

Fit MOM

Taking it easy

We all tend to want things right now. Whatever your goals are in life, it is important to remember the small choices you make each day help you get the end result you want later.

Check in with your body every day. What is it asking you to do? If you need time and space or wonder how you will maintain a healthy lifestyle during the holiday season, take a moment to breathe and think about it and decide how you will make it happen. Be willing to accept when you need to take a break. Allow for what you are needing today while still looking forward toward your goals for tomorrow.

Life is more like a marathon than a sprint, make sure to pace yourself, eat well and take breaks when you need to.

Happy Holidays from the Sanders family to yours!



Meet Fit MOM

Making fitness a priority is not always easy—but it is time to make taking care of mom a priority.

Rachel Sanders is wife to David and mom to Andrew, 19; Alyssa, 15; Kobe, 10 and Kaleb, five.

photo by Wendy Gregory Photography

www.wendygregory.zenfolio.com



www.courtsportsac.com

4242 Commerce in Eugene; 541-687-2255

2728 Pheasant Blvd in Springfield; 541-736-1167



*Odor & Dust Free
Natural, Organic & Vegan Products
Classic & European Facials
Hot Stone Massage
Relaxing Manicures & Pedicures
Full Service Waxing
Body Wraps*

www.eugenekincare.com

SAVE WHEN YOU GIVE!

10% OFF

gift certificates

Nushka's Spa
1508 Willamette St.
Eugene, OR 97401
541-343-3150

Do you need some sunshine? Let Vacation MOM plan your Escape!

- Tropical Cruises
- All-Inclusive Resorts
- Disney Vacations: California, Florida or Hawaii
- Las Vegas
- San Diego
- Hawaii
- Mexico

Donnita Bassinger
VIP Vacations, Inc.

541-688-7473

Facebook: Vacation MOM

