

Let it Flow

Volume I, Issue X

"Fitness starts on the inside. When you feel good, you look good."

March 2007

Happy Anniversary!

I'm excited to announce that March marks the first anniversary of Let it Flow. It's been a year since I decided to leave corporate America to pursue my dream. My experiences during the last year have provided me a tremendous amount of personal and professional growth. During the past year I've been busy doing all it takes to start a successful company as well as taking time to reflect on the big picture. I've given serious thought about who I am, what I love to do, why I made the decision to pursue Let it Flow and how I can make it easy for people to live a healthy lifestyle.

In this issue I'm sharing my celebration with you and acknowledging the many successes I've enjoyed like my popular workshops, "Yoga and Chocolate and "Hiking Basics", my online seminar, "*Finding Your Quiet Space: A Beginner's Guide to Meditation*" and, my debut international public speaking engagement for Stress Management.

As I look to the future I'm certain that there will only be continued success. I believe in what Let it Flow stands for, and I'm passionate about my vision to help people include health and wellness in their lives. It's that belief and passion that will allow me to continue to create innovative programs to help you and others live a healthy lifestyle

This past year has been defined by change much like the season we are about to enter. It's fitting that Let it Flow began in the springtime; a time of new beginnings. As each year passes, I know in my heart that there will always be something new to look forward to: a new program, a new direction and a new opportunity.

As the leaves grow back on the trees and the flowers bloom, spring is the best time to think about your own plan for development and how you'll make your dreams come true. So my question for you this month is what will be new for you this spring? Join me in celebrating successes of the past and the successes to come this year.

Be fit, be well,
Stacey Shipman



Spring Tune Up

Winter is almost over, and it's time to come out of hibernation. Here are some tips to help you and your fitness equipment tune up to ensure safe and effective activity.

New sneakers - Your feet are your most precious fitness equipment. Take care of them! If you work out regularly, buy a new pair of sneakers approximately every 6 months to ensure your feet are being supported and cushioned during your workouts. You'll feel it in your shins when your sneakers are worn out.

Bike tune up - If you own a bike and it's been stored all winter, pull it out of storage and give it a tune up. Not sure how? Take it to your local bike shop for a professional's touch. This will ensure optimal performance and safety on the road or trails.

Feel good in new clothes - New season, new clothing. Treat yourself to the latest trends in exercise fashion. You'll feel great even before you start working out.

Morning stretch - Before you drink your coffee or head to work, consider starting your day with a few stretches to wake up the spine, shoulders and legs. Starting your day quietly will help keep your mind clear for all that comes your way. Your body will feel awake, too.

New attitude - That's right, change your attitude this spring. Think positive, re-prioritize and make time for the things in your life that count. Instead of complaining, spend time doing!





What's New at Let it Flow

The past year has brought many developments. Here's a sample. Stay tuned for more to come.

Let it Flow website has a new look

In celebration of the 1st anniversary of Let it Flow, our website has a fresh new look! We've created, a weekly updated blog and a picture gallery showcasing Let it Flow sponsored events. With more improvements to come this year, I invite you to use the website as a learning resource, intended to help you live a lifestyle of fitness and wellness.

New! Take the Let it Flow Quick Poll

Help me help you! Each month, I will publish a quick survey asking you about your current health and wellness habits, needs and desires. Survey results, along with a short commentary, will be published the following month in the newsletter.

Survey responses are completely anonymous, so please answer honestly! A link to the survey will be available at www.letitflowfitness.com. Please pass it on! The more responses I receive, the more you'll learn and the more fun the results will be to read.

Stacey Shipman is the new Fitness and Wellness expert on HullMagazine.com

Beginning in March, I will be posting a monthly article in the Fitness and Wellness column of HullMagazine.com. This is a new online magazine for Hull and South Shore residents. It includes information on area restaurants, beaches, businesses and other community information. Visit www.hullmagazine.com for more details.

Stacey will also be publishing monthly training tips for those participating in the "Boston2Portland Ride to Cure Parkinson's Disease".

Upcoming Events

- **Hatha Yoga Series** - *Thursdays March 8, 15, 29* at the Halifax Country Club. You do not need to be a club member to participate.
- **Effective Public Speaking** – *Thursday March 15*, Hingham. Learn the basics of public speaking so you can advance your career. You will learn tips and techniques for effective speaking as well as methods to managing stress before a presentation.
- **Hiking Basics** – *Wednesday April 25 and Saturday May 5*, Braintree. Learn the basics of gear, safety and nutrition during the classroom session, and put your knowledge to the test with the hike. Registration information: www.braintreadulted.com.
- **Love, Light, and Laughter** – *Sunday, April 29*, Taunton. Save the date for this major event for women where Stacey will be presenting a Stress Management Workshop. For more information or to register for the event visit www.aspiremag.net.
- **Yoga in the Park** – *Saturday May 12*, Wompatuck State Park, Hingham. This is a special Mother's Day event for mothers and daughters. We'll start with a brisk walk to get the blood flowing and end with a gentle yoga practice that will include partner stretches. Consider this a fun and healthy way to spend time with mom this Mother's Day.

Sound like fun?

Visit www.letitflowfitness.com for more information.