



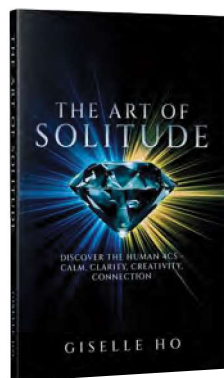
Healthy Vibes at Your Fingertips

Stop scrolling and fill your spare time with these *STRONG*-recommended gadgets, podcasts, and more.

APP

Too Good to Go

Save money *and* the earth? Both are possible with Too Good to Go, an app where restaurants and stores post grab bags of surplus food that would otherwise go to waste at a steep discount. From sushi to fresh produce, bags are often half off the regular price or cheaper—plus, not knowing exactly what yours contains adds an exciting element of surprise to dinner. Download the app on the **App Store** or **Google Play**, or head to toogoodtogo.com to see which of its 180,000 participating stores are in your area.



BOOK

The Art of Solitude by Giselle Ho

Sometimes we all need a reminder to step back and take a breather. Enter this book, which walks you through how stillness can help you in every aspect of your being. Through the “Human 4Cs”—calm, clarity, creativity, and connection—Ho offers a new perspective on personal growth, showing how solitude can help you hone your focus and even improve your relationships. An audio edition is coming soon, but in the meantime you can get your copy at theartofsolitudebook.wixsite.com/the-art-of-solitude.

PODCAST

Huberman Lab

This uber-popular science podcast from Dr. Andrew Huberman delivers no-nonsense info on everything from fitness to longevity in an approachable and realistic way. Covering topics from the impact of your hormones on your exercise plan to MDMA therapy, Dr. Huberman and his guests always have their finger on the pulse of the latest emerging research. New episodes are released every Monday and Thursday wherever you listen to podcasts, or visit hubermanlab.com and peruse the library of more than 200 previous episodes.



WHAT I'M DIGGING

Sara Topp,
“Unstoppable Strength” columnist, owner of Topp Performance gym and martial arts academy in Port Elgin, Ontario

Ninja CREAMi

“I love my Ninja CREAMi because I can use any protein powder to make high-protein ice cream—it’s creamy, satisfying, and delicious. Plus, I can eat the entire pint and still stay on track with my fitness goals and crush my protein needs. Honestly, it feels like a life hack!” **Starting at \$179.99,** sharkninja.com

