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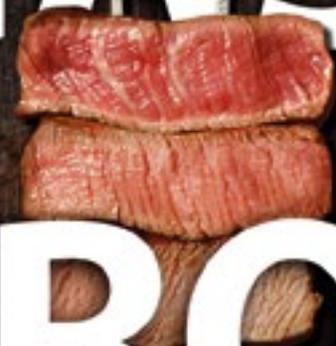
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# GAS TRO NOMY





### A vision in teal

Kim Kardashian showed up to the Oscar's After Party wearing this futuristic neon blue gown.



### What could've happened

Actress Lily Collins revealed that she tried to audition for a role in the popular show 'Gossip Girl'.



### The eye of the storm

Singer Doja Cat is currently under fire because of a series of unfortunate events that happened in Paraguay. Doja, who went there for a festival, found herself in a strong thunderstorm so she decided to stay at her hotel, while many fans were waiting for her outside. After that, some online leaks and twitter comments made the situation worse.



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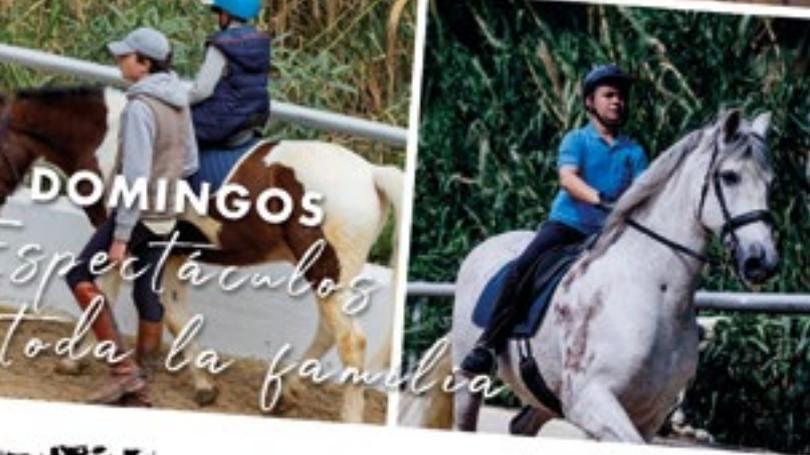
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**Another one**

Pete Davidson, known for his tattoos, debuted his new one, dedicated to his girlfriend Kim K.



**Timeless elegance**

Penélope Cruz wore this structural black Chanel dress to this year's Oscars.



**Heartfelt words**

Actress Jessica Chastain won the oscar for Best Actress this past month for her leading role in the biopic 'The Eyes of Tammy Faye'. When receiving the award, she delivered an emotional speech and gave support to the LGBTQ+ community in the midst of homophobic regulations in many states of USA.



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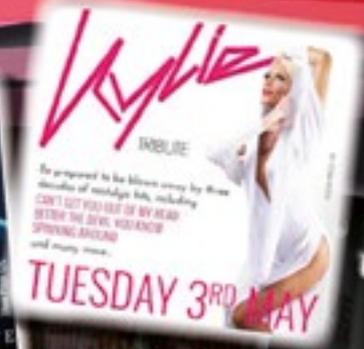
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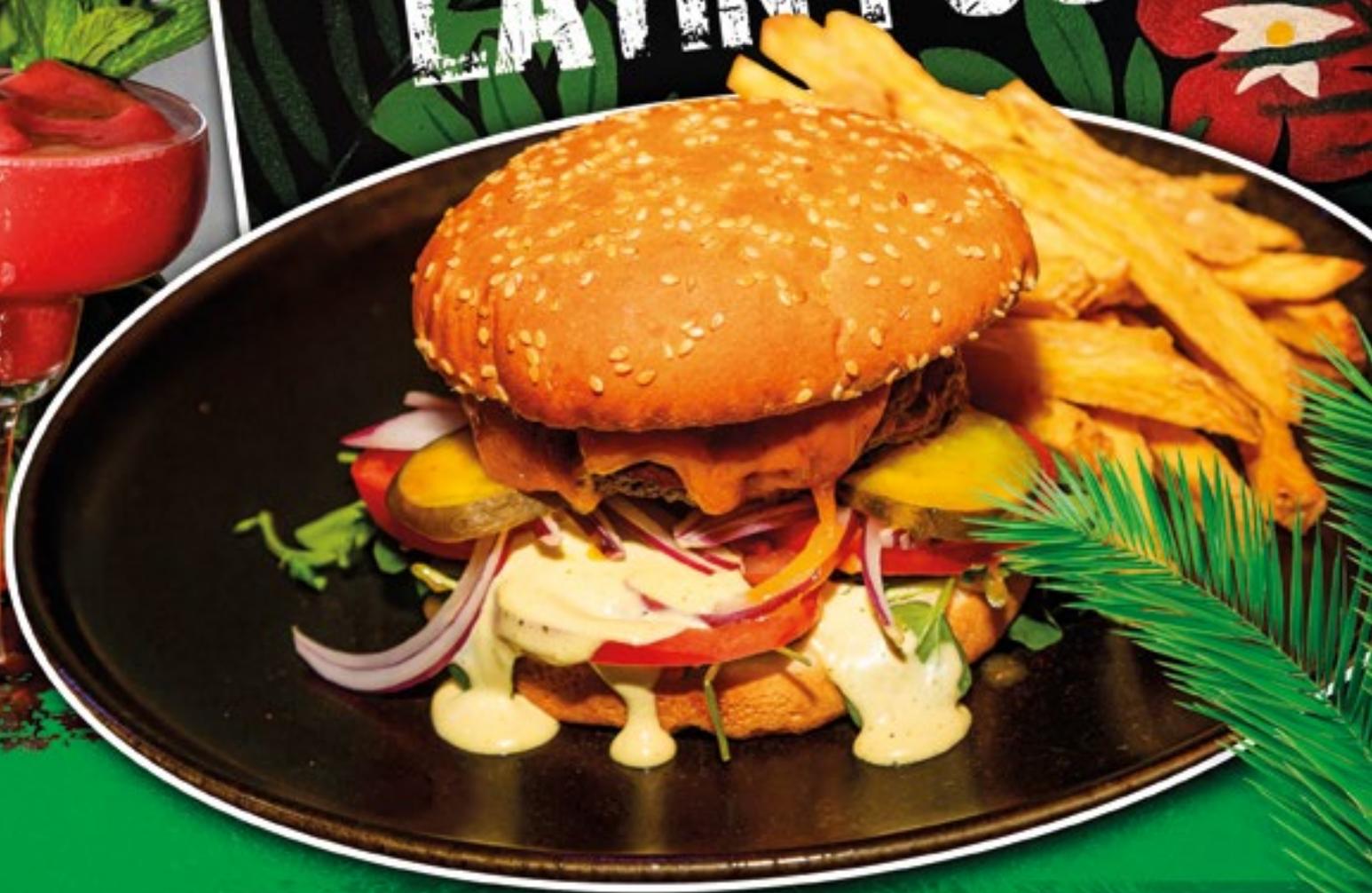
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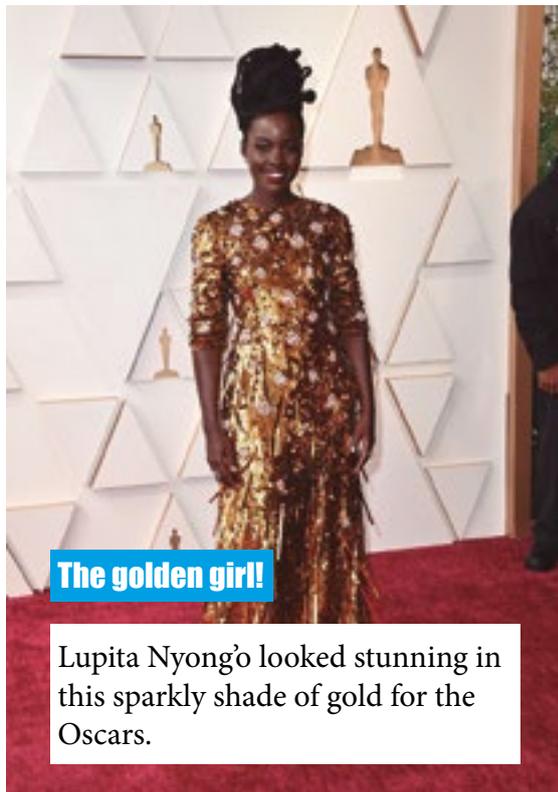
LATIN FOOD





### Coordinated friends

Eva Longoria will coordinate her outfit with Vicky Beckham for the wedding of the designer's son.



### The golden girl!

Lupita Nyong'o looked stunning in this sparkly shade of gold for the Oscars.

## A win for the family

Music duo Billie Eilish and her brother Finneas O'Connell received the Oscar for Best Original Song thanks to their piece 'No Time to Die' that was used in the latest James Bond movie. Both of them took the stage for a performance of said song during the ceremony. Billie, who released her latest album last year, showcased a more matured look.



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# BAO

## GARDEN

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**Magical evening**

Kate Middleton wore this fairytale-like gown for the final reception of her Caribbean Royal Tour.



**Classic yet new**

Zendaya took the classic two piece and made it her own with this daring Oscar's ensemble.

**Celebrating together**

Becky G and Luis Fonsi were some of the Latin performers who participated in the homage production for Disney latest animated movie 'Encanto'. This performance, that took place in the middle of the Oscars ceremony, was full of surprises; just like the addition of Megan Thee Stallion, who delivered a rap verse to the musical piece.



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The adventure starts in Germany in 1977 when Bruno and Giuseppina Filippone opened the doors to their first Italian restaurant, which quickly became known for their delicious Italian feasts and where such a great success among the clients that when they decided to move to Marbella, they knew exactly what to offer this welcoming town. It was 1994 when they opened Da Bruno Pasta in the centre of Marbella and the word spread quickly. Celebrities, residents, and tourists alike showed up at their doorstep and were greeted into the family with whom they joined the opening of more restaurants. Today the restaurant group consists of Da Bruno Sul Mare, Da Bruno Cabopino, Da Bruno A Casa, Da Bruno San Pedro, and the new Da Bruno Express in Nueva Andalucía.



Da Bruno is passionate about their cuisine and uses the best quality ingredients to prepare all their culinary delights with love and attention to detail showing that they are much more than a traditional Italian restaurant. The group is at the forefront of innovation and always looking for ways to improve and provide you with the best possible dining experience, this is indisputable when you try their freshly made artisan pasta. "Our pasta is freshly made every day and cooked al dente to give our clients the same flavour of Italy that I remember from when my grandmother served us pasta at home. To dine with Da Bruno is like becoming a part of the family." Says the founder, Bruno Filippone.

As we all have busy lives and sometimes feel like staying at home, Da Bruno makes sure that you do not miss out on a lovely home-made meal by bringing you enticing dishes straight to your home. Da Bruno Takeaway and Delivery makes it easy, all you need to do is enter in [www.pedidosdabruno.com](http://www.pedidosdabruno.com) or ring any of the restaurants to order.

## *Da Bruno Express*

This brand-new concept initiated by Giancarlo Paparusso specialises in home-made pasta and mouth-watering pizzas for takeaway, delivery or to enjoy on the terrace. "We are very happy to be able to offer delivery to new and old clients in this area, with the same quality as always. We also welcome anyone who stops by to get a takeaway or enjoy their meal here at Marbella Arena. For the ones who only has a few minutes to grab a bite to eat, we offer Pizza slices on the go," says: Giancarlo Paparusso.

Da Bruno Express opens at the beginning of May in Marbella Arena, the former Nueva Andalucía Bullring, and covers deliveries in all of Nueva Andalucía and Puerto Banus. With this initiative you can soon enjoy the Da Bruno experience from La Cala de Mijas to the Selwo turn-off on N-340.



[www.dabrunoexpress.com](http://www.dabrunoexpress.com)



### Mix and match

Jared Leto was true to his eclectic style in the London premiere of his latest movie, 'Morbius'.



### Sultry beauty

Anya Taylor-Joy opted for a dark yet elegant lacey concept for the Oscars' After Party.

## The show is ending

Reguetón singer Daddy Yankee announced that he is retiring after decades of being in the music industry. Before retiring he released his final album which is full of collaborations with his friends and the biggest names in the Latin scene, like Bad Bunny, Becky G or Natti Natasha. After years of hit songs, some time off is well deserved.



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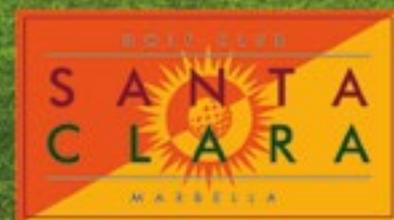
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CostaSpine

# KINESIOTAPE REALITY OR PLACEBO?

Kinesiotapping, kine, tapping or neuromuscular bandaging? There are many names for these colored bandages, which do not go unnoticed when we see them on someone.

They have been around for almost five decades and we still don't have a clear idea about their usefulness. We often get asked about strapping here at CostaSpine and the benefits of it, however if it is not accompanied with good manual therapy, such as a deep massage, mobilizations, stretching and any necessary adjustment, the "kine" will not help us at all. That is why it is of vital importance that a professional is the one who applies these bandages.

After ensuring the skin is clean, stretching the kinesiotape in the direction and the necessary knowledge of what we are going to treat, these bandages will be able to promote lymphatic and circulatory circulation, which will have an effect on the motor, postural and efficiency of the muscles.



The neuromuscular bandage imitates the skin: it contracts, stretches and the most fascinating thing of all is that it does not limit movement, acting on the body without us barely even noticing its presence. Their proprioceptive role is of great importance, since when they are worn, they remind us of the posture we should adopt, and help with the reduction of pain.

If you are looking for a miraculous method for the recovery of your injuries... the 'kine' is not for you. This is where it is important to remember the work of your therapist, a trained person, who will be in charge of finding the right treatment for each case, and who will be able to make the most of these bandages if he/she considers it necessary.

At CostaSpine we are a group of professionals prepared to offer the necessary therapy to each patient, and of course the benefits of kinesiotapping.







**Congrats, Leona!**

Singer Leona Lewis announced that she is expecting her first baby with her husband.



**Switching it up**

Actor Timothée Chalamet wore a bedazzled suit to freshen up the male fashion of the Oscars.



**Cheers to love!**

Singer Miley Cyrus gave us a cute moment during her latest concert in South America. In between the songs in her setlist, she invited a couple to get on the stage, and then a proposal happened! She was thrilled for the moment and jokingly said 'Honey, I hope your marriage goes better than mine... Mine was a disaster!'



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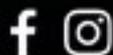
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# Giro de Derecha

Hola a todos, soy Santi Moreno y os doy la bienvenida al rincón del pádel en About Marbella desde nuestro canal de YouTube Prodigy Land, canal con el que queremos aportarte consejos y explicaciones que te ayuden a mejorar tu técnica y táctica en el mundo del pádel.

Hoy como prometimos le damos la bienvenida al famoso giro de fonde de pared de derecha, querido y odiado por muchos, ya que se trata de un golpe que necesita de un especial juego de pies poco habitual, porque a diferencia de la pared de fondo el ángulo de entrada a la bola cambia en función del golpe y posición en la pista de nuestro rival y nosotros mismos.

Pues bien, teniendo en cuenta esta premisa vamos a incluir este golpe en nuestro repertorio, con todos vosotros abordamos, el giro de derecha. Lo utilizaremos para mantener la posición y no ofrecer grandes huecos cuando el rival nos haya atacado con una bola en diagonal que tenga mucho ángulo de salida tras golpear en la pared de fondo y veamos que la rotación sobre ella nos permite no desplazarnos y perder la posición de defensa.

Si estamos colocados en el fondo, lado de derecha para diestros, aquellas bolas que vengan de un golpeo de drive del jugador de nuestro cruzado, que por su potencia no podamos golpearla antes de revés, la dejaremos pasar y nos colocaremos girando en la trayectoria de su ángulo detrás de ella, ese movimiento de "GIRO" nos permitirá salir con pared de derecha y mantener una buena posición de defensa.

Bajo esta teoría de desplazamiento o remarcamos las fases del golpe:  
Ejecución del golpe para un giro de derecha plana:

- Situados en diagonal, mirando a nuestro jugador del cruzado
- Dejamos que la bola nos pase por el lado del revés abriendo el cuerpo y colocándolo frontalmente a la pared lateral de revés
- Realizamos el giro levantando la pala y tumbándola a 90 grados para conseguir
- Realizamos ajuste de pasos tras la bola para generar espacio que nos permita golpear de derecha tras el rebote
- Avanzamos pala generando impacto cuando la bola adelante al cuerpo y acompañamos con un par de pasos para recuperar posición
- En la terminación volvemos a recoger en la mano no hábil la pala hasta la posición inicial de espera, para estar preparados para la siguiente bola.

Muy importante mantener muñeca firme y que sea el hombro junto con el pectoral los que realicen el movimiento, aunque os adelanto que conforme vayáis mejorando algunas de estas partes serán modificadas, a esto lo llamaremos variantes del golpe, como por ejemplo realizar cortados con la muñeca como articulación principal en la aceleración del golpe.

Pues bien, una vez analizado el golpe por progresiones, os invito a que lo veáis en las imágenes que adjuntamos de un jugador de nivel avanzado y que si os surgen dudas os acerquéis por nuestro canal de YouTube Prodigy Land, donde podréis encontrar videos explicativos de cada golpe paso a paso y con ejemplos.



Muy bien familia, con estas pautas espero veros saltar de la silla y empezar a practicar hoy mismo las sensaciones de realizar un buen giro de derecha y como último consejo comentaros que:

- Si la bola sale alta es porque le estamos entrando por debajo, levanta un poco más la pala.
- Si por el contrario lleva mucho efecto y flota será por abrir demasiado la pala
- Por último, si van todas a la red, será por un exceso de ángulo de bajada, regula la altura y comienza desde el hombro.
- Recordar que cortar es como bailar con la bola, debéis acompañarla, no seáis secos con ella, debéis fluir en el golpe y veréis como sale solo.
- Pues bien, como siempre si os ha valido para resolver dudas y mejorar estamos más que satisfechos, esperando que así haya sido os mandamos un fuerte abrazo y os esperamos en las pistas.

*Santiago Moreno Pardo*

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## LAS FASES DEL SWING PARTE I.

Cualquiera que haya intentado al menos una vez en su vida golpear esa pequeña bola blanca y lanzarla alta y lejos hacia el hoyo se habrá sorprendido de lo difícil que es conseguir un objetivo tan sencillo.

Esto hace que la técnica del golf sea una experiencia fascinante y misteriosa, especialmente para los menos experimentados. Y son muchos los jugadores que, con la esperanza de mejorar su juego, se pierden en minuciosos estudios e interpretaciones subjetivas más o menos rigurosas, para encontrarse sistemáticamente “fuera de juego”, al comprobar en la práctica la ineficacia de su alquimia golfística casera.

El hecho es que la técnica del golf es un tema complejo, compuesto por muchas facetas, física y biomecánica, y más.

El destino de un golpe de golf se decide en el momento del impacto con la bola y se basa en reglas inmutables. La técnica de golf implica el conocimiento de la balística y de algunos principios básicos de física y biomecánica aplicados al golf. El enfoque profesional de la técnica de golf no tiene ningún misterio.

Para mejorar su swing, confíe siempre en un instructor de golf profesional, deje que sea el verdadero mecánico de su motor. Sólo la experiencia técnica puede aportar mejoras significativas en su juego a todos los niveles.

Por ello, los conocimientos de los instructores profesionales de golf, adquiridos a lo largo de muchos años de juego y del estudio meticuloso de la técnica y sus aplicaciones, siguen siendo esenciales para quien desee mejorar realmente su puntuación.

Para conseguir un swing perfecto, hay que empezar a practicarlo dividiéndolo en 4 partes fundamentales: la Carga (Backswing), el Downswing, el Impacto (Momento de la Verdad) y el Final.

En la siguiente serie de artículos veremos estas 4 partes:

### 1 - CARGA (BACKSWING)

La parte más importante del swing de un jugador, especialmente si es aficionado, es el backswing.

En esta fase, de hecho, el cuerpo debe ponerse en posición de generar la máxima velocidad y potencia transmitida en el impacto a través del downswing.

Años de estudio, trabajo físico y uso de sistemas tecnológicos no han conseguido establecer lo que podría llamarse el “backswing perfecto”. Para ello hay que tener en cuenta las características físicas de un jugador, sus habilidades motrices y la incierta relación entre lo que ocurre cuando el palo sube y baja. Entrando en más detalles,

podemos ver claramente en muchos jugadores profesionales un impacto muy similar, pero un backswing totalmente diferente.

Es esencial tener en cuenta el orden preciso en el que deben moverse las partes del cuerpo: primero los hombros, luego los brazos, las muñecas y finalmente el palo. Al contrario de lo que se suele pensar, el movimiento del golf requiere una predisposición física definida para ser ejecutado correctamente.

La mayoría de los buenos jugadores tienen los hombros girados 90°, de espaldas al objetivo, y las caderas giradas bastante menos, alrededor de 45°, como puede verse en la fotografía; esta diferencia se llama carga de torsión, que genera una fuerza de liberación elástica en la parte delantera del swing.

Cuatro pueden ser los puntos de referencia para su backswing:

-1 Pase, el triángulo hombro/brazo permanece casi sin cambios desde la aproximación (address); la cara del palo sigue apuntando a su bolsillo izquierdo;

-2 Pase, el palo paralelo al suelo y notará una ligera flexión inicial de las muñecas;

-3 Pase, esta vez es el brazo izquierdo el que está paralelo al suelo, el palo estará a 45°; como se puede ver, la dificultad no está tanto en mantener el brazo izquierdo extendido, sino el derecho no demasiado doblado, de hecho muchas veces incluso con el brazo izquierdo bien extendido no encontramos los hombros completamente rotados;

-4 Si observamos la distancia entre las manos y el esternón enseguida notamos lo poco disminuida que está en comparación con la dirección y cómo las piernas están bien plantadas en el suelo evitando movimientos excesivos hacia la derecha.

Se trata de un swing en el que el cuerpo tiene mucho que decir, en el sentido de que estas proporciones correctas hombros-cadera-brazos-hierro se han conseguido a través de un duro trabajo de mejora física/postural y de fortalecimiento muscular.



*Jimmy Martín de la academia de golf de Villapadierna*

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# LE DAMOS FUEGO AL CORE!!!

No seas tímido prueba estos 4 ejercicios y habla después

## WE GIVE FIRE TO THE CORE!!!

Don't be shy try these 4 exercises and talk later



**1.** Press in Hollow. We place ourselves in the same position as in the image, legs extended and a moderate weight in our hands to be able to press from the chest to above our head as seen in the image. Do 6 sets of 12 controlled reps and rest 60" between each set.

**2.** Abs twist. Ahora sentados solo en nuestros glúteos, con el abdomen activado pensando en meter nuestras costillas y con rodillas flexionadas haremos cambios de lado con el peso elegido. Realiza 6 series de 20 repeticiones y descansando 60" entre cada una de ellas.

**2.** Ab twist. Now sitting only on our buttocks, with the abdomen activated thinking about putting our ribs in and with bent knees we will change sides with the chosen weight. Perform 6 series of 20 repetitions and resting 60" between each one of them.



**1.** Press en Hollow. Nos colocamos en posición igual que en la imagen, piernas extendidas y un peso moderado en nuestras manos para poder hacer un press desde en pecho hasta por encima de nuestra cabeza como se ve en la imagen. Realiza 6 series de 12 repeticiones controladas y descansa 60" entre cada una de ellas.

**3.** High plank o tabla alta. Nos colocamos en posición según la imagen y haremos cambios de manos tocando el peso o un objeto frente nuestra. Esta vez Realiza 4 series de 60" haciendo cambios de brazos sin perder la posición corporal y descansa 60" entre cada una de ellas.

**3.** High plank or high table.

We place ourselves in position according to the image and we will change hands by touching the weight or an object in front of us. This time Perform 4 series of 60 "doing changes of arms without losing body position and rest 60" between each of them.

**4.** Hollow iso unilateral. Tal y como sale en la imagen cogemos el peso de un brazo, extendemos misma pierna y flexionamos la contraria sacando ese brazo fuera para equilibrar. Realiza 6 series de 30" y descansa 30" entre cada una de ellas cambiando de lado en cada serie.

**4.** Hollow iso unilateral. As it appears in the image, we will take the weight of one arm, extend the same leg and flex the opposite one, taking that arm out to balance. Perform 6 series of 30 "and rest 30" between each one of them changing sides in each series.



@alvaropuerma

f Alvaro Puerma Martínez

# THE BARDOU

hair & beauty salon



*Luxury & Beauty Salon*



## The BARDOU Hair & Beauty

### About us

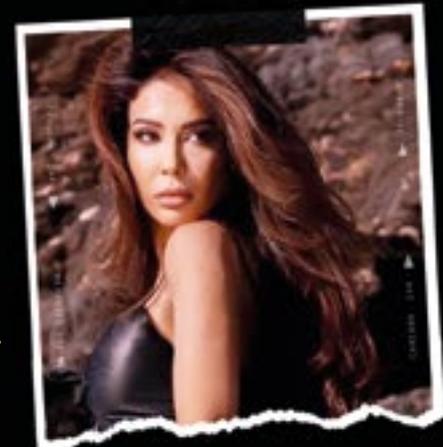
As a luxury salon we strive in creating the perfect environment to completely uplift and transform our clients.

Starting with a thorough conversation and giving the right advice, Whether it's about cutting, colouring or extensions. Half of our job is understanding and emphasising with the client to achieve the Desired look.

### Summer 2022 trends

Let's stop overprocessed blondes, two tone Balayage. Let's keep things natural with warmer tones for the new "artfully undone" look that's so on trend.

Let's get runway ready, even with all the classic styles coming back around, sleek straight hair with middle parts 70's and 80's inspired with a 2022 twist.



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# LILAC! "VERY PERI" THE NEW NAME FOR SPRING

Pantone has spoken. Like every year, the winner of Colour of The Year is announced. 2022 is the year of "Very Peri" - A lavender tone with hints of spring.



*"As we move into a world of unprecedented change, the PANTONE 17-3938 Very Peri selection offers a fresh approach and vision of our faithful and beloved family of blue colours, encompassing the qualities of blues while at the same time boasting a violet/red hue, PANTONE 17-3938 Very Peri exhibits a playful spirited attitude as well as a dynamic presence that sparks creative courage and imaginative expression."*

LEATRICE EISEMAN, EXECUTIVE DIRECTOR OF THE PANTONE COLOR INSTITUTE

The royal lilac, that, for many people, takes us back to our childhood, due to the sweet Care Bears and My Little Pony toys, is back! Modernized, revised and corrected by designers from all areas. Lilac has returned with everything and we can prove it



According to colour psychology, this shade is associated with healing, relaxation, cleanliness, and purity. Benefits calm and peace of mind. Also, it is useful for both self-reflection and meditation.



In the same line of seeking our emotional well-being, we will feel a special preference for earth and terracotta tones, as well as for the range of blues and greens, colours that connect us with nature. In addition, our desire to recover optimism and vitality after the two convulsive years that we left behind, will lead us to introduce splashes of cheerful colours such as pinks, oranges, yellows and purples, which will bring a breath of fresh air to our home decor.

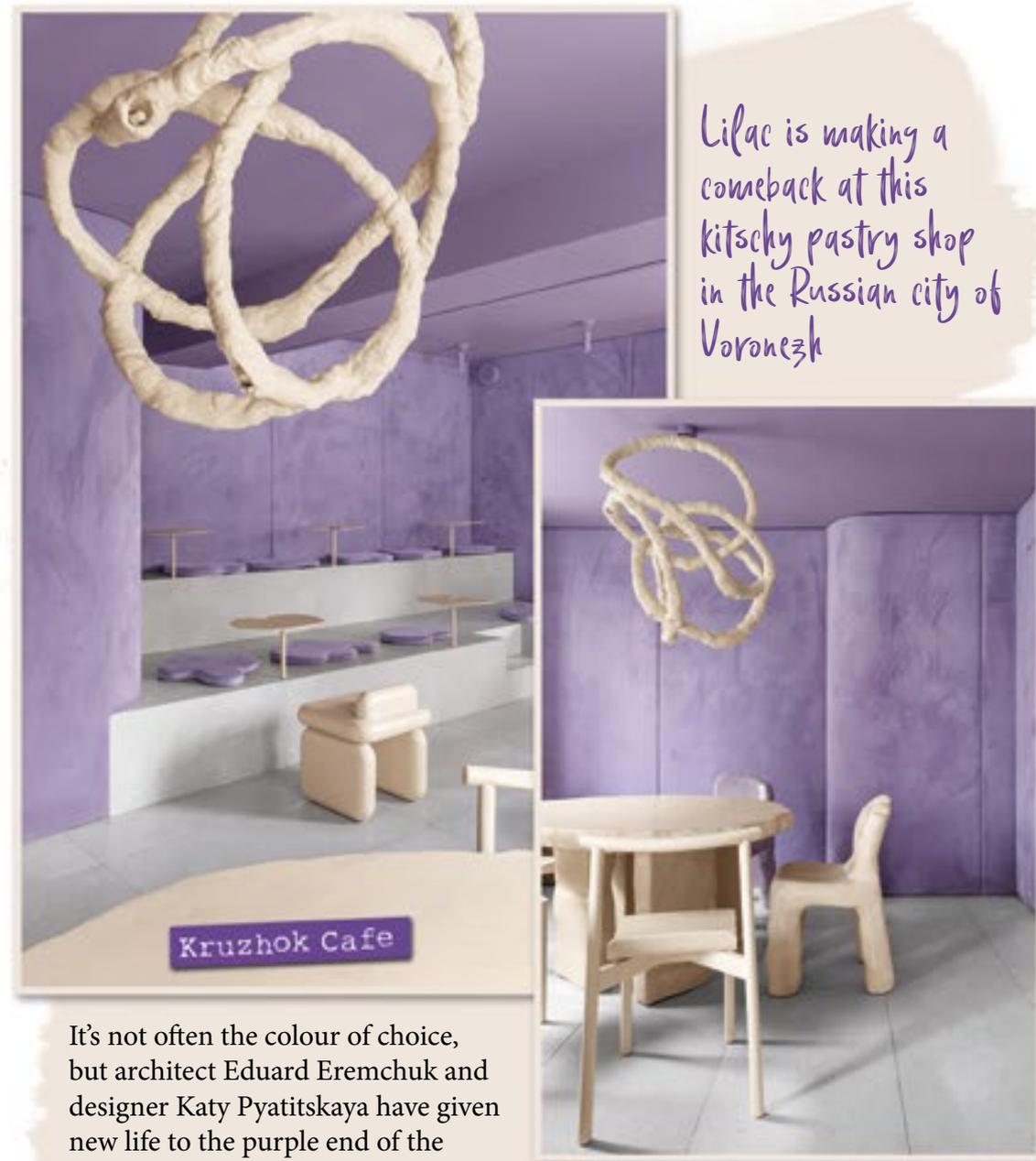
Within Pantone's suggestions for this season, we find **Balancing Act**. A complementary colour palette whose natural balance of warm and cool tones support and enhance each other. The brilliance of PANTONE 17-3938 Very Peri is intensified within this artfully calibrated palette, injecting a sense of visual vibrancy.



We will find easy to use this new shade in decoration, since it is a very versatile colour and despite its undeniable presence it can be used in many environments without saturating them.

The easiest way to combine lavender with other colours is to design colour palettes. Here are some suggestions:

1. Very Peri + Lotus + Granite Green: the combination of these tones symbolizes spring, creates a feeling of peace and denotes an abundance of joy.
2. Very Peri + Hawthorn Rose + Elderberry: these colours create a more romantic but at the same time cosy atmosphere.
3. Very Peri + Muted Clay + Dried Moss: this combination is very specific; it focuses on light tones to bring lightness to the decor.



*Lilac is making a comeback at this kitschy pastry shop in the Russian city of Voronezh*

It's not often the colour of choice, but architect Eduard Eremchuk and designer Katy Pyatitskaya have given new life to the purple end of the spectrum with the lilac-drenched pastry store – which is named after the Russian word for doughnut.

The cafe's interiors are directly inspired by its namesake, featuring light fittings that resemble twisted strands of dough, gloopy furniture and tabletops and cushions shaped like globs of icing. Even the bathrooms look like they've been covered in swirls of whipped cream. According to the designers: 'The pastry is everywhere, it looks and even feels like the cafe is made of dough.'

# How To Include Very Peri In Home Decor

At home, we want to breathe calm and tranquillity. Very Peri is a perfect shade for bedrooms, living rooms and halls, since all these areas have in common the fact that they are areas of rest.

Textiles: The Pantone colour 2022 is a good choice for textiles, bed linen, rugs, cushions, and other soft furnishings.



You can find these beautiful, fresh, spring fabric collections at LORD DESIGNS INTERIORS

Focal Point: You can create daring combinations, but also neutral and classic ones. As Very Peri is a tone with a lot of presence and strength, it can become the focal point if combined with neutral bases such as beige, white, black, etc. achieving an elegant and modern environment.



On the walls: Very Peri is a perfect tone for creating a bohemian-chic style environment, with striking colours and patterns. The 2022 trend colour brings an essence of joy to any environment.



Inspired by nature, Very Peri is a perfect tone for rustic and country settings, when combined with natural materials such as wood. It is also applied in modern and minimalist designs with a bit of an edge. This Villa in Ibiza, designed by Reutov Design, is a perfect example of Veri Peri in use in an absolutely outstanding way.



For you want to be successful in its use within various spaces, start by painting the walls or use it in different layers or accessories; this way you will achieve a very interesting dynamic. If after these few tips you fall in love with Very Peri, let us, at Lord Designs, help you to look for more alternatives to make your interior unique.

[www.lorddesigns.com](http://www.lorddesigns.com) f Lord Designs Interiors

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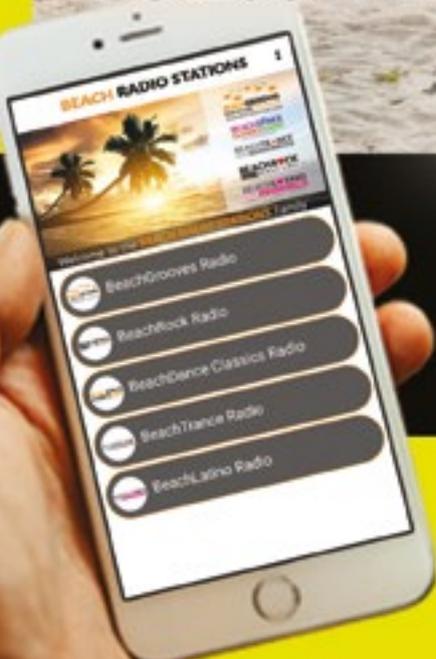
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## HOW TO TAKE ON 'OPERATION BIKINI'?

The good weather is starting and once again we start to think about what we can do to improve our physical appearance in preparation for the onset of summer. At HIGH REVO, our main aim and objective is to visibly change your corporal composition and in order to help you achieve this, we recommend the following:

### STRENGTH TRAINING

- Training with weights will give your skin a firmer look.
- It increases your metabolic rate and accelerates your fat loss journey.
- It will help you burn calories during rest periods.

### A FEW HIIT/CARDIO CLASSES

HIIT training has proven to maintain your metabolism accelerated up to 48 hours after having completed a workout, known as the EPOC effect.

Combine strength training and HIIT and you will give your body the ultimate tools to achieve results!

### THE FAMOUS 10,000 STEPS

Stay as active as possible during the day, especially if you have a sedentary job.

### CALORIE DEFICIT

In order for there to be a fat loss occurrence, it is imperative for there to be a calorific deficit in your diet, in other words, you must burn more calories than those you ingest.

### FOODS

Forget fad diets. Eat smaller portions and include vegetables and proteins in every meal.

We can help you find your correct deficit.

### PATIENCE

In order to lose 1kg of fat, you need a 7,000 kcal deficit. Be patient.

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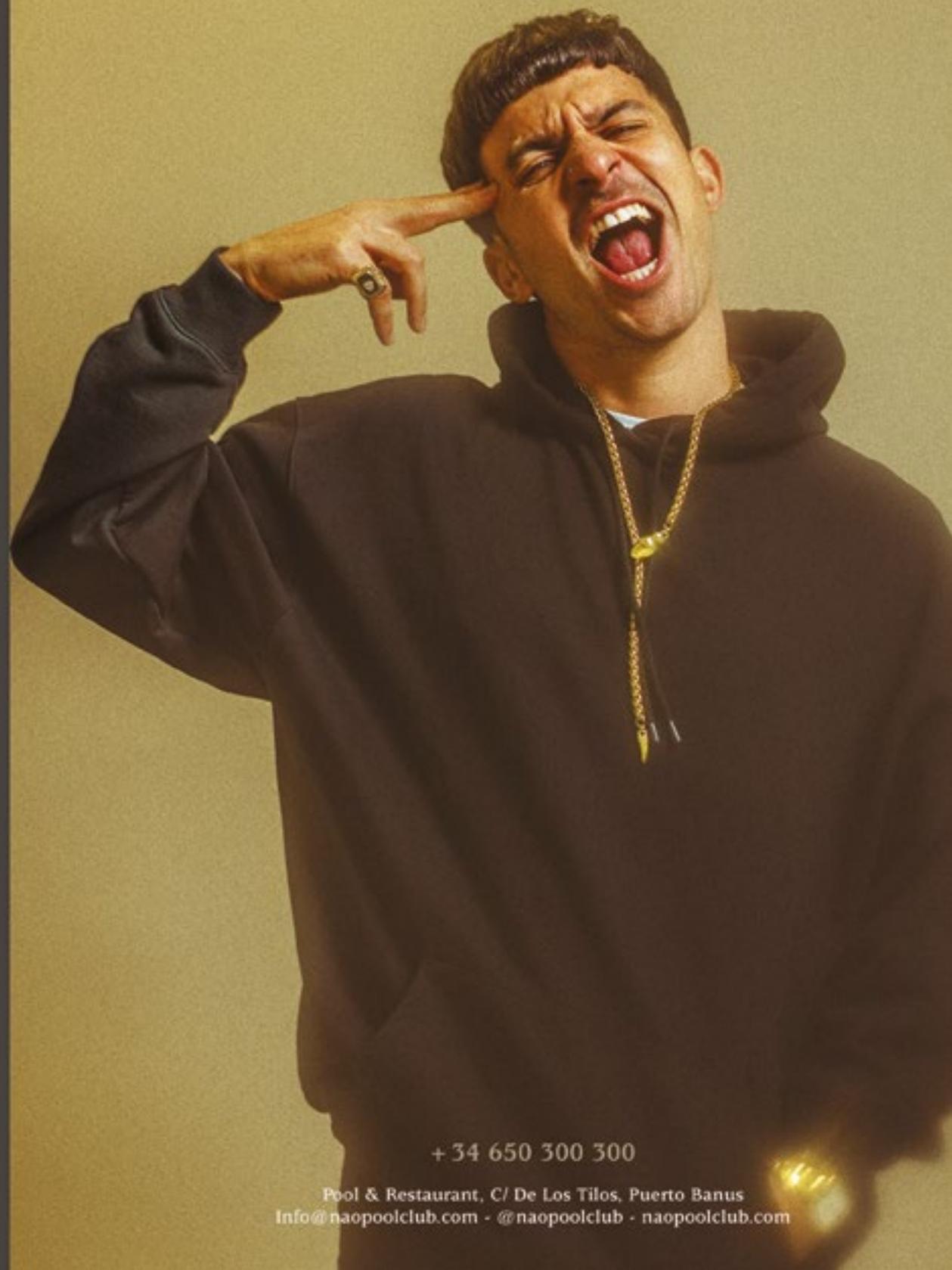
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# 2021 JEEP GRAND CHEROKEE



Jeep® Grand Cherokee is the most awarded SUV ever and the vehicle that has long defined what a premium SUV should be. Legendary Jeep capability comes courtesy of four available 4x4 systems, Jeep's Quadra-Lift air suspension system and class-leading Selec-

Terrain traction management system. Grand Cherokee boasts best-in-class towing of 7,200 pounds and a crawl ratio of 44.1:1. For 2021, the Grand Cherokee lineup continues to offer a variety of models, including the Trackhawk, the most powerful and quickest SUV ever, as well as the most capable factory-produced and most luxurious Grand Cherokee models ever with the Trailhawk and Summit.

Grand Cherokee's exterior design – complete with available bi-xenon headlamps with signature LED daytime running lamps (DRL) – provides a premium appearance. Grand Cherokee SRT and Trackhawk models feature an aggressive, functional exterior design that optimizes airflow and cooling with the signature seven-slot upper front grille flanked by bi-xenon headlamps. The headlamps on the Trackhawk model feature a Gloss Black background to accent their jewel-like appearance. Interior luxury is achieved with premium amenities, including Nappa leather, exotic open-pore wood trim and unique color offerings.



By: Guillermo Fernández de Ateca Barber.



# NEW FOR 2022

- Jeep Grand Cherokee 80th Anniversary Edition (based on Limited) includes leather seats with Light Tungsten interior accents, 18-inch wheels with Granite Crystal finish and commemorative exterior badging. Grand Cherokee 80th Anniversary Edition also includes ProTech II Package as standard equipment and features Full-Speed Forward Collision Warning with Active Braking, Parallel and Perpendicular Park Assist, Adaptive Cruise Control with Stop and Go, LaneSense Lane Departure Warning with Lane Keep Assist, rain-sensing windshield wipers and Advanced Brake Assist
- Grand Cherokee Laredo X features the 8.4-inch Uconnect touchscreen with navigation, remote start, power liftgate, vinyl/suede interior, heated front seats and heated leather-wrapped steering wheel
- New Sun and Sound Package available on Grand Cherokee Limited model includes a dual-pane sunroof and nine-speaker audio system
- Grand Cherokee Laredo now features standard 18-inch painted machine cast-aluminum wheels
- 2021 Jeep Grand Cherokee Limited X models now feature all Gloss Black exterior details



By: Guillermo Fernández de Ateca Barber.



- All Jeep Grand Cherokee engines are paired to the TorqueFlite eight-speed automatic transmission. In addition to enhancing fuel economy, the robust and durable eight-speed transmission delivers quick acceleration and precise, smooth shifting, enhancing ride quality to luxury car levels
- Grand Cherokee SRT and Trackhawk models feature five dynamic drive modes that allow owners the ability to personalize their drive experience, whether it's on the road or on the track. The drive modes separately control the four-wheel-drive system, transmission, paddle shifters, stability control, suspension and steering
- Drive Modes are pre-configured for Auto, Sport, Track, Snow and Tow settings via a switch on the center console



- The standard Pentastar 3.6-liter V-6-powered Grand Cherokee, rated up to 295 horsepower and 260 lb.-ft. of torque, tows up to 6,200 pounds, while the available 5.7-liter V-8 packs 360 horsepower and 390 lb.-ft. of torque with best-in-class towing capacity of 7,200 pounds
- Grand Cherokee SRT features its proven and powerful 6.4-liter V-8 with Fuel Saver Technology that delivers 475 horsepower and 470 lb.-ft. of torque. Performance includes 0-60 miles per hour (mph) acceleration in 4.3 seconds, quarter mile in 12.8 seconds and a top speed of 160 mph
- Grand Cherokee Trackhawk, the most powerful and quickest SUV ever, relies on a 6.2-liter supercharged V-8 engine rated at 707 horsepower and 645 lb.-ft. of torque. Performance includes 0-60 mph in 3.5 seconds, quarter mile in 11.6 seconds and top speed of 180 mph



By: Guillermo Fernández de Ateca Barber.

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**A historical change**

Jamaica is moving forward in their process to remove Queen Elizabeth as the head of state.

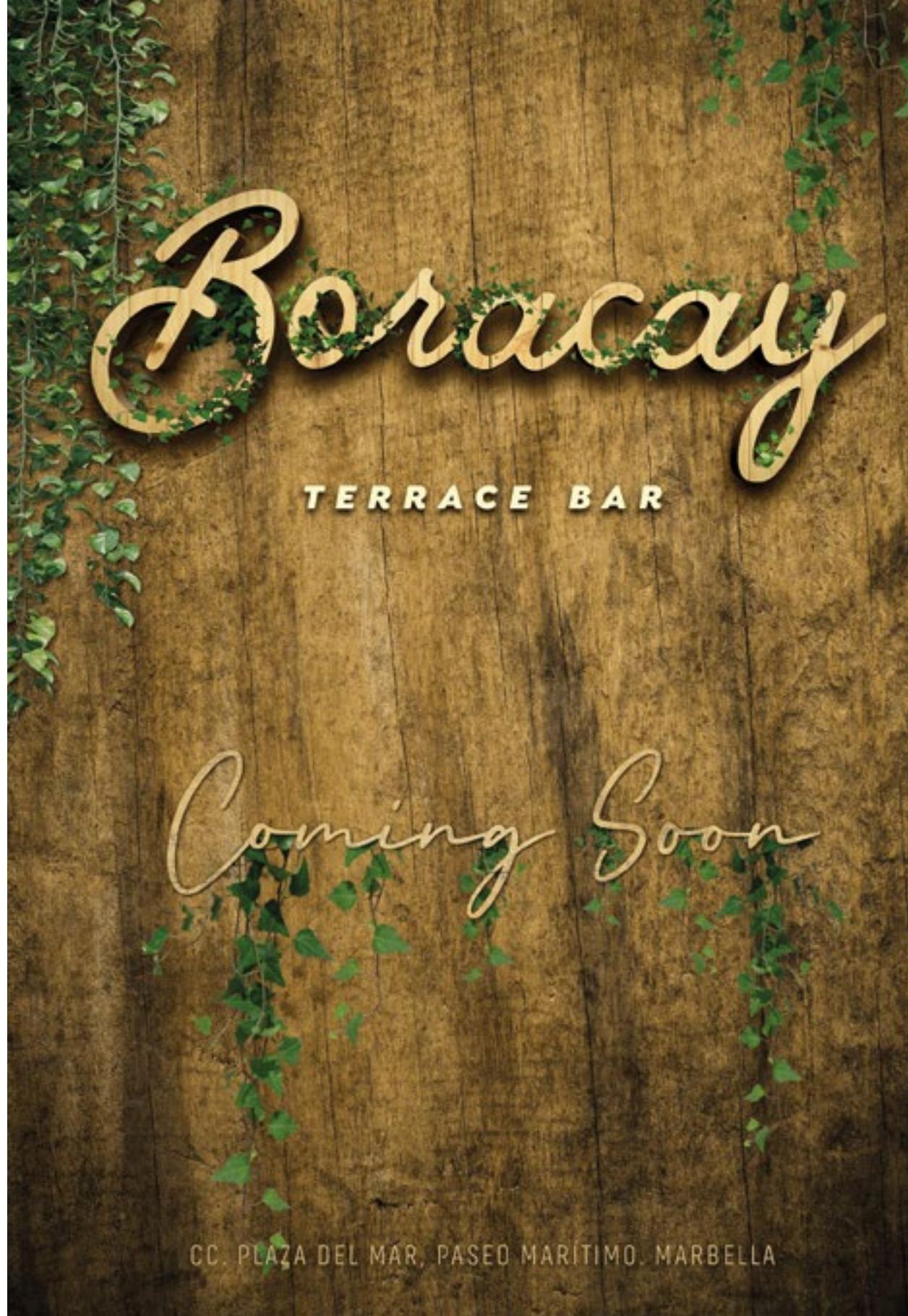


**Gorgeous couple**

Pregnant Sophie Turner and Joe Jonas showed up as a happy couple to the Vanity Fair Gala.

**Next stop: New York**

American singer Taylor Swift will be receiving an honorary doctorate of fine arts from New York University (NYU) next May. The university has stated that the performer has contributed so much to music in her career that they want to give her this kind of acknowledgement. Its is stated that the ceremony will be 'festive and traditional'.





### Baby on the way

Rihanna was spotted shopping for baby girls' clothing, which may confirm the baby's gender.



### Minimal hues

Actor Jake Gyllenhaal chose to wear a navy and black suit for the Oscars' red carpet.

## Wedding bells!

Actress and singer Lindsay Lohan recently revealed that she is getting married to her boyfriend, now fiancé, soon. She shared pictures of their engagement party via social media, where they were all smiles and were joined by their families and loved ones. No more details have been revealed about the actual wedding, but more information is expected to be known soon.



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- TRD Pro Offers Full-Size SUV Package with Fox Internal Bypass Shocks
- Toyota Safety Sense-P (TSS-P) Standard on All Grades
- Maximum Towing Capacity of 7,400 lbs.

PLANO, Texas (October 27, 2021) – Toyota’s full-sized Sequoia offers the complete package. The highly capable yet sophisticated SUV offers comfort, durability and Toyota toughness that’s perfect for family adventures with room for up to eight.



For 2022, the Sequoia carries on with those attributes and more while offering the new Wind Chill Pearl exterior color to replace both Blizzard Pearl and Super White. The Nightshade Special Edition that joined the Sequoia line for 2021 returns, along with grade mainstays SR5, TRD Sport, TRD Pro, Limited and Platinum.

With body-on-frame construction, a 381-horsepower 5.7-liter i-FORCE V8 engine, four-wheel independent suspension and the ability to tow up to 7,400 pounds, Sequoia is built to handle whatever the week and weekend dishes out. All Sequoia models offer the versatile Multi-Mode 4WD system as an option over standard two-wheel drive.



## TRD PRO: OFF-ROAD WARRIOR

Among Toyota’s trucks and SUVs, the TRD Pro badge signifies pinnacle trail capability. Equipped to handle the rough stuff, the Sequoia TRD Pro still retains comfort for daily driving thanks to its internal bypass Fox shocks. This rugged model, available exclusively in the seven-seat configuration, comes standard with Multi-Mode 4WD and proven off-road equipment specially designed and selected by Toyota Racing Development engineers.



Compared to external-bypass shocks used on off-road race vehicles, the Fox internal bypass shocks employed on Sequoia TRD Pro compactly integrate bypass zones inside the shock body, allowing the shock’s fluid to bypass the piston through regulated ports as it moves through its travel.

By: Guillermo Fernández de Ateca Barber.

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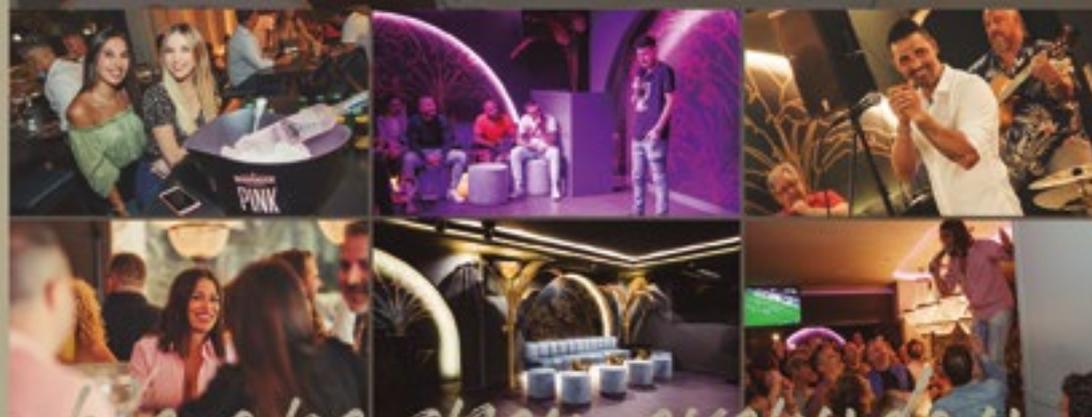
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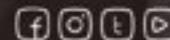
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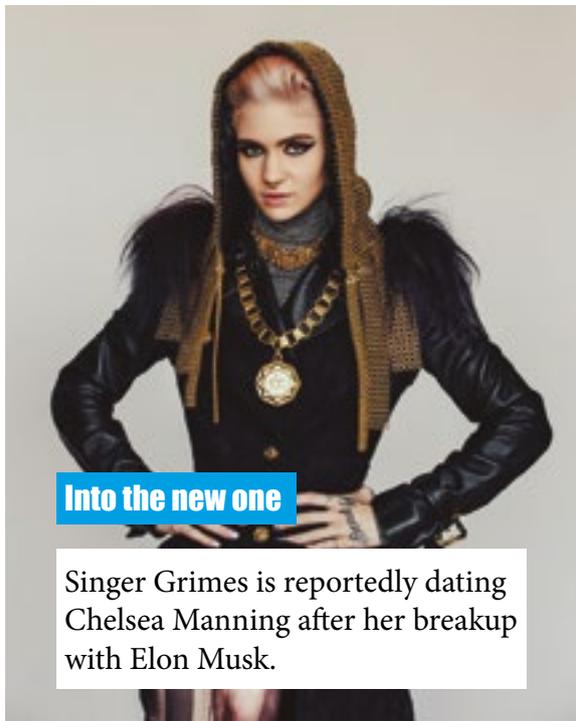
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**Into the new one**

Singer Grimes is reportedly dating Chelsea Manning after her breakup with Elon Musk.



**Hollywood glam**

Lady Gaga skipped the Oscars this year but showed up to Elton John's benefic after party.

**She is everywhere!**

Zoe Kravitz looked gorgeous in a pale pink gown by Anthony Vaccarello for Saint Laurent. She completed the look with an old-school inspired hair do and an elegant diamond jewelry set. The actress, who also presented some awards, is meeting great success for her latest starring role in 'The Batman' alongside British actor Robert Pattinson.



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