

LIVING A HEALTHIER, HAPPIER LIFE!

Dear Friend,

As part of my Network Appreciation Program, I'm excited to share some very simple, but practical wellness and exercise tips that have helped many people achieve not only a sense of personal accomplishment, but the "bonus" of a healthier lifestyle.

Since stress and anxiety seem to be part of our everyday life – no matter what business you're in – the information in *The Big E's*... is sure to capture your interest and help improve your life. No matter how busy you are, no matter what your present lifestyle, and no matter what your present weight might be, eating right and exercise are some things we can no longer afford to ignore.

If you'd like to start on an exercise program, but don't necessarily want to join a fitness center or know how to begin, visit these websites for some free pointers:

www.global-fitness.com www.virtualfitnessstrainer.com www.nih.gov
www.workoutsforyou.com/ www.fitness.gov/fitness.html

For eating right, visit these sites:

www.eatright.org www.ediets.com www.nhlbi.nih.gov/chd/lifestyles.htm

Make a firm commitment to start living a healthier, less stressful, more energetic lifestyle by making the decision today to start eating right and exercising tomorrow. Remember, exercising begins like any other journey...with the first step.

Please pass this information on to family and friends as your way of saying, "I want you to live a long and healthy life." (If you'd like me to mail them a copy directly, please just call or email me with their contact information.)

And speaking of that first step, please consider joining me, my friend, Jean John, and many others on the "**Making Strides Against Breast Cancer**" walk in Bellevue on Sunday, October 5th. Jean is setting up a team for those of you who want to join us. If you can't walk with us, please consider sponsoring us. And if you will walk with us, please help to find more sponsors! Find out more at www.cancer.org/stridesonline. And Jean can be reached at <mailto:JeanJohn@qwest.net>.

One more thing for fun – please also join me, a friend and client, Freddie Barrett, and our mutual friends at an Open House party at Freddie's lovely home in Kirkland. Come to meet some exceptional people, relax for a bit, have a snack and see a fabulous home. Sunday, October 12th, from 1 to 4pm. Please call me to confirm and I will email directions to you.

Sincerely,



Oh, By the Way... whenever you come across people who are thinking about buying or selling a home and would appreciate the excellent service that I'm committed to, please call or email with their name and telephone number. I will gladly follow up and help them in every way that I can!

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This is not intended to solicit property already listed.

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