



I'm just Melissa.

I may be addicted to hummus and dips... u? here are 5 great hummus recipes
--> <http://ht.ly/5iLez>



5 Healthy Hummus Recipes for Summer

ht.ly

When it comes to having the perfect healthy dip, appetizer or sandwich spread, it doesn't get much better than hummus. And with so many healthy...

89 Impressions · 0% Feedback

June 16 at 10:50am via HootSuite · Like · Comment · Share



I'm just Melissa.

Ok-be honest. Who is clocking in 8 hours of shut-eye a night? <http://ht.ly/5iFLV>



sleep and health | 7 Surprising Ways that Sleep Affects Your Health (and...

ht.ly

You can lower your risk of hypertension, weight gain, and more if you get a good night's sleep.

102 Impressions · 0% Feedback

June 16 at 7:55am via HootSuite · Like · Comment · Share



I'm just Melissa.

New blog post : my secret, simple key, to staying fit, active and healthy....
<http://bit.ly/kFcSAT>



my secret, simple key, to staying fit, active and healthy.... |