



Whenever I'm in the mood for something sweet, but healthy, I like stopping in for a juice. I love being able to get in my servings of fruits and veggies in one bottle. It's also quite filling too. I'm a huge fan of the No4 Blue Lemonade or one of their ginger shots to jumpstart my day.

Buda Juice

Refreshing cold-pressed juices that are 100% organic and locally sourced when possible. **Buda Juice, West Village, 3699 McKinney Ave #318, 214.559.7249, budajuice.com**



MAI LYN NGO

is the founder of Dallas Fitness Ambassadors, a local fitness blogger community with over 45 members to date. This 20-something Dallasite loves to share her fitness and foodie adventures on her personal blog Deep Fried Fit. She hopes to inspire readers to step out of their comfort zone and try something new, food or fitness wise, through her blog and social presence. Mai Lyn has also been featured in the CW33 and GuideLive as an influencer to follow. When she's not working out, you can find her binge watching shows on Hulu or enjoying a cold one and soaking up the sun on a nice patio somewhere in Dallas.



SHOP WEST VILLAGE



I love supporting local companies like **Simply Fit Meals**. They have some great items on their menu that really hit the spot for me because I'm a carb monster. They make meal-prep or meals on-the-go easy for me. They aim to create meals that are good for you and also taste delicious.

Spaghetti and Meatballs

Italian seasoned lean turkey meatballs served over a bed of wheat pasta, topped with sweet basil marinara and parmesan cheese. **Simply Fit Meals, 3839 McKinney Ave #140, 214.812.9729, simplyfitmeals.com**

I'm a firm believer of taking time for yourself to decompress and recharge. With all my grueling workouts, I HAVE to take care of these feet. They take me everywhere! I have so many tight muscles in my feet and calves, so I love getting an extended foot and leg massage with my pedicure at **Miniluxe**. Their spa is so welcoming and relaxing, not to mention super clean! Enjoying a glass of wine while getting the kinks worked out is the best feeling.

Deluxe Massage Pedicure

60 minute pedicure with extended foot and leg massage using, natural Mother of Pearl Oil. **Miniluxe West Village, 3700 McKinney Ave #158, 972.349.9675, miniluxe.com**



Lorna Jane makes some really cute active wear. Feeling good in what I wear is one of the motivating factors in getting me to my workouts. Look good, feel good right? They have a great selection of basics and lots of bright colors, that I adore. I love pairing a bright sports bra under a comfy loose top.

Gym Time Tank

Super soft, breathable tank, perfect for hitting the gym or running errands while looking stylish and chic. **Lorna Jane, 3700 McKinney Ave, 469.930.8408, facebook.com/LornaJaneDallasUptown**



I love workouts that are efficient and maximize the calorie burn. And, I just really like to sweat. If I still look cute after my workout, I didn't work hard enough. **InCinRB** puts you through a great total body workout. It incorporates cardio and strength with unique and challenging movements on the treadmill, with weights, medicine balls, resistance bands and more.

Class name: Hard Core

This total-body strength and toning class focuses on defining and sculpting abs, back, and core with 8 minute circuits. **InCinRB Fitness, 3636 McKinney Ave #130, 214.443.0888, 8fitnessdallas.com**

New tenant: **Brewed + Pressed**, set to open this June in 3700M of West Village, specializes in 100% organic raw cold-pressed juice, nut milks, Stumptown coffee, and plant-based food.