

OUR BLOG

THE SECRET TO BALANCE & HAPPINESS VIDEO

👤 **Katie Burke**, Master Motivator of **B.INSPIRED RETREATS**, NASM CPT, ERYT  
@KATIEBHAPPY

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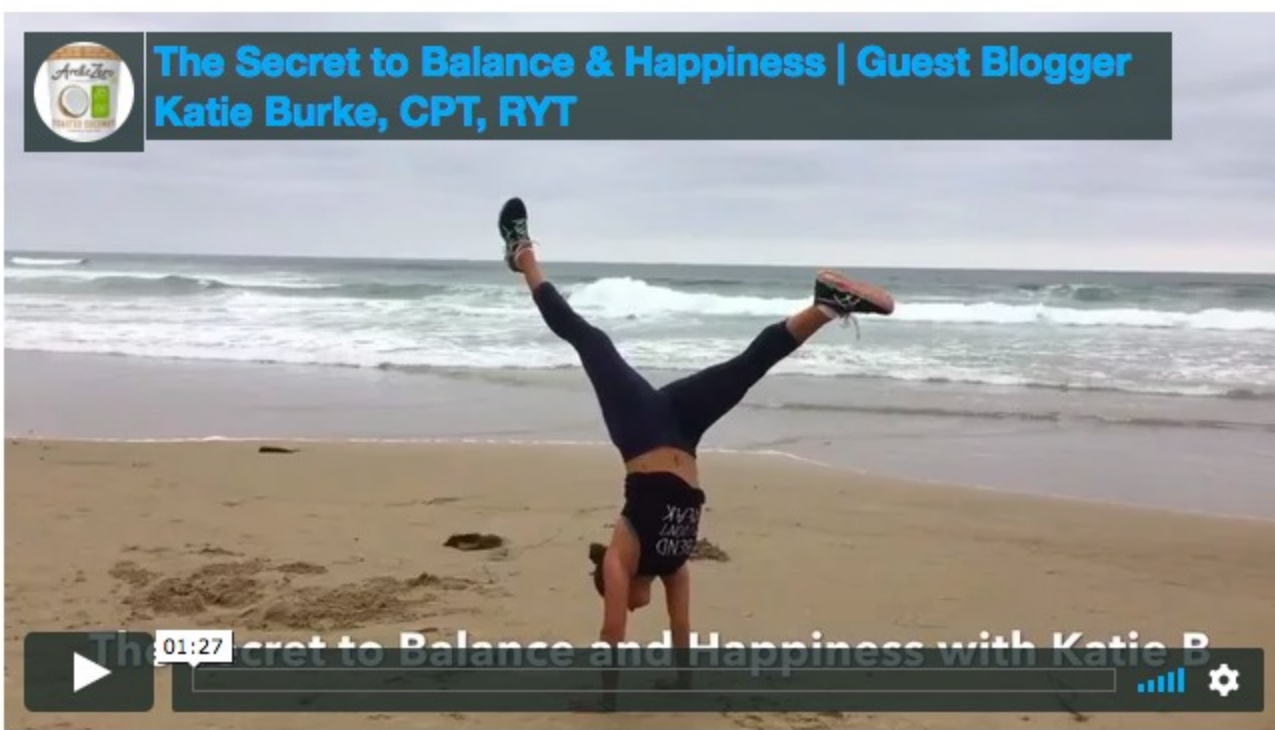


Find happiness by creating a balance in your life.

We are strong believers in the "work hard, play hard" approach to doing things, just like master motivator, certified personal trainer and inspiring yoga teacher, Katie Burke. In this week's blog, she explains her special formula on how she stays happy by creating a balance of high-intensity fitness with rest, play and indulgence. When she's not leading an adrenaline-packed boot camp workout, heart-rate boosting vinyasa flow, or an empowering wellness retreat, she indulges in clean ingredient, low-calorie, delicious **ARCTIC ZERO® Fit Frozen Desserts®**.

Katie B's formula: Sweat + Sweetness = Balance

Watch her guest blogger video now!



At just 35-75 calories per serving and made with premium ingredients, like hormone-free whey protein, **ARCTIC ZERO Fit Frozen Desserts** are the perfect zero-guilt way to satisfy your sweet tooth and to bring you a balance of health and great taste! Get Your Dessert On™!

How do you create a balance of sweetness and sweat in your life? How do you **ARCTIC ZERO**? Tell us all about it and tag us on **FACEBOOK**, **INSTAGRAM** or **TWITTER**! For the inside scoop on more fit foodie fun, behind-the-scene antics and awesome giveaways, follow us on Snapchat (**@arcticzeroyum**)!

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Next >

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†Low-Glycemic | Our products have a Glycemic Index of 55 or below. For more information on glycemic index, [CLICK HERE](#).  
‡rBST-Free Whey Protein | According to the FDA, no significant difference has been found between milk derived from rBST-treated and non-rBST-treated cows.  
\*Our products meet or exceed BioChecked NON-GMO Free Certified™ Standards. The GMO Free Greenstar seal certifies that we have provided third-party laboratory results that our products are Non GMO/GMO free. To learn more, [CLICK HERE](#).