

# PURE NEWS



## **BERRY NICE SWIRL RECIPE**

Prep Time: 10mins

**Ingredients: (makes 4 x small servings)**

- 2 Bananas
- 1 cup Raspberries
- 1 cup Strawberries
- 1/2 cup Coconut Milk

### **Instructions**

1. The night before... Peel and freeze 2 Bananas, 1 cup of Raspberries & 1 cup of Strawberries
2. The day of... Blend frozen Bananas, Raspberries and Strawberries adding a dash of Coconut Milk until smooth and creamy.
3. Enjoy straight away – creamy sorbet!



## ***Viral edition #3***

### **ONLINE FLEXIBILITY COMPETITION:**

Who has been stretching at home?  
We're looking for the most creative & improved flexy photos!

It could be your heel stretch / scorpion / needle / leg or back flex – we can't wait to see!

Submit your photos by Wednesday 6<sup>th</sup> May. Post them to Instagram or send them privately to your coach, tag @pure\_allstars and go in the running to win a prize for when we return!!!

### **REMINDER**

Left, Right & Middle Splits photo competition from Viral News Edition #2 is still going.

Most committed to their improvement wins a long sleeve shirt when we start back!

## **ONLINE INSTAGRAM LIVE CLASS WITH CHEER CHOREOGRAPHER BEN LEAR FROM MIAMI**

Although Ben can't be in Australia right now to work with our Pure Allstars Cheer Teams, Ben is a special guest Choreographer on the Infinity Shoes Instagram Live this week!

Tune in on Instagram to @INFINITYSHOES at 7am Saturday 25<sup>th</sup> April (5pm Miami time!) to have an early morning dance with Ben Lear!

## **ONLINE DANCE CLASS WITH YOUR COACHES**

Our coaches have put together a warm up & some mini dance class/choreography videos for you to try at home. Cheer / Hip Hop & Lyrical choreography for you to have some fun!

All available via:

<https://www.dropbox.com/sh/me1lgjantddqnnnc/AAANlpYCTXZXdNCUaKCgdeqoa?dl=0>

## AT HOME ACTIVITY – PURE ALLSTARS WORD SEARCH

PURE ALLSTARS  
CHEER  
DANCE  
TASH  
KAT  
NICK  
MADI  
SOPHIE  
CASSIE  
CHLOE  
LISA  
ISSY  
EMMA  
JARED  
TESS  
JAS  
LYRICAL  
POM  
FOUETTE  
WALKOVER  
STRETCH  
TOETOUCH  
PERFECTION  
WORLDS  
FLASH  
DESIRE  
CARTWHEEL  
SPLITS  
MATRIX  
WHITEMAGIC  
BLACKMAGIC  
LADYLUCK  
LADYCLOVERS  
POWER  
SPARK  
RAGE  
REVENGE  
JINX  
GGS  
GLAMOUR  
PYRAMID  
STUNT  
LEAP

