

A New Year... A New You...

Start 2014 On A Health & Fitness Journey By
Making Yourself A Priority In Your Own Life.

WITH a new year comes a promise of an improved personal and professional agenda; and an enlightened view of what it takes to make our lives run more smoothly. By many accounts, 2013 proved to be a challenge for most of us in one way or another. Of course, we recognize that some of the good or bad that flows in and out of our lives can be chalked up to luck, astrological flow, and how the chessboard of life makes certain nobody gets too comfortable, or stays too miserable for too long. And, though we might think we have the tiger by the tail our lives are not in our hands. In an instant everything in our world can change. No where is this more apparent than where our health is concerned: Daily exercise, healthy eating, reduced stress, plenty of sleep, no smoking, weight control — you know the drill. We cannot hope to bring these life-enhancing and life-prolonging necessities out of the suitcase ONLY when our backs are against the wall and we are in crisis mode. Necessities of life that contribute to good physical health and mental and emotional well-being can only emerge in full force, and with full effect as transformational elements, when we have made them priorities in our every day lives over an extended period of time. And, for those who have not paid much attention to good food, regular exercise and emotional and mental relaxation and regeneration WELL... you are seeing the effects of a life lived running on empty. But in this hectic world, with the constant pushing/pulling we have and a non-stop workload, **WHO HAS TIME TO MAKE THEMSELVES A PRIORITY IN THEIR OWN LIFE? YOU DO!**

I know this sounds like a broken record, but hard scientific health research proves that quality of life depends on state of health. What good is a thriving business, big house, Mercedes in the garage, and bulging bank account if our bodies and minds are hanging on by a thread? Sleeplessness, no exercise, mental turmoil and physical exhaustion are our constant companions. AND, with ZERO down time we are helpless to stop this destructive cycle. Unfortunately, we have NO chance of making it through the bad and difficult of our lives without a reserve of inner strength, good health and as much cool, calm and unbridled serenity as we can muster. But we can — if we stay focused and determined — not just make it through 2014 — BUT make 2014 one of our best years. I know for some this goal seems unattainable. But regardless of where we are in our lives right now, we stand a better chance if we find ways to nurture the positive in order to counteract the negative. TODAY — right now in this first month of this new year, if you and I make a plan of action and stick to it — we might be surprised at the improvement we bring into our lives on many levels. And the starting point MUST be with our physical/emotional/mental well being. Running on physical, mental and emotional EMPTY leaves us with our backs against a wall and just waiting for fate to step in and lower the boom.

My “A New Year... A New You...” January 2014 issue gets off the ground with YogaFit founder and fitness expert Beth Shaw. She started her business years ago, and recently opened a new yoga fitness studio on Robertson Boulevard in Los Angeles. Beth turned a vision into an international success health/fitness formula by creating one of the most well-known yoga training programs in the world. According to Beth, yoga helps put us in charge of our own health and fitness by strengthening and unleashing every natural healing life force within our bodies. Those dedicated to the practice of yoga experience a commanding change in their physical, mental and emotional state unsurpassed by other standard forms of exercise. From A-list celebrities, yoga enthusiasts, recognizable sports stars, noted medical practitioners and regular folks just like you and I who are looking to improve our health... Beth’s specialized YogaFit classes and training programs are invaluable when it comes to bringing vitality, strength, motivation, determination, fitness and clarity back into our lives. Yoga is for everyone, any age and at any level of fitness, and as Beth says... “Any body is a yoga body, and if you can breathe... you can practice yoga.”

