

We've all seen the advertisements for different health supplements, diet plans, and crazy-expensive exercise equipment. But, being extra healthy shouldn't be extra expensive. There are plenty of gyms within 15 minutes of where you live and plenty of health foods that won't break your bank.

by junior Jetta Colsch & Emilee Steimel



Location: 2215 College St. Cedar Falls Price: \$80 per month Appreciation: Balance Hot Yoga had a very unique and self-focused environment.



Location: 4505 Algonquin Dr., Cedar Falls \$125 per month Appreciation: JoyWheel Cycling Studio offered a large variety of classes suitable for any person of any athletic ability level



Location: Price:

\$129 per month Appreciation:

Orangetheory Fitness had high

tech monitors with personalized workout information.



any app store Price: \$9.99 per month Appreciation: **Sworkit's** numerous workouts gave demonstration videos

Location:



Location:

any app store Price: \$9.99 per month

Appreciation: MyFitnessPal gives you a personlized daily calorie goal and water intake, along with step counts



Location: any app store Price:

\$59 per month Appreciation:

**Noom** gives you a weekly overview of your goals for each day along with the



Location: wherever

for each individual

Price: apx. \$2.00

Appreciation:

It was so easy to make at home less than buying one from the



Location:

Target or other mass

Price:

apx. \$4.99 (box of 6 bars) Appreciation:

This **Balance brand** bar has good flavor with a slightly better texture than expected, especially for one of the cheaper options on the shelf



The Shakery



Protein Balls

peanut butter chia seeds natural honey (opt.) dark choc. chips (opt.) flax seeds senior Morgan Galbraith

**Local Workout** 

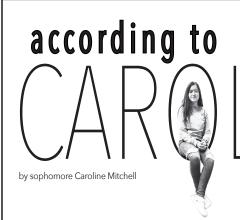
Millenium Therapy 301 5th St., Hudson senior Trey Germain



www.hudsonpiratepress.com review on The



**Shakery in Cedar** Falls, scan this QR



The last decade brought outlet malls and Crocs, Facebook and Game of Thrones. hvdroflasks and TikTok. Here's what I think the next 10 years will bring to the table.

With the rise in popularity of websites like Amazon, real stores are becoming less popular. Because online shopping is so much more convenient, people don't go to typical stores as much, putting them out of business. I think that Amazon will only continue to grow, resulting in even more stores, even very popular ones, being put

out of business.



We have seen styles being brought back many times throughout this past decade. Statement pieces in the '70s and '80s like crop tops, graphic tees, and scrunchies are still being worn today. Who's to say that even older styles won't be brought back- like from the 1920s! Expect people to "revamp" old styles to make them more

recent and trendy.



Social media platforms are always coming up with new updates. It's kind of obvious that they are always trying to one-up their competing companies. Instagram will copy features that Snapchat originally had, and Snapchat will do the same. It seems like there

are new features coming out every other month! I mean sure, some of them are cool and all, but some of them are kind of pointless if you ask me. In short, expect the copy-catting to continue.



Lately there has been a lot of talk about the environment. Celebrities, influencers, and even just everyday people share what products they use that are more environmentally friendly. One popular product is the metal straw. I think that there will be an increase in

creating and **buying products that are better for the environment** in this next decade.



Netflix is one of the original streaming services. They basically put Blockbuster out of business. It seems like everyone, especially teens, like Netflix. Though, there is one thing that people aren't so excited about. Netflix has started to release a lot of original content, thus leaving less room for other movies and TV shows. As a

result, it seems that there's a decrease in many of our fan-favorite films. I have a feeling that this will end up causing Netflix to become less popular, and eventually, it could die out.