

## Our Mission



Leading the plus size community to excel in health and fitness through "Fearless Fitness" at any size.



## Getting Organized - The Last Resolution?

Many of those who stepped boldly into the New Year, armed with resolutions that they thought would make this year a better one than last, are coming to the same realization - that we are well into March and alas, most of those resolutions have gone by the wayside. Didn't the same thing happen last year and the year before? Might there be a better way to do this - a way to actually make those changes rather than just imagine them?

I have perused many resolution lists over the years, and I always notice the same two things. One that the resolutions list consistently includes the same items, such as:

1. Lose weight
2. Save money
3. Quit smoking
4. Get organized

And two, whatever else may be on the list, getting organized is always at the bottom. Shouldn't it be first? Surely, being organized would help you to find the time to exercise, not to mention finding the gym gear that currently resides under a pile of old clothes at the bottom of an overflowing closet. As for saving money, organization is paramount to creating a budget, tracking spending and cutting costs so that extra cash in the bank becomes the norm. In short, having some order in your life would be a first step to making all the other resolutions become a welcome reality.

### GETTING ORGANIZED: INSIDE AND OUT

We've all heard the phrase 'an uncluttered space equals an uncluttered mind' but I feel it goes much deeper than that. It not only makes it easier to find misplaced keys, homework and wallets, clears space in your mind and your life for new activities and directions. A peaceful and clutter-free mind promotes the will-power needed to stop smoking or change any other unwanted habits. The peace of mind you gain when you are not drowning in piles of papers and continually navigating your way through scattered possessions may make it easier to resist the junk food and snacks that are sabotaging your diet. It's much easier and quicker to clean a streamlined home than wiping and dusting around all the clutter on counters and floors. Less time cleaning frees up time for exercise or spend more time with your family (more family time is another common resolution). Experts also agree that once you have shed your home of unwanted 'stuff' the feeling of being 'pounds lighter' may translate naturally into real weight loss!

### KEEPING A NEW RESOLUTION

So let's move 'Get Organized' to the top of the list for the New Year! Create a serene space in your physical world and see how your mind will follow. You will feel more accomplished and in control. You may be surprised at how ready effective you can be when the space you see is open and ready for you to forge ahead with new endeavors - a space that will create the energy you need to tackle all those resolutions. Maybe next year you will be crossing a few of them off your list for good!