



*What will you
do to make
yourself shine at
the upcoming
holiday
parties?*

Treat yourself to a new you...

- Cut
- Color
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- Make-up

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exercise regimen is essential.
Take some time to talk with
your doctor about what type
of exercise is best for you.

You may want to go the
traditional route and join a
gym or take an aerobics class.
Yoga, Pilates, spin classes, and
kick boxing classes are popu-
lar and effective for all ages.
Maybe it's time to try some-
thing you've always wanted to
do, like learning karate or bal-



let. Our winter climate is conducive to walking, biking, and jogging, per-
haps it's time to get out and enjoy it. Whatever you decide to do, make
it something you enjoy and you'll be more likely to stick to it.

Sticking to it can be the biggest obstacle, especially from Thanksgiving
to New Year's. Many people find exercising at home easier. A lot of basic
equipment such as body balancing balls, light weights, mats, jump ropes,
and steps can be purchased for a modest price. Exercise videos, books,
magazines, and online resources can teach you how to use them most
effectively. You can do many basic exercise moves and reps while watch-
ing television. Perhaps this is the year to treat yourself to an early holiday
gift and purchase that home treadmill or stationary bike.

Decorating your home and yard can be a workout in itself, especially
if you choose to be less efficient this year. Make as many trips around the
house as you can picking things up and putting things away. Going up
and down ladders and stairs can be better than a gym
workout, especially
if you can manage
to do it a lot. Share
some holiday spirit
and offer to help
neighbors decorate

