



Happy New  
Year to all!

It's that time  
of the year for  
a fresh start  
when we all  
make new  
resolutions.  
Most times we  
do it on  
January 1, but  
we can do it  
any time of the

year. We need to make a commitment and be ready to make the changes necessary to reach the goal we have set for ourselves. Be realistic, be reasonable and give it a lot of thought. Your resolution could be to achieve something, or to make a change.

Make a list of what you would like to change, Write about them, Dream about them, and visualize them. Remember make small changes.

Start slowly, tell yourself over and over in a positive affirmation Tell others too so they can help and support you on your journey. Take one day at a time. Take one change at a time. We sometimes get so caught up in changing many things we end up not being able to change anything.

Burr, winter is upon us and it does not help those of us who need to get in a little more exercise. It is too cold and too icy to walk outside. You best find a CD or a Video to do inside. We don't want any one slipping and sliding outside. There are many things we can do while we are housebound. Walk up and down the stairs, Sit and stand, Do hand exercises, vacuum, clean your house, clean out your cupboards, You will get some exercise and job done you may not like doing. Let's not let Mother Nature trip up us as we strive to our New Years Resolution.

Let's all work toward a Healthy and Happy New Year. We will be like the Trees in spring as we burst forth with our new You.

Ruth

