

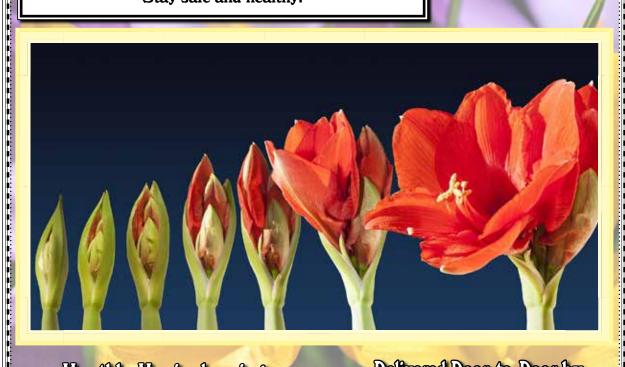


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May • 2020

Issue 3 44th Year

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Island in the Sun Community Newsletter

Managing Editor: Linda Walker **Proofreaders:** Wally Riley

Media Delivery Team: Nancy Bilcheck Ernie Grow, Bill Shiels. Jim Walker, Tom Watson,

Wally Riley, Sudie Borders, Cheryl D'Andrea. Alternates: Linda Webster.

June 2020 Media Deadline: May 16, 2020

Please send all articles and photos via e-mail to: iits.media.magazine@gmail.com

Please drop articles not sent via e-mail at Lot #301.

Representative to the Federation of Manufactured Home Owners (FMO):

Kenn Brody Lot #84

New Board Members:

NOTE: Please do not submit media articles to the 'iits.hoa.media@gmail.com' address listed under Kenn Brody. All articles should be submitted to the e-mail above.

Let me know if corrections are needed to either the board or committees info.

Island in the Sun HOA Board

	Tony Williams	Lot 74	272-420-5987	anthony.williams110@gmail.com
Vice Presiden	nt Kenn Brody	Lot 84	561-207-0560	iits.hoa.media@gmail.com
Treasurer	Cathy Ralson	Lot 184	203-257-3376	clrpersonal@sbcglobal.net
Secretary	OPEN			1 & &

Directors

1 Yr Director	Bob Disney	Lot 139	262-504-9921
2 Vm Dimastan/	•		

Yr Director/ Membership Director Susan Grove Lot 77 717-887-5520

Scott Schewe Lot 132 Mike Malliet Lot # 115 3 Yr Director 630-780-8473 Robo Call 920-540-1665 mmal1974@yahoo.com

2020 Committees

Committee: Activities	Name/Chair Scott Schewe	Lot #	Phone # 630-780-8473	Co-chair	Lot #	Phone #	
Bingo	Cindy Jourdan	Lot 314	727-612-5974	OFER			
Bingo Callers	OPEN	LOC 314	/2/-012-39/4				
Bulletin Board	Office						
Dominoes		Lot 157	737-799-2434	Dot Clark	Lot 125	727-726-5145	
Ladies Lunch	Nancy Bilcheck		203-257-3376	Pat Clark	144 125	727-720-3143	
Liaision Committee	OPEN	LUC 184	203-237-3376				
Librarian	Marcy Shiels	Lot 133	727-751-3494	Pose Leduc	Lot 160	727-797-8026	
Lockup	Bob Newman	Lot 46	727-724-6283		LG 100	121-171-0020	
Mah Jongg			737-799-2434		Lat 120	727-791-0211	
	Nancy Barnes	Lot 157			LOC 120	/2/-/91-0211	
Media Delivery	Nancy Bilcheck		203-257-3376				
Membership	Susan Grove	lot 77	717-887-5520				
Men's Breakfast	Bob Disney	Lot 139	262-504-9921				
Pickleball	OPEN			OPEN			
Potluck	Ciel Gordon	Lot 182	952-486-1507				
Remembrance Corner	Dottie Newman	Lot 46	727-724-6283				
Royal Rummy	OPEN			OPEN			
Rummikub	Pat Clark	Lot 125	727-726-5145	Rose Leduc	Lct 160	727-797-8026	
Phonebook Editor	Bob Newman	Lot 46	727-724-6283				
Texas Holdem	Rose Leduc	Lot 160	727-797-8026	OPEN			
						ICLAND IN THE CHAICENTINEL MAY 2020	E

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From the IITS Media Editor:

April 17,2020

Pelcome to the April 2020 edition of your 'Island in the Sun Sentinel'.

NOTE: Cindy Sadusky has volunteered to take for Bob and Dottie Newman since they are moving out of our community. As you know, they keep up with our Remembrance Corner, phone book listings, and birthday and anniversary info. I do not have her information yet, but will get it and include it in the next media. Thank you Cindy!

I included an article from last month with various informational websites on the Coronavirus (COVID-19). The common denominator seems to be avoiding crowds; social distancing (not shaking hands or hugging ♥); and good personal hygiene. WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR 20 SECONDS, or USE HAND SANITIZER WITH AT LEAST 60% ALCOHOL WHEN YOU CAN'T WASH YOUR HANDS!

We have seen some on our community reaching out to help others who may have compromised immune systems or are unable/unwilling to go out in public, and we thank you for your kindness.

I would really like to hear ideas of what you as residents would like to have included in the monthly media, or if there are any topics you would like to see on a monthly basis. Participation and submission of articles from you would be welcomed.

Calendar and monthly activities information is provided by the HOA and the activities committee. Currently, all activities are closed, but I encourage everyone to watch the sign board, sign up for the various FB sites, and the RoboCall phone messaging service.

Please submit articles to: iits.media.magazine@gmail.com or if you prefer to submit via handwritten articles, please place them on top of the chest by the slider door in the carport, or hand to Jim or me personally.

Thank you to those who continue to contribute articles for the monthly media! Everyone stay safe and be careful!

President's Corner – Tony Williams, Lot 74

May 2020 - Letter from the President

ith the Covid-19 pandemic currently in full swing, the world is experiencing what seems to be a total shutdown.

There is a lot of panic and uncertainty. We really don't know what is going to happen next. Whole nations have been crippled financially.

It never ceases to amaze me that the days are dark, but the human spirit still rises above. Look at how folks, right here in our community, have offered to help one another. Some have offered to go to the grocery store for their neighbors who can't get out or are not comfortable venturing out of their homes.

Look on Facebook and you'll see different stories of how neighbors get together nightly and sing songs from their windows.

We all have that spirit in us to overcome ANY negative circumstances that come our way. Find that fighting spirit in YOU and let's be strong TOGETHER and let's beat this thing together!



Inclusiveness and respect are the keys to our success in this community and if you feel that you are not being heard, you can contact me at anthony.williams110@gmail.com.

Regards,

Tony Williams

Helping Your Local Animal Shelter During a Pandemic

or all you animal lovers out there feeling helpless during this pandemic, you may consider thinking of your furry friends during these difficult times. Animal shelters across the nation would greatly appreciate all assistance you are willing and able to give. Here are a few ways you can help homeless pets in your community.

Consider fostering a shelter pet. Fostering entails bringing a dog or cat (or possibly another type of homeless pet) into your home until the animal can be placed with a forever family. Fostering a pet allows you to socialize the pet and give them a home environment to acclimate to. Many animals experience stress in animal shelters, and a quiet home can help them relax and feel safer. Fostering also frees up a spot at the shelter for another homeless pet.

Monetary donations are always welcome at shelters. Many shelters have suspended their in-person fundraising events. Since most shelters are non-profit centers, they thrive on donations.

Donate supplies directly to your local shelter. If you'd rather donate actual supplies, check with your local animal shelter to see what needs they currently have. Many shelters have online wish lists available for viewing. You could even shop online and have the supplies mailed directly to your shelter!

Adoption is always an option! Maybe you're ready to add a furry friend to your family permanently. Call your local shelter before visiting to ask about making an appointment to visit the shelter. In an effort to comply with social distancing recommendations, many shelters are making appointments for potential adopters to visit and find their new addition.

"Until one has loved an animal, a part of one's soul remains unawakened." - Anatole France

Men's Breakfast/Ladies Luncheon

Men's Breakfast -

No write up for the men's breakfast – Bob Disney will be taking this over.

Ladies Luncheon -

Ladies Lunch is discontinued until further notice.







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IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.





For more information, please visit

CORONAVIRUS.GOV

PARK TELEPHONE BOOK - May Media

Bob and Dottie Newman, #46, 724-6283, pcfriar64@yahoo.com

Add:		
Joyce Antonelli	Lot 235	251-508-2125
Helen Straka	Lot 316	799-5329
Stephen & Sharon Wareing	Lot 293	603-491-4017
Mitch Freifeld	Lot 68	813-842-9263
Eustacio & Lucita Soriano	Lot 83	366-4804
Correction :		
Phil Tursi	Lot 195	754-1606
Michael Harrington	Lot 33 813-6	510-0845
Debra Lindstrand	Lot 132	406-366-1006
TC 4 1' 4 1 ' 41	1 1	1 1 1111



If you were not listed in the new phone book and would like to be added to the next issue and noted as above in the next Media, please pass your information on to whoever has volunteered to continue taking care of the information for the Park Telephone Book since Dottie and I will be moving.

Meal Kit Services

It's quite understandable that individuals are hesitant to leave their home during this time, but unless you're self-sufficient, you'll probably still need to buy food. Now is the time to explore and experiment with different cuisines by using a meal kit delivery service. No need to leave your home to go food shopping! Here are a few popular options:

Sun Basket – Chef-curated meals with organic produce and delicious flavors. Right now, when you join, you are offered four FREE grab'n'go breakfasts and snacks. One unique feature of this service is that they offer breakfast, lunch, and snack options where many meal kit services only offer dinners. Another perk, Sun Basket offers several options to suit any dietary needs you may have (Vegetarian, Gluten-Free, Diabetes-Friendly, etc.)

Freshly – Each meal from Freshly is one serving for one person. All you have to do is heat and eat! Many meal delivery services send ingredients and you prepare the meal yourself, but if you're looking for something more convenient, Freshly might be the right option for you.

Blue Apron - One of the original meal kit services, Blue Apron delivers fresh ingredients right to your door. If you want to test your culinary skills, with pre-measured and pre-portioned ingredients of course, Blue Apron might be the perfect pick for you.

Daily Harvest – Meals designed by chefs and nutritionists. No preservatives, no additives, no artificial ingredients. Daily Harvest offers options for smoothies, harvest bowls, soups, lattes, chia bowls, and oat bowls. For those looking to incorporate more fruits and vegetable into their diets, this may be the best pick.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

IITS Walking Group

Talking Group is discontinued until further notice.

Anyone interested in joining the group can look for our Facebook page, Walking Group, and ask to join, or see Barb Mattis (lot 212) or Debra Lindstrand (lot 132).

Happy Walking!

May Anniversaries and Birthdays

Bob and Dottie Newman Lot #46 - 727-724-6283 - pcfriar64@yahoo.com

If you would like to have your anniversary or birthday published in the Media please give us a call or drop us an E-Mail.

May Anniversaries

1 Horrace & Mildred Mathews 11 Bruce & Rosemary Logan



May Birthdays

- 5 Jerald Cardin
- 13 David Simmons
- 21 Nancy Wooten
- 27 Shirley Fennell Marcy Shiels



REMEMBRANCE CORNER - May

Dottie Newman Lot #46 724-6283 pcfriar64@yahoo.com or dlnewman823@gmail.com

- Jan Wisdom, #170, is a newer resident in our park. Her Mom passed away in hospice after a long illness.
- Keith Custy, #229, had by-pass surgery and was home recuperating when he had a bit of a setback. He spent a night in the hospital where the doctors tweaked his medicine dosage and was back home the next day... to stay! Good luck, Keith and just keep eating those delicious desserts Karen bakes. That is the best medicine ever!
- Horace Mathews, #243, was taken to the hospital, but no additional information has come to our attention yet.

Since this is my last report before Bob and I move, I do hope someone will step up and continue our Remembrance Corner. People who are ill or who have lost a loved one need to know their community offers them "Get Well" wishes or condolences.

Thank you to those who kept me apprised of illnesses or deaths. Stay well!



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Island in the Sun HOA Upcoming Activities and Events

Scott Schewe, Lot 132/Tony Williams, Lot 74

OTE: ALL events and activities at the clubhouse have been cancelled until further notice, due to the clubhouse being closed by Cal-AM. In some cases, groups are meeting at individual homes for various events/activities. Please monitor the FB groups and robo calls for updates.

Note this includes outdoor activities such as pickleball, shuffleboard, the pool, etc.

HOA meetings are cancelled for the time being.

Pantry Recipes

Pantry Recipe is any recipe that can be made with stable, room temperature and/or frozen foods. If you find yourself fresh out of fresh ingredients (pun intended), try one of these easy recipes with ingredients you probably already have on hand!

NO BAKE ENERGY BITES

Recipe by gimmesomeoven.com

These No-Bake Energy Bites are easy to make, full of feel-good ingredients, and irresistibly delicious!

Ingredients

- 1 cup old fashioned oats
- 2/3 cup toasted shredded coconut
- ½ cup Creamy peanut butter
- ½ cup Ground flaxseed

- ½ cup chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract



Instructions

- 1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
- 2. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
- 3. Roll mixture into 1-inch balls.
- 4. Enjoy immediately! Or refrigerate in a sealed container for up to 1 week or freeze for up to 3 months.



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Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc FURNITURE & MATTRESS AJ's Beds & Furniture	.727-330-7821 .727-539-0852 .727-588-0406 .727-772-8833 .727-548-8460 .727-242-7800
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Florida Anchor & Barrier Co. Perfect Repair & Construction, Inc FURNITURE & MATTRESS AJ's Beds & Furniture	.727-330-7821 .727-539-0852 .727-588-0406 .727-772-8833 .727-548-8460 .727-242-7800 .727-535-0524
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Island In The Sun

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19	20	21 Ascension Day	22	23
26	27	28	29	30



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Our top priority is the health and safety of our employees and our customers. Our employees are closely following the Centers for Disease Control (CDC) guidelines and recommendations, like frequent hand washing, social distancing, and staying home if they are feeling ill.

We have taken steps to limit exposure to the virus by making our customers aware that there is no need to have any contact with our employees if you choose to do so. Our business falls under the state's guidelines as "Essential Business".

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Stay Safe and Continued Good Health. *Underhome Armor Family*

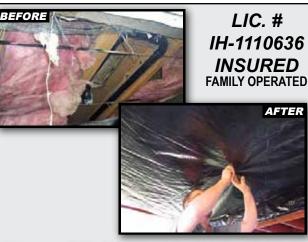
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PILLSBURY DOUGHBOY OBITUARY

Submitted by Chrissie Riley, Lot #290

Tt is with the saddest heart I pass on the following:

Please join me in remembering a great icon — the Pillsbury Spokesman,

The Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly. He was 71 years old.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, The Hostess Twinkies, and Captain Crunch. The graveside was piled high with flours. As a long time friend, Aunt Jemima delivered the eulogy describing Doughboy as a man who never knew how much he was kneaded.

Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very "Smart" cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he even still, as a crusty old man, was considered a roll model for millions. Toward the end, it was thought he would rise again but alas, he was no tart.

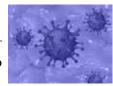
Doughboy is survived by his wife, Play Dough, two children, John and Jane Dough, plus they had one in the oven. He is also survived by his elder father, Pop Tart.

The funeral was held at 3:50 for about twenty minutes.

CORONAVIRUS (COVID-19 UPDATE, APRIL 17)

Submitted by Linda Walker, Lot 301

OTE: you can see the county by county number of cases by going to the Florida Information center. Floridahealth.gov.



More Information on COVID-19

To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health's dedicated COVID-19 webpage. For information and advisories from the Centers for Disease Control (CDC), please visit the CDC COVID-19 website. For more information about current travel advisories issued by the U.S. Department of State, please visit the travel advisory website.

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling (866) 779-6121. **The Call Center is available 24 hours per day**. Inquiries may also be emailed to COVID-19@flhealth.gov.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

For more information about the Florida Department of Health please visit www.FloridaHealth.gov.



essages pertaining to activities or events are now being delivered to your telephone. This service is being provided free to IITS residents by the IITS HOA. Messages are being delivered to telephones throughout the US and Canada, on landlines or cell phones. This service is limited to one telephone number per lot.

For our part time residents, during your time away from IITS, you may forward the messages to another phone or discontinue receiving messages until your return.

Some of the features of the telephone messaging service include:

- US and Canadian numbers
- Special groups (i.e. Chorus, pool noodlers, etc.) can receive messages related to their I members
- Polls/Counts

The telephone messaging service is being used to:

- Remind residents of HOA meetings
- Announce/Remind/Poll activities and events
- Communicate information to specific groups (Chorus, Shuffleboard, etc.)
- Announce safety concerns in the community and surrounding area
- Make you aware of the unfortunate loss of one of our neighbors
- Other uses as recommended and approved by the IITS HOA Board of Directors.

Please return this form to the box located in the Club house. If you are unable to I return this form to the Mailbox, please call. The information requested below will be used strictly for the telephone messaging service and will not be shared with anyone else.

Lot #	Telephone Number	
Name(s):		



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- J. Howard, Pinellas County



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email: paul@herzfeld.net
visit: noflprobate.com







ACROSS

- 1. Shorthand
- 6. Snip
- 10. At the peak of
- 14. Keyboard instrument
- 15. Sharpen
- 16. Trim
- 17. Tiny balls strung together
- 18. Varieties
- 19. Death notice
- 20. Solemnity
- 22. Murmurs
- 23. Reverence
- 24. Moses' brother
- 26. Promise
- 30. Pooch
- 32. Eagle's nest
- 33. Tickweed plant
- 37. Epic
- 38. Light or tulip ones
- 39. Employ
- 40. Pillages
- 42. Ski jacket
- 43. Anagram of "Sneer"
- 44. Assault sexually
- 45. Cambered
- 47. Twosome
- 48. Expectoration 49. A moderately quick
- tempo
- 56. Wise men
- 57. Tidy
- 58. Aromatic solvent
- 59. Relating to urine
- 60. Central area of a church authenticity
- 61. British biscuit
- 62. Spurs
- 63. Winglike
- 64. Thumps

- 4. Zero
- 6. Yours (archaic)
- 8. Writing fluids
- 9. Communications

- 13. Animal companions

- 1. Boohoos
- 2. Tall woody plant
- 3. Quaint outburst
- 5. Performing

40

- 7. Part in a play
- 10. Being of
- questionable
- 11. Forbidden 12. Heavenly hunter

- **DOWN**
- 21. Female sheep
- 25. In the past 26. Overtake

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27. Jump

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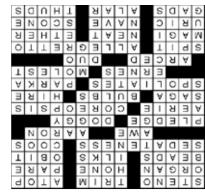
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- 28. Therefore
- 29. Contradictions
- 30. Handouts
- 31. Spheres
- 33. Adorable
- 34. "Your majesty"
- 35. Bothers
- 36. Chair
- 38. Brightly colored
- handkerchief

- 41. Anger
- 42. Most destitute
- 44. Cup
- 45. 3-banded
- armadillo
- 46. Inflexible
- 47. Discourage
- 48. Self-satisfied
- 50. Loyal (archaic)
- 51. Magma
- 52. Carve in stone
- 53. You (archaic)
- 54. Care for
- 55. Mining finds











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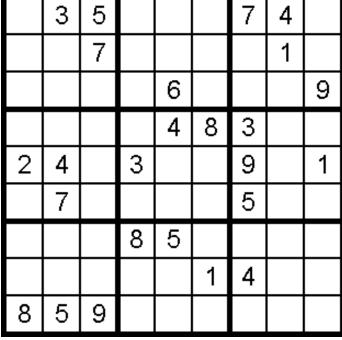
Ron Wyngarden

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May Days

Lag Your Cat Day, May 1. You should be doing this every day, but in case you're not, today is the day to show your kitty some affection.

Learn to Ride a Bike Day, May 2. Slap on the training wheels if it makes you feel better. The point is, just get on a bike and go for a spin.



No Diet Day, May 6. You don't have to follow the latest trends to change your relationship with food. Start today with a commitment to live a healthier life by decreasing your consumption of junk foods.

Letter Carrier's "Stamp Out Hunger" Food Drive, May 9. Check with your local postal carrier and station to find out what items they are accepting during the largest national food drive in the U.S.

Stay Up All Night, May 9. Reconnect with your inner child and have some fun as you stay up (and out) well past the time when the streetlights come on.

Mother's Day, May 10. She carried you in her womb for nine months, and that did a number on her back. Now give her some flowers and take her out to brunch. It's the least you can do.

How to set reasonable goals

etting a goal is important, but setting a good goal is what really counts. What is a good goal? A good goal usually has a few definable characteristics. Good goals are:

- Specifically focused.
- Neither too hard, nor too easy.
- Shared and agreed upon with others who will be working on them.
- Written down and visualized.



If it's not the flower, it could be the flour

ational Allergy and Asthma Awareness Month serves as a reminder to tackle your spring cleaning projects to maintain a safe environment for optimal health.

There's no better time than the present to address these areas:

- Around the house. Shampoo carpets and upholstery, clean window treatments, vacuum out corners and crevices, and address those areas in your home where dust, mold, and allergens could be lurking and waiting to trigger an asthma event.
- In the kitchen. If you or someone in your family is one of the 32 million Americans with a food-based allergy, you'll want to check your pantry and cupboards. After you toss out all the expired food items, take time to review the ingredients of those remaining for known allergens such as wheat, dairy, eggs, soy, nuts, tree nuts, fish, and seafood.

Here are a few more areas you'll want to check for allergens that might be hiding in plain sight:

- Your child or grandchild's room. Make sure stuffed animals and bean bag toys aren't filled with nut shells, crayons are soy-free crayons, and play dough is the wheat-free version.
- **Fido's corner.** Your dog loves those biscuits and bone treats you give him, but if they contain peanut butter or milk by-products, more sensitive members of your household might have adverse reactions.
- **The bathroom.** The biggest culprit here might be your shampoo, conditioner, soap, or lotion, so read the labels carefully.

As I get older, I think about the quality of my life and a balanced way to enjoy that. That's true wellness—being well from inside out.

—Anna Kaiser



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-Monthly Media Staff

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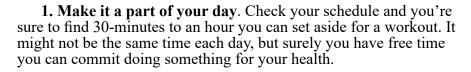


220 Bahama St. ● Venice, FL 34285 info@monthly-media.com ● 727-484-7488

Make fitness a part of your daily routine

The warm sunny days of May invite us to go outdoors and play. It's also National Physical Fitness and Sports Month, so you have no excuse to be sitting on the couch doing nothing. Even if you think there's not enough time in your busy day to squeeze in a workout, you can find the time to make fitness part of your day.

Here are four strategies that will help you get active. They're inspired by Cat Kom, a working mom, physical trainer, and CEO of the digital exercise platform Studio SWEAT onDemand:





- **2. Do what you love, and then some.** Start with an activity you like and will be easy for you to commit to. Once you've found your groove and your plan is become a consistent part of your routine, begin to incorporate some different workouts to make sure you are addressing all muscle groups. Don't forget to make warmups, cool downs, and stretching a part of your rou-tines.
- **3.** Try something new. There are so many different ways to stay active these days and you should try some of them. Consider spinning, hula hooping, working out with resistance bands, or a cardio-trampoline class. You'll never get bored trying new things, and it will help you continually develop fun and diverse goals.
- **4. Be reasonable.** Some weeks will be more challenging than others, and there just won't seem like there is enough time to squeeze in a workout, but you can. If you only have 15 minutes you can jump rope, hula hoop, walk/jog around the block, or repeat a circuit of pushups, planks, and burpees. The point is to do something physical every day.

The clock is ticking. Are you becoming the person you want to be?

—Greg Plitt



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