

# Be Well For It All Newsletter



**“Organize  
your life  
around  
your  
dreams -  
and watch  
them  
come  
true”**

*-Author Unknown*

## **Live For It All... Mind, Body, & Spirit**

### **“Spring Clean” Your Life**

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal Trainer



It's that time of year. Time to do some spring cleaning. Not the kind where you wash the windows and clean the closets, but it's time to spring clean your life. Too much of the time, we put our life on hold for someone or something else, leaving ourselves in dire need of some cleaning.

I have a client, let's call her D. Too easily is D. able to fall off track. Even with the best intentions, she sometimes gives up on herself, and her own life's cleaning.

Falling off track can, and will, derail anyone from their path, but we must get back on every time .

Too often when I am cleaning, either my house, yard, or work, things get worse before getting better. The same will happen when you begin to spring clean your life. Issues, emotions, challenges will come up. Be ready for this.

You will fall off track. Things will get messy. They will get hard. They will get frustrating. But

you have the choice, as does D., to stop amidst the mess and give up, OR you have the choice to persevere through the mess, and continue toward your goals. No one is going to do it for you. You must do it for yourself.

So, get your life in order this spring. Be aware that it will get messy, but persevere through, and your life will be that much brighter, happier, and organized.

### **LIVE FOR IT ALL'S FEATURED EVENTS:**

#### **WORKOUT & WINE!**

Come and enjoy a “fitness class and a glass!” workout at the beautiful Busby Cellars Winery in El Dorado Hills with Abby, then attend private wine tastings! First class coming up in June!

#### **CHECK OUT THE SUMMER FITNESS SERIES!**

Now posted on [LiveForItAll.com!](http://LiveForItAll.com) Register today!

#### **ABBY'S DAILY FIT-TIP BLOG!**

Read Abby's Live For It All fit tip blog! I'll update daily (or mostly daily) with tips dealing with exercise, nutrition, wellness, and motivation. Get a little bit of wellness every day of the year-[liveforitall.blogspot.com](http://liveforitall.blogspot.com) or link to it from [www.liveforitall.com](http://www.liveforitall.com).

#### **LIVE FOR IT ALL'S 1-YEAR ANNIVERSARY PARTY!**

Friday April 9th, 7pm, come to Lounge ON20 @ 20th and K, Sacramento, for an eve of fun, great raffles, chair massages, and great gifts! All are invited!

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