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### FitStop Limited Company Newsletter

As we have entered into a New Year, and now embracing the pleasures of spring, let's embrace gratitude and fortitude each and every way. 2020 for most was a challenge, yet a blessing. We all encompassed what was happening around us with many a mixed emotion. Some learned how to exercise at home to relieve stress, others ventured outside to walk or bicycle; or by me sending a program by email or snail mail. Some learned how to eat more nutritiously or how to cook. Others learned how to help their children or grandchildren with school work, and some learned how to balance their chaotic world.

2021 can be as prosperous as we want it to be. It's all about choices we make, and exhibiting a positive attitude with grace, professionalism, and always with a friendly manner. This is a very simple act to do followed by gratitude. It's like the saying, "When someone gives you lemons, make lemonade!" Find the good, the positive in every situation. I know from personnel experience that yes, it's hard, but you can do it – "by the grace of God!"

In 2021, establish a routine with yourself and who's living with you. Routine is healthy, and it allows for one to be able to put exercise as a priority in maintaining good health. Albeit nutritiously as well. I hear you say how, when, "I work from home." I've got the kids, and grandkids! Well, get the kids involved too! It's healthy for them. I understand you all have different work schedules; however, kids are more flexible as they don't have the same constraints as we do as adults. Physical activity/exercise is healthy and good for all and it helps your emotional mental disposition. Now more than ever we really have to be conscientious of our surroundings, and its effect on everybody around us!

Developing an attitude of gratitude is a definitive way to approach stressors that are debilitating to our mental and emotional health. Taking the gratitude test of "Finding 10 positive ways to make yourself and others feel better each day;" boosts your mental emotional wellbeing to being thankful, grateful and has proven to reduce depression dramatically. Try it for a week and tell me the results and you WILL see a difference in your attitude! A few reasons for how come exercise is good for you.

- Creates a positive self-image.
- Enhances self-esteem.
- Improves respiratory system.
- Projects a feeling of self-satisfaction. You feel good.
- Promotes a feeling of well-being. You look good to yourself!
- Stimulates cardiovascular system.

Above all exercise radiates a feeling ...: THIS IS ME! I LIKE ME!

*Healthy Blessings Always, Arlette*