

January News

2007 is the year to SHAPE UP! If you're planning a wedding anytime this year, get FIT. Taking the stairs instead of the elevator at work (of course under reasonable circumstances) works wonders! If there are no stairs at your job, power walking helps you feel years younger. Why do you want to get fit? Weddings are hard work. Let's examine the wedding day. Suppose your wedding is in the early afternoon. You will probably awaken at 8:00 a.m. for a light breakfast. For the next four hours, you will probably be greeting loads of friends, getting your hair done, putting on makeup, and getting dressed. Believe it or not, walking down the aisle is added "hard" work. The shoes you purchased still need to be broken in just a bit more. So, you get through the ceremony. At the reception, the photographer needs to take lots of pictures. You begin to take notice that your feet hurt. The next few hours take their toll on you. There's dancing, greeting, kissing, and more kissing. Get the picture?

Your wedding day should be a relaxing time – STRESS FREE.

Start months ahead. Get those "good" hormones working in your favor.

Look good AND feel good too.