

Did You Know?

A new, nationwide resource makes it easy to match civic-minded individuals with veterans who may need a little assistance. The database, called VolunteerforVeterans.org, was created by DAV (Disabled American Veterans), a non-profit charity that helps veterans get their benefits and services.

This holiday season, making a marvelous meal for friends and family can be easier than ever with clever new cookware. The Quick-Baste Roaster from

GoodCook is a roasting pan with a concave bottom that naturally lets the juices pool to either side. Learn more at <https://tinyurl.com/GCroaster>.

The United States Postal Inspection Service, the federal law enforcement arm of the Postal Service, is working to keep your important shipments safe and prevent mail and parcel theft. For great tips on how you can help keep your packages safe all year long, visit: www.uspis.gov.

Ring In The New Year With An 'Anti' Resolution List

(NAPSI)—As the world celebrates the new year, many will make an annual list of resolutions and goals, which often include improving overall health and fitness.

As we continue to weather the COVID-19 pandemic, improving overall health is front and center, more so than usual. However, according to the U.S. New Year's Resolutions 2020 study conducted by YouGov, over half of those who set New Year's resolutions can't follow through.

Luckily, exercise physiologist and Bowflex fitness advisor Tom Holland has a new approach to setting and reaching your health and fitness goals this year.

Focus on Anti-Resolutions
Holland recommends turning the typical New Year's resolutions list on its head by creating "anti-resolutions" to focus on what you're not going to do. For example, instead of saying "I'm going to work out every day" or "eat only healthy foods," resolve to not make excuses. This can take the focus off the broader goal and onto in-the-moment actions. The next time you plan to go the gym or cook a healthy meal, and you start to come up with reasons today's not the day, you can remember your resolution to not make excuses. If you set unrealistic resolutions to transform your entire lifestyle all at once, it's more difficult to take the necessary steps to get there.

Most people have made excuses for not making a workout or sticking to a routine. This anti-resolution approach changes the focus from overly ambitious goals to a more subtle mindset shift.

To help you continue or take those first steps on your fitness journey,



The JRNY digital fitness platform features hundreds of workouts including strength, cardio, HIIT, yoga, stretching and Pilates. JRNY is integrated with Bowflex cardio equipment such as the Max Total 16 and features workouts perfect for use with the Bowflex SelectTech 552 and 1090 dumbbells.

Holland also recommends connected fitness services and apps, such as the JRNY digital fitness platform (<https://www.bowflex.com/jrny.html>). With the JRNY app, you can easily fit exercise into your schedule with a wide range of personalized, trainer-led workouts. JRNY is integrated with Bowflex cardio equipment, including stationary bikes and treadmills, and features off-product workouts such as HIIT, strength, yoga, stretch and Pilates, which can be accessed from a mobile device or tablet via the JRNY app. So many options means no more excuses. No matter your fitness level, goals or lifestyle, JRNY has exercise programs to help you stay motivated and active so you can make exercise a habit in your life.

Determine What Works Best for You

Often people struggle to get started working out because they think they need to go to the gym all the time or sacrifice privacy, comfort and entertainment to see results. Holland notes that it's important to not let trends, other people's opinions or even your own preconceived notions get in the way.

It's easier than ever before to find a workout routine that aligns

with your lifestyle. If going to the gym isn't your speed, you could pick up a versatile fitness product such as a set of Bowflex SelectTech 552 dumbbells (<https://www.bowflex.com/selecttech/552/100131.html>) or download the JRNY mobile app (<https://www.bowflex.com/jrny/subscribe/checkout/>) for access to hundreds of video workouts that can be done from the comfort of your own home—no expensive gym membership or commute required.

If you find your motivation is dwindling, the Bowflex Max Total 16 (<https://www.bowflex.com/max-trainer/mt16/100915.html>) is a great option that lets you do high-intensity, interval workouts at home while streaming your entertainment subscriptions including Netflix, Hulu, Amazon Prime Video, HBO Max, and Disney+.

This new year, try a different approach to health and fitness resolutions by kicking the overly ambitious goals of the past to the side in favor of setting anti-resolutions instead. At the same time, take advantage of what today's fitness technology has to offer to improve your odds of success and make this your year.

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GARAGE SALES COVID-19 CHECKLIST

- Display posters to remind customers about social distancing.
- Tables and chairs should be at least 6 feet apart.
- Use heavy-duty tape to form a flow for customers to follow throughout the sale.
- Ask customers to stand in a line, while spread apart, during a high traffic times.
- Make sure all merchandise is washed and dried and/or wiped down with a disinfectant product before placing on a table or chair for sale.
- Clean tables and chairs several times throughout the day.
- Supply hand sanitizer on tables and elsewhere for customers.
- Wear masks and disposable gloves.
- Designate a person to take money from customers and washing hands after every transaction

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Graphic Search Good Luck

No Graphic hidden Today due to the Early Deadlines

NIKKOSHIA SOPHAN found the Christmas Graphic on Page 5B (In Flag at top of page - Last 'e' in Marketplace) She has won a Gift Certificate towards a Siuslaw News Subscription.



Saturday's Graphic