

The Pearls of Wisdom

Newsletter
January 2012

From My Family To Yours:

Wishing you a
New Year filled with
new hope,
new joy and
new beginnings!



January Pearl!

Congratulations to our
Student of the Month:
Nadine B.
She has shown great respect,
dedication and progress
in Gymnastics !



Gymnastics & Tumbling:

- ♦ **New Class! “Little Pearls Advanced”:** Saturday at 12:30. Congratulations for our “little pearls” who are advancing to the new class!
- ♦ **Open Gym :** Friday at 4:30—6 p.m.
- ♦ **Make Up classes:** Wednesday 4:30 to 6:30p.m. and Saturday 10:30 to 12:00 (on appointment).

Dance :

Ms. Marie invites you to join her awesome and fun dance program:

- ♦ **Creative movement** for ages 2-5 (Sat. at 9 to 9:30 a.m.)
- ♦ **Pre-Ballet/Jazz**, ages 5-9 (Sat. at 9:30 to 10:30)
- ♦ **Pre-Teen/Teen Ballroom :** Saturday 1:00—2:15.

Pink Pearl Fitness Club:

- ♦ Join our fun **“Daily 3 Fitness”** program! 5 minutes daily exercise at home offered by Ms. Margaryta to make a better you—one step at a time! Watch the You Tube video for details. Register for the program at Pink Pearl!
- ♦ **Get your Free Exercise while waiting for your child:** Ms. Margaryta will show you a basic 30-40 minute workout to get stronger and more flexible. Use your time with the most benefit!
- ♦ **12 weeks to Slim & Fit:** join our group, commit to the program, achieve your goal!

Demo fitness classes are every **Monday, Tuesday, Thursday at 6:30 p.m.**, and **Friday at 3:30**. Join us for a Free trial classes.

Pink Pearl offers **Health and Fitness Products** — they are all natural: vitamins, protein shakes, aromatherapy and weight loss products.

Happy Birthday!

Chloe H. — January 31

**From the Coach: January—Family Goal Setting**

It is absolutely inspiring to walk into the new year with the hope and faith that our dreams come true. For every person it is something very dear and individual. We dream about different things that concern our family, work, health, finances, friends, spiritual walk: pay raise, car, home, trip, someone’s healing or salvation, forgiveness and list may go on and on. The new year starts, we get so inspired, we set the goals and we work so hard to make it happen. But somehow in the middle of the journey we get lost, distracted, preoccupied with little everyday things. And when we finish the year, did we really come closer to achieving our goals, did we even remember what our goals were in the beginning?

Starting this year at Pink Pearl we would like to encourage you to start a family journal of your goals. Sit down with your family and write down those goals together. Even if you think your child is too small to understand these things but you can start with those little things that are very important for him/her. I believe it is going to be so

much fun! And who knows, maybe you will start something that will become your family tradition and will be passed from generation to generation.

Here are some inspiring wisdom from the people who became successful in their lives:

"Goals are dreams with deadlines." - Diana Scharf Hunt

"Goals determine what you're going to be." - Julius Erving

"There are people who put their dreams in a little box and say, Yes, I've got dreams, of course I've got dreams. Then they put the box away and bring it out once in a while to look in it, and yep, they're still there." - Erma Bombeck

"All our dreams can come true—if we have the courage to pursue them." - Walt Disney

"Some goals and dreams take you to another Country across the world." - Margaryta Booth



Health Basics

This year we encourage you to start thinking seriously about your health and fitness. Health is far more than absence of disease.

When we are healthy all our bodily systems and functions harmoniously balance each other and we are also balanced with our environment. In this state of equilibrium, our defense mechanisms and our immune system can efficiently handle most of the hazards that life presents, whether these are disease-causing organisms, toxic substances, or stress factors.

Return to Health

- The vast majority of illnesses is self-limiting, meaning that they get better all on their own. Health will usually arise spontaneously when the conditions for health exist. Therefore, once you are ill, getting healthy again requires the very same inputs that were needed to keep you healthy in the first place.
- To regain health once it has been lost, we need to begin to reverse some, and ideally all, of those processes which may negatively impacting us and over which we have some degree of control.

This includes taking responsibility for stopping those lifestyle choices that we know are harmful. Depending on the nature of the health problems, this might involve starting to:

- 1) Eat more nutritiously
- 2) Sleeping and Exercising in a more regular and balanced way
- 3) Receiving reasonable exposure to fresh air and sunlight
- 4) Hygienic considerations: detoxifying and cleaning the body
- 5) 5. Addressing any structural or mental imbalances, properly cope with stress

Keep informed! To keep abreast of the latest developments in alternative medicine, visit website: www.alternativemedicine.com Also consider subscribing to *Alternative Medicine Magazine*

Fitness: What are your Fitness Goals?



Let's walk into the new year with a new kind of the attitude TOWARDS our body. The Bible says that our body is the Temple for the Holy Spirit (1 Cor. 6:19-20). How terrible it is if our Temple is falling apart one brick at a time!

At Pink Pearl we are committed to provide you any help on your journey to a BETTER YOU! We are excited to offer the programs for different groups of people so you do not have any excuses for the lack of exercise:

1. **Busy Lady group.** We are starting our You Tube monthly series "**Daily 3 Fitness**" for those busy ladies who can do only quick daily workouts at home. We have actually already started this program among our friends and we are receiving a great feedback. We do not want to give you all the information in this newsletter because we want you to see our video. Plan to action: watch the video and register at [Pink Pearl Gymnastics and Fitness](#) fan page on 
2. **Get in Shape Lady group.** As you know we offer a big variety of fitness classes: Yoga, Pilates, Zumba, Aerobics, Gymnastics, Strength Training. Our classes are small and you will get a lot of personal attention. Pink Pearl fitness program is far beyond just fitness, it is women fellowship club. Get committed to the program and we promise you will get in excellent shape!
3. **WLWL (Want to Lose Weight Lady) group.** We have done a lot of studying of this subject and we came to the conclusion that only personal determination can help you lose those extra pounds. Some people struggle with just a few of the pounds, like me. I have just recently lost 10 pounds in only 1 month and it was truly easy: 1) supplements; 2) diet; 3) exercise. Now, I have managed to keep my weight just where I want it to be! (Even with all those cookies, deserts, and rich Christmas meals!)
4. **So, What is Your Goal?**

We The People...

Top Ten New Year Resolutions

New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of the year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making resolutions, which offer the first of many important tools for remaking ourselves. The following list is the result of our extensive survey, which consisted of over 300,000 responses worldwide.

- 1. Lose Weight and Get in Better Physical Shape:** Are you ever going to be fit again as long as you live? The answer is unless you make a resolution to get fit – you're never going to be fit – ever. The choice is yours; it begins by opting for the stairs instead of the elevator, fruit in place of chocolate, and active rather than sedentary activities.
- 2. Stick to a Budget:** Many people find it very difficult to stick to a budget. It does take hard work and a lot of self-discipline, at least in the beginning. The good news is that most people find the longer they can stick to a budget, the easier it becomes.
- 3. Debt Reduction:** Keep a diary of all money spent, whether it is by cash, check, credit card, etc. Once you know where your money is going, then, and only then, can you take the steps needed to prepare a good budget that you can live with and make huge strides to budgeting your debt away.
- 4. Enjoy More Quality Time with Family & Friends:** Starting right now, you can begin to make choices and take day-to-day actions that will create nothing short of a phenomenal family. You can choose to have one if you just resolve to do it and know where to put your focus. Making our families stronger and healthier is important to our communities, our state and our world.
- 5. Find My Soul Mate:** Soul mate relationships give both partners the fulfillment that deeply satisfies them and makes them feel that they have found the most wonderful person in the whole universe.
- 6. Quit Smoking:** Once you've made the resolution to stop, acted upon it and succeeded, you'll feel great about what you have achieved. Resolving to give up is your decision, and will improve your life from that moment on. No one can make you quit, and no one can help you make the resolution. You have to do it yourself, you have to want to do it, and you need to do it now!
- 7. Find a Better Job:** To begin answering this question, examine whether your current career path matches your core interests, beliefs, values, needs and skills. Resolve to ask and answer those essential questions before making any new career changes.
- 8. Learn Something New:** Perhaps you are considering a career change, want to learn a new language or musical instrument, or just how to become a better cook? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating and beneficial resolutions to keep. Challenge your mind in the coming year, break out of current routines and challenge every comfort zone and watch your horizons expand.
- 9. Volunteer and Help Others:** Resolve to replace the pursuit of success and materialism with the pursuit of contribution and generosity. For this to occur, the critical question must move from, "How can I become successful?" to, "What can I contribute that will significantly impact other people's lives?" By focusing on what we can contribute, we automatically become successful.
- 10. Get Organized:** Most people define being organized as quickly and easily able to find what you need. While this is certainly true, organization is so much more. The ability to staying organized lets you focus on accomplishing your most important goals. That's the true benefit of being organized.

Gary Ryan Blair is the inspiration behind New Year's Resolution Week. This annual event was founded on the premise, that a single resolution can positively and profoundly create lasting change in your life and help to make the world a better place. To become part of the world's largest personal change initiative, visit www.GoalsGuy.com.

In God We Trust

Psalm 25

... Show me the right path, O Lord,
Point out the road for me to follow.
Lead me by your truth and teach me,
For you the God who saves me.
All day long I put my hope in you.

What are your resolutions? Write them down here.

