


Smooth Criminal

by junior Jetta Colsch & Emilee Steimel

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.



places

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

Price:
\$125 per month

Appreciation:
Joy Wheel Cycling Studio offered a large variety of classes suitable for any person of any athletic ability level.



Location:
936 Viking Rd.,
Cedar Falls

Price:
\$129 per month

Appreciation:
Orangetheory Fitness had high tech monitors with personalized workout information.



Location:
any app store

Price:
\$9.99 per month

Appreciation:
SworKit's numerous personalized workouts gave demonstration videos for each individual exercise.


apps



Location:
any app store

Price:
\$9.99 per month

Appreciation:
MyFitnessPal gives you a personalized daily calorie goal and also tracks food 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 ability to connect to your google fit.



Location:
wherever

Price:
apx. \$2.00

Appreciation:
It was so easy to make at *home* and costs much less than buying one from the store.

snacks



Location:
Target or other mass distributor

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.



Location:
401 Main St.,
Cedar Falls

Price:
apx. \$6.00

Appreciation:
The Shakery had numerous flavors to choose from.

more things to try



Protein Balls
oatmeal
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



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www.hudsonpiratepress.com



To read a full review on *The Shakery* in Cedar Falls, scan this QR code.

according to CAROL



by sophomore Caroline Mitchell

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

CLOSED 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.

REVAMP 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.

APP 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-cattng to continue**.

RECYCLE 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 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.