

Mini Habits Smaller Habits Bigger Results

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Mini Habits Smaller Habits Bigger

The Body Coach, aka the brilliant Joe Wicks, (lululemon's new ambassador, don't cha know) says there are six errors he sees people making with their home fitness routines. Fortunately, he's here to ...

Joe Wicks Says These are The 6 Worst Fitness Habits You Might Have Picked Up In Lockdown

Here's what to watch for the second half of 2021 and why retail investing is important for your diversified portfolio.

How Big Can a Small-Cap Stock Be? And Other Topics

They make it up to you by bringing you flowers and your fave ice cream from the shop downstairs, but somehow you're still upset, even though you know it's not completely their fault. That's because ...

If Your Love Language Is Quality Time, That Doesn't Mean You're Clingy

This list is packed with classic, straight-shooting burgers and the old-school institutions still making them.

The Best Burger in Every State

A personal essay about machines, Mandarin, and grandma by Tan Tuck Ming . A few years ago, I took part in a research stud ...

Essay: My grandmother glitches the machine

The Key Lime Pie is back in the bakery section at Costco, and the massive dessert is already being drooled over by hungry members.

Costco Just Brought Back This Adored Bakery Staple

It's Jean-Claude Van Damme calling. He asks, "How are you?" and before he can hear an answer, there's a commotion on his end—phone-fumbling sounds; a tiny Chihuahua freaking out; Van Damme's wife, ...

Jean-Claude Van Damme Is Still Kicking at 60

My Hero Academia takes place in a universe where most of the population is born with a superpower called a quirk. Some go to prestigious academies to train and hone their quirks u ...

Logics Rant: My Hero Academia 319 (spoilers ahead)

New TaylorMade 300 Mini Driver shows the looks of company's landmark 300 Ti drivers, but incorporates fully modern multimaterial design, face flex and adjustability ...

First look: TaylorMade 300 Mini Driver evokes as much the present as it does the past

Read the reviews for new subscription razors, like Billie and Flamingo, as well as staples from Schick and Venus, to see which really are the best razors for women.

Best women's razors of 2021

A MILD heart attack is "a BIG deal", Dr Joseph Campbell emphasised. Known in the medical world as a non-ST elevation myocardial infarction (NSTEMI), such an event can - and does - harm the ...

Heart attack symptoms: How dangerous is a 'mild heart attack'? Signs to spot

Love the look of hanging houseplants? Add more dimension and texture to your rooms with these indoor hanging plants perfect for low-light areas, bright kitchens, and every space in between.

13 Best Hanging Plants for Every Room of Your House

July is upon us, which means Plastic Free July is in full swing. The global month-long initiative raises awareness of our consumer habits and urges people to challenge themselves to limit plastic ...

13 eco-friendly products to try for Plastic Free July

THE all-new Studio Buds from Beats are now on sale and arrive packed with big features at a very affordable price. Should you invest in a pair? Here's our full Beats Studio Buds review.

Beats Studio Buds review: Big sound and impressive features for a much smaller price

The very first Mac I owned was an iMac. That white polycarbonate, first-gen Intel iMac was the epitome of a family computer, sitting in a central location where everyone in my family could use it for ...

Two Months with Apple's New M1 iMac

Ask any avid variety show viewer for a recommendation and they will more likely than not suggest the fan favourite, Running Man. Time and time again, Running Man has proven itself as an easy to ...

Running Man: The Show That Just Keeps Running

For many contractors, mini skid steers or compact utility loaders occupy an important gap between manual hauling methods like wheelbarrows and equipment classes that include skid steers and compact ...

Why The Mini Skid Steer Belongs on a Landscaping JobSite

These are our best convertible picks, from affordable two-seaters to luxury four-seaters that cost well into six figures.

Best convertible for 2021 to enjoy top-down driving

It has been said that the pandemic has accelerated trends that were seeded with bike retail, but still evolving. CLN investigates ...

Ask the trade: How has the pandemic changed bike retail?

After a gap, city markets have started buzzing with activities yet again as the state government has relaxed curbs in the wake of Eid al Adha, which would be celebrated on Wednesday.

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