

Celebrating the vitality in all of us

# spry<sup>®</sup>

January 2010  
[spryliving.com](http://spryliving.com)

DREAM IT  
DO IT  
SPECIAL

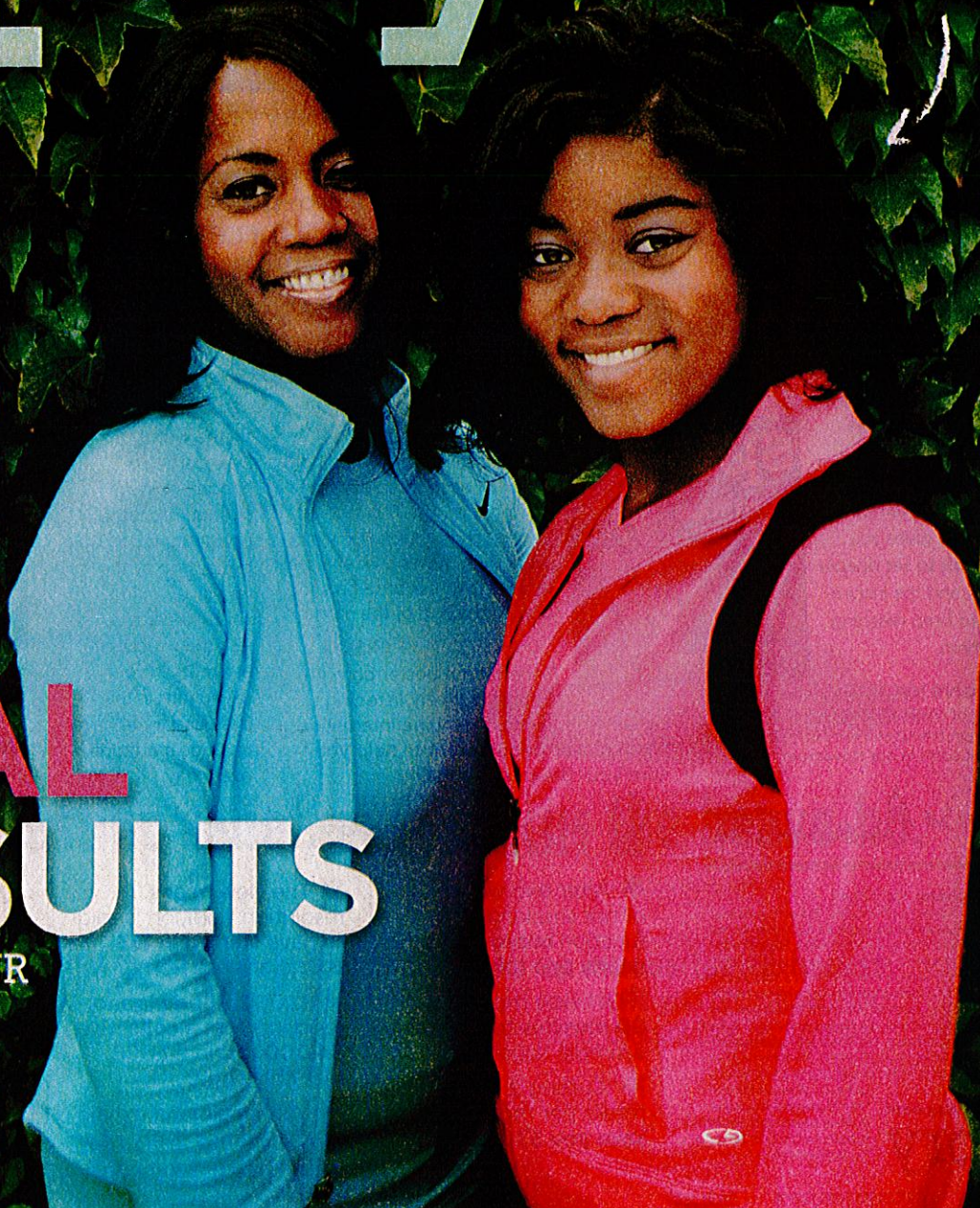
## Dream Team

Clintonia Simmons (left)  
and daughter Jessica are  
winning at weight loss  
—and passing it on.

SIMPLE  
CHANGES,

REAL  
RESULTS

Make this YOUR  
year with our  
expert advice  
and personal  
inspiration



# live better now

## Try, try again



A fresh start. That's what each new year gives us, right? We take stock, set goals, allow the dreams that might have gotten crowded out by all

the responsibilities of the day-to-day to elbow their way back into our heads and our hearts. The challenge is to keep hold of those dreams as the year wears on, and to forgive ourselves when we get off track. **Forgiveness**—or the lack thereof—is one of the reasons I think many of us give up on our New Year's resolutions after the can-do glow wears off. At the first little stumble, we label ourselves failures, and go back to our old ways. **This year, let's resolve to give ourselves second chances**, to remember that tomorrow is another day, another fresh start. We hope this issue gives you the tools to set doable goals, and the inspiration to keep reaching for them.

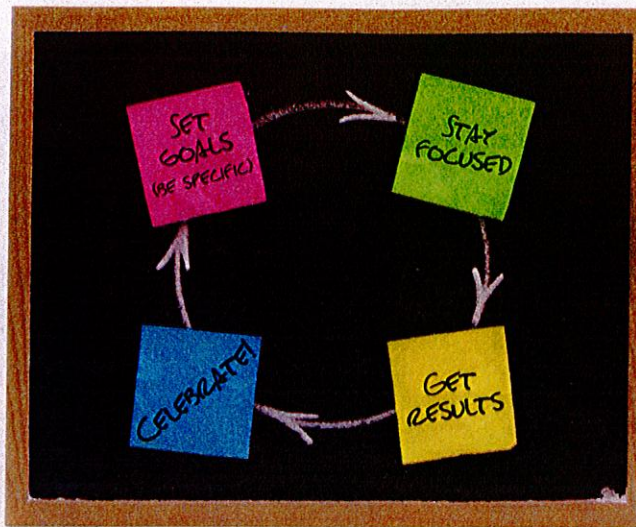
**FORGIVE US!** We misspelled the name of cover photographer Shannon Hollman (thousandwordphotography.com) in our November issue.

*Lisa D*

**LISA DELANEY**  
Editor  
lisa@spryliving.com

**Cover photo:** Allen Clark  
Spry is published by: Publishing Group of America, 341 Cool Springs Boulevard Suite 400, Franklin, Tennessee 37067. Phone: 800-720-6323. Mail editorial queries and contributions to Editor, Spry, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Publishing Group of America, Inc. will not be responsible for unsolicited materials, and cannot guarantee the return of any materials submitted to it. © 2010 Publishing Group of America, Inc. Spry™ is a trademark of Publishing Group of America, Inc. All rights reserved. Reproduction in whole or part of any article, photograph, or other portion of this magazine without the express written permission of Publishing Group of America, Inc. is prohibited.

spryliving.com  
**spry**



## \* Wise words for dreamers and doers

Dale Carnegie Training has schooled the leaders of many Fortune 500 companies, but CEO Peter Handal's advice on goal-setting works well beyond the boardroom. Here, his top tips on setting yourself up for success—whether you're aiming to up your salary or trim your waistline—in 2010.



### • BE YOUR OWN BOSS.

Whenever possible, give yourself a deadline—and hold yourself accountable for following through. This strategy works for goals small—"I will work out 3 times a week"—and large—"I will ask for a promotion by the end of the month."

### • BE A PEOPLE PERSON.

Becoming a better communicator, actively listening to others and taking a genuine interest in them makes people want to help you turn your dreams into reality.

### • STAY POSITIVE.

"In the words of Dale Carnegie himself, 'gain strength from the positive and don't be sapped by the negative,'" Handal says. Forget any less-than-successful attempts at your resolutions in the past, and try to have an upbeat attitude every day.

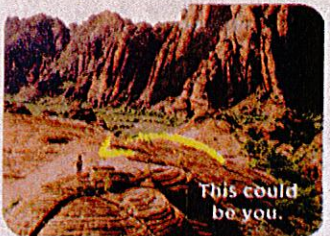
# Dream It, Do It, Win It!

## What's your dream for 2010, and how are you going to get there?

Tell us, and you could win one of these great prizes:

**GRAND PRIZE:** One winner will receive a 4-day/3-night getaway for two to Red Mountain Resort & Spa in St. George, Utah, courtesy of our partner, Spa-Addicts.com. Includes deluxe accommodations, healthy meals and cooking demonstrations, guided hikes, unlimited fitness classes and one spa treatment per person. **Value: \$2,704**

**Second Prize:** One second-prize winner will receive a LIVESTRONG (livestrongfitness.com) LS79T treadmill. **Value: \$799**



**Third Prize:** Three winners will each receive a Functional Fitness Kit from Lifeline USA (lifelineusa.com). **Value: \$159.75/each**

**Fourth Prize:** Four winners will each receive \$100 worth of Champion fitness clothing (championusa.com). **Value: \$100/each**

### HOW TO ENTER:

Go to [Spryliving.com/contests](http://Spryliving.com/contests). Fill out the form, including your goals for 2010 (in 100 words or fewer). The Dream It, Do It Contest begins Jan. 1, 2010 and ends Feb. 28, 2010.

NO PURCHASE NECESSARY TO ENTER OR WIN. YOU HAVE NOT YET WON. VOID WHERE PROHIBITED OR RESTRICTED BY LAW. All prizes will be awarded. Contest subject to and governed by Official Rules available at [www.spryliving.com](http://www.spryliving.com). Open only to legal residents of the continental United States, 18 years of age or older. Limit one entry per person. See Official Rules for judging criteria.

## IS THAT A FACT?

\* After two weeks of not smoking, lung function improves by nearly one third.

\* It takes more than 90 muscles to execute a simple squat.

\* Cutting 2 restaurant meals per month could save you \$300+ a year.

\* The New Year's resolution tradition is said to have started in 153 B.C. in ancient Rome.

\* 12,000 Rhode Island residents lost a collective 84,000 lbs. in a 2008 diet challenge.

\* You inhale and exhale 30,000 times every day.