
Salt: 1/2 salt
Amy's chocolate chips: 10 oz bag

1. Cream coconut oil and granulated and brown sugar in a large bowl.
2. Slowly pour in the vanilla and almond milk.
3. Then add all dry ingredients into the bowl.
4. Once the dough is mixed well, add in the chocolate chips.
5. Each cookie should be two inches apart in the ungreased cookie sheet pans.



Selfcare

Through Comfort Food By Tomoko Hida

As winter calls for semester-end tests and hell week on hell week, it's definitely hard to feel relaxed. It's also the new year and you've tried meditating, working out, making yourself avocado toast for breakfast everyday.....but are you really sure that you'll be able to keep those resolutions throughout the year? In 2018 I promised myself that I would lose weight, clear my skin, and get all A+'s. It's what I promise myself every year and I never seem to succeed. Nonetheless, one thing I did learn to do in 2018 was to take care of myself. I focused on self-care!

Self-care comes in many forms, whether it be to buy yourself a jacket you've been eyeing every day on your way to school, to spend a day alone to binge on your favorite movies, or to make yourself a nice and cozy breakfast in bed. It's about making yourself feel good by doing what makes you happy from time to time, to give yourself a break from whatever seems to be causing you stress.

One of the easiest ways to "self-care" is by making yourself your favorite food. If it's cake, make a cake, and if it's a burger, make a burger! It's important to always go for it and try a new recipe out even if it intimidates you when you first take a look at it. As for me, I like to make brunch foods that I can make with ingredients I have on hand. Waffles, crêpes, pancakes, and french toast are some examples, and are great because you can have them with fresh berries too! The prep time is usually around 5-10 minutes depending on if you're watching some
16 youtube or a TV show,

and cook time will always end up to be around 15 minutes, including accidental spills and small kitchen mishaps.

Making something like this only takes about 30 minutes out of your day, and as a result, you have a great start to your morning! If you're feeling particularly energized one day, you can also swing by your local farmer's market to get yourself some berries for toppings and maybe some potatoes, onions, and peppers to make yourself some potato hash on the side. On your way back, doing something as simple as buying yourself a bouquet of flowers to have on your windowsill can keep that good energy going throughout your day too.

Self-care is about doing what makes you feel good and doing what you would do in your dream life, and in my case, it happens to be that making food makes me happy. So in 2019, try a ton of new things and try to see what makes you feel free and what relaxes you. Do things that you're not used

Waffle Recipe

2 cups rice flour (I use rice flour here, but any type of flour is fine)
2 tbsp sugar
4 tbsp baking powder
1 tsp salt
2 eggs
1 1/2 cups warm milk
5 tbsp unsalted butter or coconut oil
1 tsp vanilla extract

Steps:

1. Combine dry ingredients in a large bowl
2. Combine wet ingredients in another bowl
3. Mix wet mixture into dry ingredients
4. Pour into waffle iron and follow iron instructions

Adapted from AllRecipes

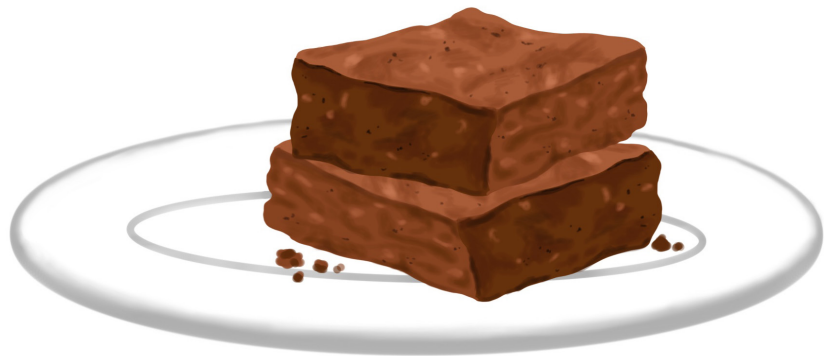
to doing; eat out alone, go to the park to read a book, or sit by a nearby lake or river and sketch it out. Whatever activity it may be, I hope you find something convenient and calming you can continue throughout the year. 2019 is about feeling good!

Bakesale Panic?

Your friend has asked you to bring something to their club bakesale, and you have no time! Here are some healthier alternatives that are all simple, 1-bowl-recipes.

Protein Brownies

- » Brownie mix 1 bag
 - » Protein Powder 4 scoops
 - » Eggs 2
 - » Coconut Oil 1/2 cup
 - » Water 1/2 cup
- Bake at 350F for 35 minutes



Best Matcha Bread

- » Coconut oil 1/4 cup
 - » Coconut sugar 1 cup
 - » Eggs 2 large
 - » Flour 1 cup
 - » Matcha 1 Tbsp
 - » Baking Powder 1 tsp.
 - » Salt a pinch
- Bake 450F for 45 minutes

Pumpkin Fiber Muffins

- » spiced cake mix
 - » (Duncan Hines, Betty Crocker, Pamela's Gluten free mix)
 - » Pumpkin Puree 1 can
 - » Bran 1/2 cup
 - » Almond Milk 1/2 cup
- Bake at 400F for 25 minutes



How I Handle My Stress

By Sadie Hill

I like to think of stress as a bouncy ball. It comes in all different shapes and sizes, and the more the ball bounces, the higher up it goes. The more you stress out about things, the more stressful those things become. No one wants to be stressed out about anything, unfortunately, it is completely natural and happens to all of us. The one thing on my mind whenever I am experiencing anxiety is how I can get rid of it. As a result of this habit, I have some very helpful practices I use to reduce stress. I know that these tips can't completely eradicate all of the stress from your lives, however, they can definitely help relieve a bit of pressure.

One thought process I use often: Locate all of the things that are burdening you. Whether it's next week's chem test or asking someone out, you should find the source of your problem. Once you have determined what the root of your stress is, I want you to picture yourself in ten years. Will these things still be affecting you when you're 20? 30? If the answer is no, then that means these things don't have long term consequences. I'm not saying what's stressing you out won't affect you at all, but I know that personally, I give things more importance than they deserve. I get over-anxious about one little thing like a quiz, which won't have any effect on me later in life, and I let it ruin my day. Of course, it is very possible that whatever is stressing you out will have long term effects on your life. If this is so, there are still ways to lower the amount of stress you're feeling at that moment.

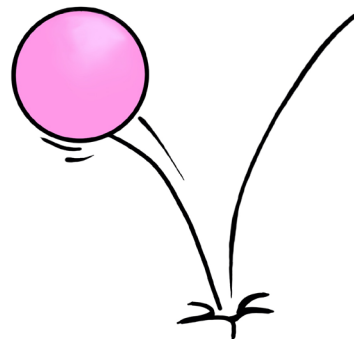
After determining the importance of whatever is stressing you out, try to take action on those things. As Ben Franklin once said, "Don't put off until tomorrow what can be done today." Don't let

your tasks build up. Instead, take a moment to do what you can to get rid of the things that are on your to-do list. Freeing up your mind is a guaranteed stress reliever. And if you are stressing out about something that you can't possibly do anything about, why stress?

Sometimes, you just have to take a moment for yourself. Do something that makes you happy. Take at least 30 minutes out of your day to do a hobby or watch a show. Practice the guitar, cook, read, or write. You might be reading this and thinking, she's crazy, I don't have time to do any of those things. But, the truth is, if you jump straight into work without taking a moment for yourself, then you won't do as well on all of the things you need to accomplish. You won't end up giving it your all. We all spend so much time doing work and fulfilling commitments that sometimes we forget to take time for ourselves.

One of the most important things a human does in their day to day lives is sleep. Lack of sleep is actually the cause of my stress in particular. I know that when I have a test, all I can do is study, I end up staying up super late studying. Then I only get 5 hours of sleep and I can't think properly the next day. When I get enough sleep, I feel fine throughout the day, and I do better on assessments. This makes me less prone to stress. It all comes full circle. So the bottom line is: GET MORE

SLEEP, even if you don't feel like you have done enough work. The next time you're debating between going to bed or studying for another half an hour, just go to bed, it will do you more good.



Overworked? Overwhelmed? Stressed?: *HERE ARE SOME TIPS!*

By Annie Wallach

1. Make a Checklist: Writing a list of everything you have to do in planners and/or checklists is a great way to stay organized and keep from clutter.
2. Cluttered environment; Cluttered mind: It's very hard to think and be organized in your work if your environment isn't. Make sure you keep your workspace clean and organized so that you're thoughts and work can be as well
3. Cut out time in your night for breaks: If you make time for breaks during your work, you'll feel less inclined to take more unplanned breaks and be able to compartmentalize different sections of your work.
4. Study with peers: Studying with peers is a great way to learn. Having a discussion about something is an incredibly helpful way to learn. Peers can help with questions you might have, keep you working and from getting distracted by electronics, and keep you motivated.
5. Get started on other assignments early: If you find you have a lighter work night or you have the time, it's always good to get ahead on other assignments earlier as it will either let you take a break on another night, help you have less to do on a larger work night.
6. If it begins to get late and you are too tired to do any more work, try to get to bed earlier. Instead of staying up late, wake up earlier and do some work in the morning with a refreshed brain. This way, you will have more energy in the morning to do your work rather than doing work when you are too tired which might cause your work to be slower and less efficient

Apps I'd recommend: Wunderlist; My Homework; Focus Timer

3 LITER C

By Lindsey Cheng

I found out about the 3-liter challenge from Buzzfeed. Although this source is not extremely reliable, I became interested in how it could help improve my skin and appetite. The point of the challenge is in the name: drink 3 liters of water every day for a week. I am aware that our bodies consist of 80% water and that really made me wonder how I would feel if I consumed 3 times as much water as I usually drink. Since winter always makes my skin dry and I am more prone to colds, I thought this challenge would give me the opportunity to explore new life choices in addition to potentially improving my bodily health.

J A N U A R Y 8

12:00 18oz

12:36 36oz feeling well hydrated and not too tired :)

2:09 54oz

4:55 70oz don't feel too much of a difference, I just have to use the bathroom a lot

6:38 86oz Surprisingly around 15 more oz until 3 liters!

8:16 102oz don't feel any different, but I always have to use the restroom.

Had around 10oz, **totaling 112oz**, after I finished my previous 16, I don't tend to drink a lot of water before bed.

J A N U A R Y 9

11:43 18oz

12:45 36oz Feeling full of water and I didn't have much of an appetite during lunch, I only ate a few vegetables before feelings full

7:08 54oz

7:56 70oz

11:00 86oz I had to use the restroom a lot today.

J A N U A R Y 10

5:47 18oz

20 **9:51 36oz** Couldn't even get to 3 liters today

H A L L E N G E

J A N U A R Y 1 1

18oz Throughout the day
8:03 34oz

J A N U A R Y 1 2

16oz 11:22 Gave me a good start to the morning!
7:55 32oz

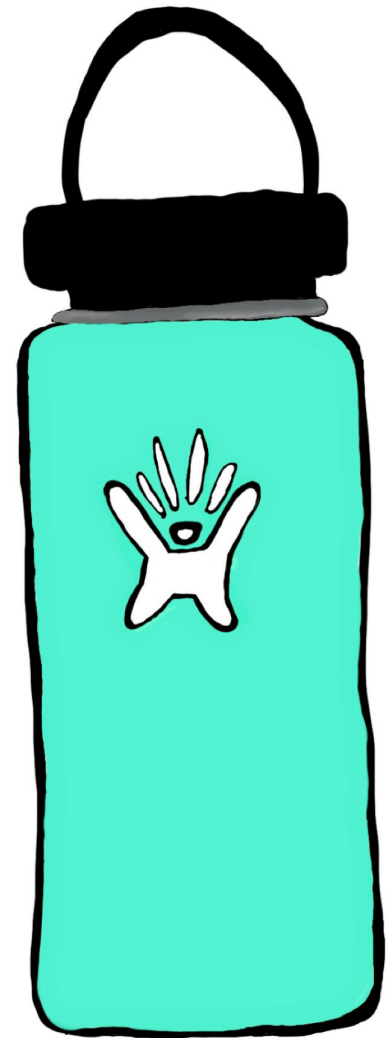
My Thoughts:

Although I failed to complete the challenge for a week, during the days that I did drink a lot of water, here's what I noticed:

Because I drank so much water, I was barely hungry during lunch time.

I didn't feel too tired since I was constantly hydrating myself (I might be making that up, that might have just been because I was well-rested). During the first 2 days, it was super easy to drink a lot of water because I was determined to complete this challenge, and drinking water was always on my mind. As the days went on, I started to forget to drink water just because I was busy. Honestly, I did not notice a big difference from when I was drinking 3L a day to now where I drink a good cup of water a day, however, I think if I carried out with this challenge, I would have received better results. For the days I did drink 3L, I just felt happier because I felt healthier and knew I was well hydrated for the day.

Overall, I wish I had carried out with the challenge. Because I didn't set reminders for myself, I often forgot to drink more water and only drank a few sips throughout the school day. I do think the water helped me be a little more awake and feel less hungry throughout the day. I would definitely attempt this challenge again to see further results.



30 MIN WORKOUT

Manntra

By Hannah Lipskar

Most days it is so hard to find the time to get a good workout in. Most nights I will just try to do a quick 15 minutes of abs and legs but on days when I'm free in the afternoon, I will do a full one-hour workout like this one that really challenges me and energizes me for the rest of the day!

This circuit is a quick burner. The arm dips end up pretty difficult by the end! For this one, you do each workout 5 times, increasing the reps every time. You go down the columns and then start at the top of the next one.

Box Push Ups	2	4	6	8	10
Box Dips	4	6	8	10	12
Air Squats	6	8	10	12	14

This circuit is focused on the butt and it is a burner. The ankle weights add a great element to the workout but it can be done without them and will still challenge you and give you a great workout.

Ankle Weights!	10	per	leg
Kickbacks	10	per	leg
Hydrant (full extension)	10	per	leg
Leg Lifts	10	per	leg
Rainbows	10	per	leg

Do this circuit 3 times through

This workout is formatted the same way as the previous one where you go down each column. I recommend using whatever weights you are comfortable with or none at all if that feels like a good workout to you! These are a little less challenging than the first circuit so try to pick up the pace during this one.

Weighted Lunges	8 per leg	8 per leg	8 per leg
Weighted Sit-ups	40	30	20

This is the cashout of the workout where you can finish strong! If you don't have the equipment, you can substitute jump roping for a sprints or jumping jacks.

Jump Rope	100	100	100
Rest	30sec	30sec	30sec

You need another person for this one and if you don't have any help, this step can be substituted with plain sit-ups with a medicine ball. You sit on the floor and the person tosses a medicine ball lightly at you. You catch it above your head, lower down, then do a sit up while holding the ball. As you sit up, you throw the ball back at your partner.

3 sets of 20 Medicine Ball Sit Ups with Throw

Staff

EDITOR IN CHIEFS

Mikayla Benson

Annie Wallach

LAYOUT EDITOR

Allison DeRose

SKINCARE

Dalia Pustilnik

Pascale Zissu

MANNTRA EATS

Madi Four-Garcia

Gabrielle Chong

Esha Patel

Rhea Patel

Johanna Scher

Tomoko Hida

SELF-CARE

Sadie Hill

Lindsey Cheng

FITNESS

Hannah Lipskar

ART

Annabelle Chan

Juli Moreira

ADVISOR

Dr. Reesbeck



If you're interested in getting involved in
future Mantra Issues, please contact
mikayla_benson@horacemann.org
annie_wallach@horacemann.org