

"The real voyage of discovery is not in seeking new landscapes but in having new eyes." – Marcel Proust

Lifestyle

Conquer from within.



Sips & Tips

It's Time to Change Your Life!

We are in the final quarter of the year 2016. Have you met or exceeded your health and fitness goals for this year? If yes, Kudos to you for being great!! Now be honest with me, if you have not met your goals, pause from reading this for a second. Take a piece of paper; write down the reasons why you haven't. You can write down anything from procrastination, work, family issues, lack of time, etc. Are you done? Ok, great!

So, if deathly ill isn't on your list, take your pen and write, in **ALL CAPS**, at the top of the page **EXCUSES** because that list is full of them!

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I know I don't know you and you don't know me. What I do know from my experience as a fitness professional is **EXCUSES** keep us from being great! **EXCUSES** keep us from being motivated. **EXCUSES** keep us from having the things we desire most in all areas of our lives.

Are you fed up yet? If so, decide, right now today as you read this, to turn your health around. To set new goals and to crush them. You must want it for yourself, because you are the only one who will be able to put in the work to get the results you desire!



Don't know where to start?

Wake ten minutes earlier each morning and do the following work-out:

- 25 jumping jacks
- 25 squats
- 10 push ups
- 15 sit ups

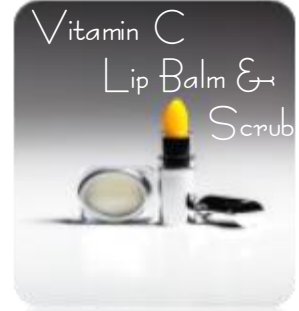
Repeat as many times as you can in 5 minutes. Then, stretch.

As this circuit gets easier for you, increase the time in which you complete it. If you are physically unable to perform the exercises listed in the circuit above, go for a walk for 30 minutes a day increasing as time goes on.

But what about

food? Lean meats, fruits, veggies, and whole grains. It is that simple! Make the choice, TODAY, to change your life!!

Aara's by Studio 137



As the weather transitions, so does our skin. Usually, around this time of year, many women suffer with dry and flaky skin. Unfortunately, our lips peel when they aren't moisturized routinely. You can keep your lips soft and smooth this winter with the **Vitamin C Lip Balm and Scrub** set.

MIND ○ BODY ○ SOUL ○ SPIRIT



Have you ever wished for fuller eyebrows and/ or eyelashes? Try rubbing a few drops of **castor oil** on them nightly. Many have reported seeing a noticeable difference after only a few months.

Black Bean Burgers

Add variety to your dinner menu with a new burger recipe! It is a great entree for vegetarians and can be easily altered for vegans. If you're trying to be more health conscious, this recipe is an excellent choice as its main ingredient alone helps lower the cholesterol in the blood and decrease the risk of heart disease (Medical News Today, 2016). Try it soon! You can find the recipe here:

<http://thepioneerwoman.com/cooking/black>



Santa Margherita Pinot Grigio 2014 is a great choice to add to your list of favorites!

Tasting Notes

The Pinot Grigio was ranked number 17 on Wine.com top 100 as one of the bestselling flavors of 2014. Wilfred Wong of Wine.com, after tasting it for the first time this year, made the following comments, "Well, this wine is pretty fine and as good as anyone's Pinot Grigio. Medium straw in color; delicate in the nose with understated citrus and mineral, clean and crisp; medium bodied, lively, yet satisfying on the palate; dry, medium acidity, well balanced; bright, tart fruit flavors; lively finish.

Don't pass by this one because it is all too familiar, time to check it out again." So, take the expert's advice and give it a try. You can thank us later.



Business Exposé



For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11



Studio 137

UNIQUENESS. COMPLETENESS. PERFECTION.

Discussing *wholeness* in...

The Quiet Corner by Adrena Jackson

When we entered 2016, we began a yearlong journey to becoming "whole" with God. This journey that has challenged our status quo and pushed us beyond the very limits we've become accustomed have swiftly moved passed us. Now, with less than three months remaining, I wonder, "Do you really feel whole?"

Personally, life has placed one storm after the next in my path and with each passing one; I become a little stronger, a little wiser, and a little more dependent on our mighty God. You see, with each new challenge, I now realize that the journey to "wholeness" can be summed up into one simple but essential process. This small but powerful six letter word holds the key to all of life's answers for the Christian believer. It is the greatest tool that we have. It is the resource that God has provided for us to communicate with Him. It is our strategy to creating success when life seems to be falling apart. It is how Nehemiah got his instructions to rebuild the wall of Jerusalem. It is how Isaac received his wife Rebekah. It is how Jesus endured in the garden of Gethsemane. This word is Prayer!

Prayer opens the door for us to commune with God. It creates a channel where both Father and child can share intimately with one another about all of life's concerns and issues. It is through prayer that we can give of ourselves to God and in return receive sweet peace and communion with our creator. During prayer, we can worship with God; we can love on God. We can sit with God, and we can listen to God and receive insight and instruction from God. Our prayer time is that sacred time with our Father where only you and He abide and share.

It is of no coincidence that the enemy chooses to attack us in our minds and in our schedules. When we are distracted, both of these targeted areas can keep us from making prayer a priority by keeping us off

balance and unavailable to spend quality time with our Father.

Therefore, it is essential that we are intentional about our prayer life. The Word of God says in Jeremiah 29:12-14, 'Then you will call upon Me and come and pray to Me, and I will listen to you. 13 You will seek Me and find Me when you search for Me with all your heart. 14 I will be found by you,' declares the LORD. God is faithful and will always answer when we seek Him. How can we begin to know what "wholeness" looks like unless we seek guidance from the creator of the masterpiece?

Develop a posture and lifestyle of prayer ladies. It is critical to a life of success and wholeness. It will bring you peace that surpasses all understanding. Joy that is unspeakable, a love that cannot be matched and a Glory divine.

Be blessed....

Feature Product



Take the next 2 steps in the skin care revolution with Aara's by Studio 137 Double Anti-Aging Serum! This super-charged vitamin enriched anti-aging serum will reduce the appearance of fine lines and wrinkles for healthier, more radiant skin. This serum contains NutriLayer, which is a breakthrough natural extract that in combination with Pro Vitamin B5 will moisturize, soothe and smooth the skin. Vitamins A, C and E will protect skin from free radical damage while Bio-Peptides will stimulate the skin's natural production of collagen. It's perfect for normal to dry and mature skin types.

Testimonial

Aara's by Studio 137

I've always been interested in health and wellness. Even in my teens, I was active and very discriminating when it came to my body and diet. Now that I'm 46 years old, that same level of interest, relative to physical activity and what I put in my body, applies to what I put ON my body as well--particularly my face. Professionally, I've learned that as women age, our skin goes through so many changes relating to environmental factors, decreases in hormone production, and loss of moisture. I've found that the moisturizer I used in my twenties and thirties wasn't rich enough to sufficiently hydrate my skin to keep my skin looking healthy. Admittedly, the area around my eyes was becoming a little puffy and less bright than usual.

Likewise, developing crow's feet around the outer aspects of my eyes was a little nerve wrecking and, in my opinion, are only attractive on men as it tends to afford them a more distinguished look. Needless to say, these findings inspired me to research other skin care products. Fortunately, I learned about Aara's Essentials skincare line. I fell in love with this skin care line as this line only uses natural ingredients such as Vitamins A, C, and E-- all of which are antioxidants that repair, replenish, and protect the skin.

After a couple of weeks of consistent use of the day moisturizer, transforming eye cream, vitamin C serum, double anti-aging serum, and antioxidant night cream, I noticed my face had a glow that it did not have before. In fact, everyone I meet now whether it's at work or just out on the town, tells me that I look so much younger now and how my face appears to have a healthy glow. Honestly, I have to give credit to this skin care line as this skin care line actually does what it says it does. I am a living witness as even the dark circles and puffiness have disappeared from around my eyes. I am so grateful to have found this line and will not ever revert to using the brands I used before. Anyone who cares about the health of his or her skin should use

Aara's Essentials. These products are truly a Godsend.
~Karla Dailey