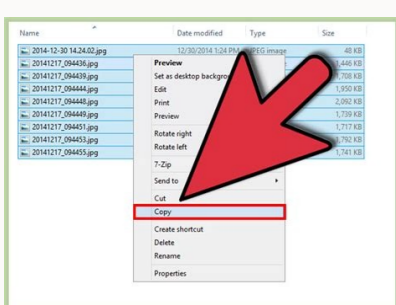
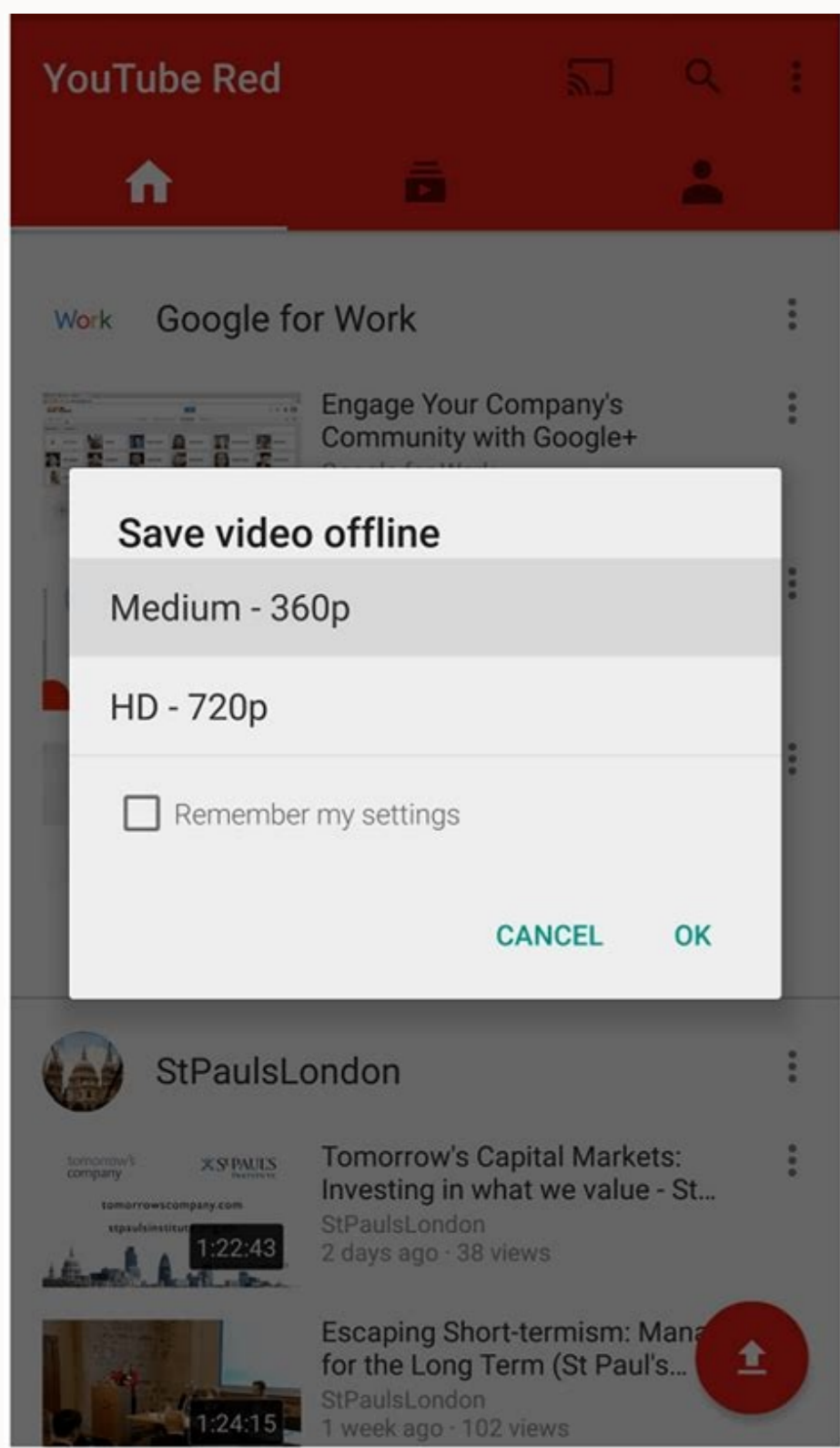
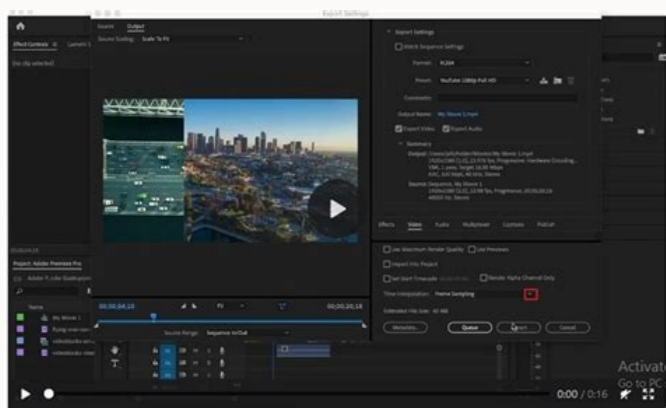


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Gisele Bündchen, 41, just showed off her killer abs and legs while rescuing a sea turtle that was stranded on the beach. The supermodel wore a matching workout set as she scooped up the huge turtle in her latest Instagram video. Gisele is a dedicated yogi and says she likes going surfing with her family to stay in shape. Gisele Bündchen is a supermodel, an activist—and now, she can add professional sea turtle rescuer to her already-impressive resume. Gisele, 41, just posted a brand new video on Instagram of herself saving a sea turtle that was caught in a fishing net (while flaunting her super strong abs and legs in the process). Gisele Bündchen Shares Yoga Photos With Daughter In the clip, Gisele carefully untangles the turtle on the sand. After flipping it over, she lifts the gigantic turtle and gently carries it back to the shoreline, so it can swim away. "Life is a series of opportunities that appear daily, and we choose what to do with them. Today was no different," Gisele explained in the caption of her post. "Early this morning I was walking on the beach and Onyx started barking at a pile of ocean trash that had washed during high tide. When I came closer I saw this beautiful turtle turned upside down with a look of hopelessness and exhaustion in her eyes, her body knotted and entangled in a fishing net. "View full post on Instagram" I immediately started to free her from the net that was strangling her, but even after we got her untied, she was too tired to make her way back to the ocean. I didn't think twice, I just picked her up and carry her to the water. (amazing how adrenaline can make you stronger!)" Gisele added. Gisele Bündchen And Tom Brady's Birth Charts "I felt relieved and so happy to see her swim away freely, grateful that I was there and able to help. But there are so many other animals that unfortunately end up dying on nets like this," she continued. "Today I was reminded that we must become more aware of our ways as a species and help protect all animals, it's our choice. I pray that we can all rise and remember that the opportunity to change begins with a single act." Fans in the comments were blown away: Model Karlie Kloss commented, "", while singer Alicia Keys added, ""(Oh, and P.S.—if you're searching for Gisele's sports bra, you can grab a super similar one here!) But just what is it about Gisele's workout routine (besides adrenaline) that helps her build that turtle-carrying strength? For starters, she's really into yoga. The supermodel has been practicing for years, in an interview with Anderson Cooper. "It came to me, the idea of yoga," she explained, to help cope with her anxiety. An instructor used to come to Gisele's house every morning at 5:30 a.m. to help her learn the basics. "Once I felt like I knew enough of how to do it, I started practicing by myself," she added. View full post on Youtube Gisele has also been meditating for almost 20 years (since she was 23). "I had severe panic attacks, and I didn't know what else to do. It was kind of like the last resource," she said. She realized that meditation, along with yoga, was a great stress-reliever. Now, she meditates at 5:30 a.m. every single day. "I like to wake up before the sun," she told Anderson. "I feel like I'm playing catch up when I don't." Gisele also enjoys sweating it out outdoors. Every year, for her birthday in July, she takes the whole fam to Costa Rica. There, they go horseback riding, surf together, and do more yoga, she told Vogue. On her IG, Gisele posts more of her favorite ways to exercise. From paddleboarding to some seriously impressive handstands, she's a big believer in spending plenty of time outdoors. View full post on Instagram View full post on Instagram It's truly an all-in-one fitness routine. Killing it, Gisele! #FreeTheNipple is a long-standing campaign to allow women to show their nipples online and in public spaces. A pair of influencers have shared snaps of their 'rippling' breast skin, from nursing babies. One has coined the idea: #FreeTheRipple. Sure, you're clued up on the #FreeTheNipple campaign; the celeb-backed move to allow the female nipple to be shown in public and social media, free from censorship, as men are able to do. But allow WH to introduce you to a new idea. #FreeTheRipple is a fresh thought taking shape on Instagram. It involves revealing the rippling skin that can happen around your breasts, after nursing a baby. This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Influencer and body confidence activist Megan Rose Lane shared a snap to her grid last week, showing hers. "I've never really seen anyone talk about what happened to their boob skin after pregnancy and breast feeding, but I'd like to share it with you because after talking to lots of other Mumma's I've learned that it's sooo bloody normal," she wrote in the caption. "Our skin stretches to accommodate all of our glorious milk, and as our babies empty our boobies and they fill back up the skin gets stretched over and over again." "It's definitely the one thing that I've struggled to accept about my body changing since having Esmé, so I'm not going to pretend I love it. I don't love it @ it makes me feel less sexy and a little more self-conscious. But it also makes me feel proud of myself, and reminds me that I fed my baby girl for a whole year." This was followed-up by fellow influencer Sarah Nicole Landry. This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Inspired by Megan, she shared her own version of the image. "FREE THE RIPPLE," she wrote. "This week @megan_rose_lane posted a photo of how her breasts rippled. And, I, was, Shaken. In the best way possible. I "knew" but had never seen something so similar to my own. Not only that, but I found it beautiful on her, while on myself I had struggled to see that at all." @megan_rose_lane did something that made me feel seen. It made me feel normal. It made me feel so much less alone. It made me feel beautiful. So I'm freeing MY ripple and I'm sharing with you so that maybe, you might have the same experience. The post was rapidly inundated by comments from women sharing their own feelings around their 'ripples.' "And it's not just mums who get it! I'm 20 and have it and have felt so insecure about it, thanks for normalising it," wrote one user. "Free the ripple!!!! Perfect!! We are boob twins!!!!" shared another. This is one use of IG that we can firmly get behind. Now that you know about #FreeTheRipple, read up on the WH review of the Dyson hair dryer. As Refinery29's Ariana Romero reported, the two were all smiles as they talked about their secret post-show meetups — designed to hide the outcome of the series from fans. It's funny because we all knew this would happen all along, but Clare promised we'll now also get to see inside those meetups as they have saved videos and TikToks coming from their time together. As for what's next for them, Dale said, "We're going to enjoy this moment." There's been so much speculation for so long and they haven't been able to say much or publicly be with each other. Now they get to, and they're already reveling in that based on their social media activity. They also plan to move in together, although they're still figuring out the logistics of that. "The great thing about all of this is, we've already been looking [for places]," Dale said, adding that they have the career and lifestyle flexibility to really live anywhere they want. At one point, Clare's ex-fiance Benoit Beausejour-Savard from Bachelor Winter Games showed up in the comments to congratulate the happy couple. "Can't wait to shake your hand Dale!! You seem like a great guy," Benoit commented. The duo added that Benoit has been the "sweetest, most supportive guy" to them. The couple added that they're happier than ever with Clare's decision to cut the show short and get engaged, and they recently celebrated their three-month anniversary. Besides that, they've just been having fun and hanging out together as they fall more in love. So for anyone who thought this speedy relationship wasn't going to make it, Clare and Dale are here to tell you that they're doing great right now. And after they drop those videos and TikToks that Clara teased, we'll get to see it all for ourselves. Beginning of main content Contents of Directory of Parent Directory Name Date Size Description sbse-05-0822-0053.pdf 2022-08-24 22:46:25 189.64 KB IRM 5.7.10 IRM Deviation: Control Point Monitoring (CPM) Procedures for Trust Fund Recovery Penalty (TRFP) Cases with COVID-19 Tax Periods Returned from Appeals lbi-04-0122-0001.pdf 2022-01-04 11:22:00 215.54 KB IRM 4.46.3 Interim Guidance on Claims for Refund that Include a Claim for Credit for Increasing Research Activities edi-01-0320-0001-personal-assistance-services-disability.pdf 2020-07-24 10:52:00 87.98 KB IRM 1.20 Interim Guidance concerning 29 C.F.R. IRC 1614.203(d)(5) Personal Assistance Services (PDF) sbse-20-0817-1217.pdf 2017-11-09 13:12:56 17.7 KB IRM 20.1.2.2.8.9 - Failure to File/Failure to Pay Penalties, regarding Failure to Pay Penalty for Restitution-Based Assessments - 8/2/2017 Brie Larson's latest Instagram drop is total #fitspo. In the IG Reel, the 32-year-old Captain Marvel star showed off her superhuman strength as she totally crushed this weighted push-up session. Talk about impressive! Brie, who's into everything fitness, also likes to rock climb and box. Brie Larson is Captain freaking Marvel—so it's hardly shocking that she goes hard at the gym. But sometimes the actress whips out moves that'll just make your jaw drop. Brie Larson's Abs Are Killer In A Blue Crop Top Case in point: Brie just posted an Instagram video of herself doing push-ups with chains layered onto her back. In the video, Brie totally crushes those push-ups (as in full-on down to the ground and back up style—none of those half-sies here), going at a steady pace until her trainer tells her she can stop. Her arms, butt, back—everything—look super toned as she rolls through the pushups like it's NBD. "Nothing hits quite the same as the clanking sound of chains wrapped around your body," Brie wrote in the caption. And as expected, people totally freaked in the comments. "Love it, perfect push up form. Captain Marvel is back to lead the Avengers," one person wrote. "Strongest woman and Avenger," another said. "WE LOVE A STRONG QUEEN," a fan commented. But weighted push-ups aren't all Brie can do. She regularly drops videos of herself completely owning her workouts (because, Captain Marvel). And it's so incredibly impressive. Brie Larson Flashes Her Six-Pack Abs On Instagram Earlier this month, the 32-year-old casually dropped a video of herself doing six reps of weighted squats with a barbell that looked... intense. "Sometimes I surprise myself! Thanks @risemovement for helping me reach new heights!" she wrote in the caption. Brie even did a little dance afterward—and fair. View full post on Instagram Brie apparently really loves push-ups. BTW, Here's proof: View full post on Instagram And of course, Brie can do more: Here, she whips out kettlebell squats and weighted planks—because why not? View full post on Instagram As for her diet, Brie most definitely eats well. Her nutritionist, Dr. Philip Goglia, told People that while prepping for Captain Marvel, Brie would eat a teaspoon each of almond butter and all-fruit jam or preserves for breakfast. "The most recent science has shown that a little bit of fat and a little bit of simple sugar will actually increase intensity rate while you train early in the morning," Goglia explained. "That really does start your engine for you." Afterward, Brie would have a protein shake or eggs, with a snack of fruit before lunch. That meal was usually chicken and veggies—with two more snacks before dinner. She wrapped things up with another serving of fruit before bed. Brie doesn't screw around with her hydration, either. Dr. Goglia had her drinking three to four liters a day. And I have to say it: Wow, just wow. Korin Miller is a freelance writer specializing in general wellness, sexual health and relationships, and lifestyle trends, with work appearing in Men's Health, Women's Health, Self, Glamour, and more. She has a master's degree from American University, lives by the beach, and hopes to own a teacup pig and taco truck one day.

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