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Closing Out 2020: A Thank **You To Our Community** (https://www.1and1life.com/blogotharfleel Good-OFF THE

vou/)

By Corey Lewis, CPT, CSCS (https://www.1and1life.com/ourpeople/corey-lewis/)

In the midst of one of the hardest years in all of our lives up to this point, we were...

Soji James: Setting Goals to **CUFF**

(https://www.1and1life.com/bl@F/Fs**ettf**ir@JFF goals/)

By Soji James, CPT, CSCS (https://www.1and1life.com/our-people/sojijames/)

https://vimeo.com/464145852 Do you find it difficult to sustain your fitness motivation? Are you struggling to move beyond other people's perceptions...

Dr. Stephanie Akoumany: Gamifying our Growth & The **Deeper Layers of Self-Care—**

(https://www.1and1life.com/ble stephanie-akoumany/)

By Larry Sharpe (https://www.1and1life.com/ourpeople/larry-sharpe/)

https://vimeo.com/462435448 How do you prioritize self-care in a world where we are encouraged to put others before self? You know...

(https://www.1and1life.com/blog/offthe-cuff-podcast-episode-1/)

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OFF THE CUFF Podcast Episode 1 with Danny LoPriore

(https://www.1and1life.com/blog/fdff-

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By Team 1AND1

(https://www.1and1life.com/our-people/team-1and1/)

This week we launch our much anticipated Off the Cuff Podcast with media celebrity, rapper, and comedian Danny LoPriore. The... Asset Allocation: What Investments and Stocks to Buy in a Pandemic—OFF THE

(https://www.land1life.com/t fuest-asset-allocation/)

By Bob Fuest

(https://www.1and1life.com/our-people/bob-fuest/)

https://vimeo.com/457714647 You've got assets, but how do you allocate them wisely in the most volatile environment of our lifetime? Should...

Dr. Patrick Jean-Pierre: Using Functional Medicine & Integrative Methods of Healing—OFF THE CUFF

medicine/)
By <u>Dr. Patrick Jean-Pierre MD</u>

(https://www.land1life.com/our-people/dr-patrick-jean-pierre/)

https://vimeo.com/458068494 Are you looking for more than a band-aid solution to your health problems? Integrated medicine provides solutions that get...

(https://www.1and1life.com/blog/how-to-make-a-decision/)

(https://www.1and1life.com/blog/cj-hammond/)

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The Marine Mindset and How to Make a Decision—OFF THE CUFF with Larry Sharpe (https://www.1and1life.com/blog/how-to-make-a-decision/)

By <u>Larry Sharpe</u> (https://www.1and1life.com/our-people/larry-sharpe/)

https://vimeo.com/457680822 Tough times demand tough people. So, how can we develop the mental strength to cope with the unpredictability facing...

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Fit Legend Founder, CJ
Hammond: Taking That Leap
& The Bonds we Build—OFF
THE CUFF
(https://www.1and1life.com/bluhammond/)

By <u>C.J. Hammond</u> (<u>https://www.1and1life.com/our-people/c-j-hammond/</u>)

https://vimeo.com/457129604 How can you reclaim your pre-Covid fitness level? The COVID environment has forced us all out of our normal...

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Courtney Epps: How to Get Back on Track with Financial Wellness After COVID-19 Lockdown—OFF THE CUFF

(https://www.landlife.com/bloga/sinjancial-

Founder Wellness & Perseverance—OFF THE CUFF

Perksy Founder Nadia Masri:

Advice—OFF THE CUFF (https://www.1and1life.com/bloky/macl/awww.1and1life.com/blo fuest-buy-gold/)

wellness-after-lockdown/)

By Courtney Epps (https://www.1and1life.com/ourpeople/courtney-epps/)

https://vimeo.com/456814623 How can you move beyond the negatives and maximize the positive potential of the challenging pandemic environment? That's the...

By TDrew (https://www.1and1life.com/ourpeople/tdrew/)

https://vimeo.com/456453467 How do you define business productivity? Is it grinding out long hours, being totally absorbed in the work

By Bob Fuest

(https://www.1and1life.com/our-people/bobfuest/)

Time to Buy Gold? Wealth

Manager Bob Fuest Has Other

https://vimeo.com/454640342 Where can you safely put your investment dollars in today's volatile and unpredictable landscape? Some people want to buy...

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Scooter Taylor: Young Entrepreneurship & Innovation in the Marketplace—OFF THE CUFF (https://www.1and1life.com/blog/scooter-(filtps://www.1and1life.com/bl taylor/)

By TDrew (https://www.1and1life.com/ourpeople/tdrew/)

https://vimeo.com/454160725 Can the COVID-19 lockdown inspire new innovation? One entrepreneur and businessman seems to think so. This week we go...

Refinery29 Co-Founder Philippe von Borries: The Fruits of Finding the Silver Lining—OFF THE CUFF

von-borries/)

By Corey Lewis, CPT, CSCS (https://www.1and1life.com/ourpeople/corey-lewis/)

https://vimeo.com/447580056 This week we go Off the Cuff with entrepreneur and cofounder of global media brand Refinery29, Philippe von Borries....

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Eric Dunn: Creating Authentically & The

Pressures to Produce—OFF

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By TDrew (https://www.1and1life.com/ourpeople/tdrew/)

https://vimeo.com/450799207 This week we go Off the Cuff with recording artist, social media star, and model Eric Dunn. Eric discusses...

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