The Hamburger Menu allows for you to navigate anywhere within the app. It is where you will navigate back to the ALL FEED.

The **ALL FEED** contains content from all sections of the app in one central feed without it being separated into categories such as health & nutrition or motivation.

If you are simply looking to explore a feed of all the content that the app has to offer, the **ALL FEED** is where you will spend most of your time!
Inside the feed, you have the option to filter content by type. You can look at a feed of only Articles or you can look at a feed of only Quizzes!
Once inside of the feed, you have the option to also filter the content by **GROUPS**. **GROUPS** are another way for Mack to separate out content based on topics you may be interested in.

For example - Mack and his team have separated different recipes out by meal.

If you select Breakfast Recipes you will be shown a feed of only breakfast recipes, if you select the Recipes group you will be shown ALL recipes. You can select more than one groups at a time and you can even remove yourself from a group in your profile settings.
Mack has also created **GROUPS** in the **FORUM**. These groups can be related to a specific workout or topic.

For example - Mack has created a **GROUP** in the Forums called “Core Slider Program”

This is a group that users can post to in order to share all of their photos, videos, comments or questions pertaining to the Core Slider Program. It allows users to filter out all of the other noise happening in the Forum and discover content on one specific topic. You can even remove yourself from a group in your profile settings.
To connect with other users in your area, you can click the NEAR ME button in the FORUM and all of the users who have posted to the forum and are in the selected radius will appear in the NEAR ME tab.