



What is your New Year's Resolution?

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Happy New Year! It's that time of the year again when we start to picture the changes we would like to make in our lives. Whether we want to try the dreaded idea of losing weight or get a better job, so we can have more in life or maybe give more to our favorite charity or church; we always seem to fall back on "working out" the most popular one. Boy, we've all had that one at some point in our life, where we take a long hard look in the mirror trying not to accurately "pinch an inch or two" and hoping the good lord will just reach down from his heavenly residence and zap the excess away. Well of course he wants us all to be healthy, fit and trim, but you know what your pastor always says "the lord helps those who help themselves." So in other words, we have to do it ourselves.

When it comes to resolutions, most will pick their health, well being or looks over money situations, jobs, or charity. Why is this? Well it probably has a lot to do with the image in the mirror, no matter what we do, we cannot erase it. We have to stare and look at what we see and even though we may look perfect (good witch), we always will find a flaw or two (bad witch). We ask our spouses

or partners to help us make sure the commitment we are making to ourselves is carried out, but we know it is up to us and only up to us to get it accomplished.

I'm sure many of you have already started wondering the aisles of your favorite store looking at the treadmills, the latest and greatest workout clothes and new equipment available to us all. Wow do they have some very interesting ideas for losing the extras,

who knew you could put air in a beach ball and actually get an AB workout. Did you know hanging upside down is good for the spine and your balance? Now I am not a fitness guru or expert by any means, but my grandmother (maw maw) always told me to quit walking around on my hands, because it was going to cause brain damage. I don't know about your grandmother, but mine was very wise and extremely intelligent when it came to these types of situations. I think she meant it was going to hurt when I finally hit my head on the concrete (and it did).

When you sit down with your pen and paper this month, remember your health and well being should be at the top of the list. If you feel like you are suffering from



the winter blues, white skin syndrome or your doctor tells you to work on your Vitamin D levels, make sure to look us up. Tanning unlike the sun, is in a controlled environment; where the amount of time a person is allowed to tan is controlled by the salon. By determining skin type, hereditary and other factors, a well-trained tanning consultant can determine a tanning schedule that will allow a customer to experience the benefits of tanning without the over-exposure risks. Our salons are Smart Tan Certified to educate and inform our customers. What does this mean? We teach moderation, not excess when it comes to the amount of time a tanner is allowed to tan. In an (8 minute) tanning session, a tanner can attain Vitamin D levels from 5000-10,000 IU (internal units). If you tan 3 times a week this process can help you maintain healthy Vitamin D levels.

Tanning also is a mood elevator, our customers tell us how they love to tan, because it makes them feel good.

To help fight the “winter blues”(December article) and keep healthy in the coming months, consider stopping in at either one of our two locations and getting your “free dose” of Vitamin D with every tan. Remember before heading to tropical or sunnier climates for your special vacation this year, it is important that you get a “base tan” to help you naturally combat the strong rays of the sun. Always wear an SPF lotion to give you the extra protection you need along with a nice hat and long sleeves if exposure is not going to be regulated.

Our industry picked us as one of the top salons in North America because we truly care about our customers and watch their tanning schedules. Tanning in moderation and never burning is and always will be the goals we stress to our customers. Be sure to come in and get some beneficial heat and light this winter. We have plenty of sunshine to spread around!

