

Fit and Fabulous: Setting Up a Home Gym

The new year is an opportune time to get into shape, so why not consider making it easier to do so, by adding a gym to your home? For how to get started, read on.

1. **Find a space** – Basements, garages, and spare bedrooms work well, or if you don't have a spare space available, you can make space in your living room and store away equipment when you're not using it.
2. **Budget** – Figure out how much you will need to spend. Consider second-hand equipment to economize.
3. **Flooring** – Use interlocking rubber mat flooring to protect existing flooring and provide a sound barrier.
4. **Invest in multi-purpose equipment** – Being able to do multiple exercises with one piece of equipment will help conserve space and money.
5. **Install a mirror** – Great for checking your form, making your space appear bigger, and amplifying natural light (if hung opposite a window).
6. **Think vertical** – Conserve space another way by having



wall storage for items such as mats, medicine balls, towels, and weights.

7. **Keep it cool** – Consider a fan or two, for a refreshing breeze as you break a sweat.

You can always start small when creating a home gym with a few pieces of equipment and expand at your own pace.



Unlocking Your 2025 Home Goals

With the dawn of 2025 inching closer, it's prime time to start devising personal and career goals, but what about goals for your home? If you've never considered setting home goals, it's worth doing to enhance your living space and maximize your investment. So, where should you begin?

Break down your goals for each room and ask: *What does the best version of [name of room] look like? How is this room used? How does this room function? And how does it feel to be in this space?*

Once you have a vision for each room, decide what your priorities are. Maybe you only want to focus on certain rooms, or maybe you have the bandwidth and budget for multiple rooms. Next, make notes of **SMART** goals, meaning: **S**pecific (detail the goal), **M**easurable (explain what will indicate you achieved the goal), **A**ttainable (be honest with yourself to ensure the goal is realistic), **R**elevant (aligns with your top priorities for your home), and **T**ime-bound (set timelines for your goals).

There is almost always something you can do to improve your home's value. Some goals could be creating an annual home maintenance calendar, investing in some smart home upgrades, planning an outdoor oasis, recaulking the bathtub, or making an extra mortgage payment.

Happy goal setting!

Hosting the Holidays Like a Pro

'Tis the season for holiday gatherings, and if you are hosting one, it can be quite the production. Here are some tips to make your gathering go smoothly.

- **Make a list, check it twice** – A few weeks prior to your event, make notes of all the tasks you need to accomplish, so that you can create a schedule.
- **Have a timeline** – The time to put your roast in the oven, the time you will serve your meal, etc., so nothing is forgotten.
- **Cook ahead** – Think freezable soups or stews, quiches, tarts, and ready-to-bake cookies to minimize work on the day of your event.
- **Accept help and delegate** – If anyone offers to help, take them up on it. Also, delegate tasks, such as serving appetizers or offering guests something to drink, so that you can focus on getting the meal on the table.
- **Stock up** – Overestimate how much food and drink you need to ensure you have enough. You can send leftovers home with your guests.
- **Decide how you will serve the food** – For a lot of guests, a buffet style works best, but make sure the table is away from a wall so guests can line up on both sides.



- **Put on some jolly tunes** – Just keep the volume low enough so your guests can hear each other's conversations.

With some thoughtful preparation, you can host a memorable holiday get-together – like a pro!