



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Buying A Home Soon? Get my Free Consumer Guide, "8 Secrets For Saving Thousands When Buying Your Home." Call me right now at 480-242- 3079 for details.

This Year You CAN Keep Your Resolutions! Here Is How...

The New Year ushers in that desire to start fresh, to make resolutions and to stick to them. According to many sources, the top resolutions that people make are: *losing weight, eating healthier, getting fit, quitting smoking, spending more time with the family, going back to school, getting a better job, saving more money, volunteering, and traveling.* These are all great goals! Check out these tips...

- 1. Keep it real.** Have you ever heard this expression? "*The easiest way to eat an elephant is one bite at a time.*" So, whatever you're tackling this year, take it slow, chunk it down. For example, instead of saying I'm going to lose X amount of weight by such and such date, resolve to eat healthier, have portion control, and move your body for 30 minutes a day.
- 2. Write it down.** Some people say, "*a goal not written down is just a wish.*" So put it in writing. Hang your words up where you can see them and be moved by them everyday. Who cares if there are sticky notes all over the bathroom mirror as long as you're keeping yourself motivated.
- 3. Architect your journey.** Do more than write the end goal, spell out the path to getting there. How are you going to get from point A to point B? Create a tangible map for this journey.
- 4. Find your cheerleaders.** Get the support of the people in your life that care about you and want to see you reach this goal. Enroll their support by telling them about your plans, you can do this both offline and through social media online.
- 5. There is probably an App for that.** You've got the world at your fingertips and whether you are losing weight, quitting smoking, going to school, or saving money there is probably an App for that.
- 6. Keep track.** There is no growth without measurement, so measure! Create a visual system that will help you to chart your progress and keep you on track towards your goals.
- 7. Press on.** It's not over til it's over. If there are roadblocks, and there will be, you'll need to figure out a way around them. Don't let anything keep you from your goals this year.

Keeping your resolutions can help you to feel happier and more fulfilled. Be tenacious and stick to your plans. Then next year, you can look back with a sense of accomplishment.



www.SparkPeople.com

This web site is so cool for anyone seeking a healthier lifestyle. It's got a great, usable platform and is packed full of motivation. You can have access to a community, fitness trackers, calorie counters and more. Plus, there are loads of very well written motivational articles and advice. You'll enjoy the look and feel of the site, but best of all you'll love the content.

www.StickK.com

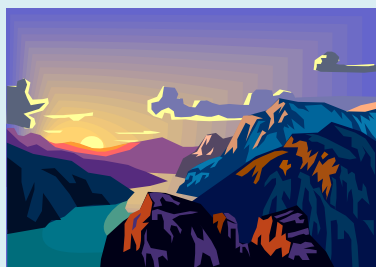
This is a really fun concept. You set the stakes against your goals in the form a monetary pledge, or there are referees to monitor you, and people to cheer you on.

You're required to sign a "commitment pledge" and studies show that those who work with a referee are 2X as likely to reach their goals and those who work with a cash pledge are 3X as likely. So if you're ready to take your goal setting and achieving to new heights check out this super cool website and go for it in 2017.

Get Inspired

"Write it on your heart that every day is the best day of the year."

– Ralph Waldo Emerson, mid 19th century American Poet and Writer and Author of *The Snow Storm*.

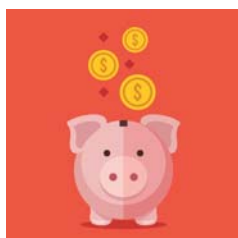


What is My Home Worth?

If you want to know your home's current value, we will gladly conduct a Maximum Value Home Audit. Request this "no charge" in-depth home value analysis by calling me at: **480-242-3079 or 480-332-4639**.

Learn more about selling your home in my Free Consumer Report called **"4 Steps To Stage Your Home For A Fast Sale."** Call me at 480-332-4639 and I'll send a copy right over to you.

See Insert This Issue...



December 2016 Real Estate Market Update

Healthy Talk

4 Websites That Will Help You Eat Great And Lose Weight In 2017



If eating a healthier, fresher, whole foods diet is on your list in 2017 then look no further than the device in the palm of your hand. Check out these gorgeous photographs of delicious food, and easy recipes that will please the pickiest of pallets. Here are four websites to

check out in 2017....

www.OhSheGlow.com

Who doesn't want to glow with health and vitality? Angela Liddon will lead the way with tasty vegan recipes that will make the most devout carnivore want to sample this healthy and delicious fare.

www.MarksDailyApple.com

This website is packed full of information and recipes for healthy "primal" living. Rooted in paleo philosophy, you'll find all kinds of recipes and advice for this lifestyle.

www.OhMyVeggies.com

A gorgeous vegetarian based website with advice on all kinds of healthy, veggie cooking ideas. Even tutorials on how to make a pie crust with coconut oil, or four ways to make Brussels sprouts irresistible. How can you go wrong?

www.IQuitSugar.com

This gorgeous website touts the health benefits of a balanced, whole foods based diet, sans the sugar. The recipes are tasty and founder, Sarah Wilson, has created a bit of a cult following for her sugar-free, healthy lifestyle. The articles and recipes on this site will not disappoint.

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.

Quick Tipping Tip...

A common tip is 17 to 20 percent (depending on the restaurant, location, extra service provided etc.). Don't tip under 15 percent. One method is to double the sales tax and add that as the tip.

Thanks For Thinking of Us!

Did you know we can help you or any of your friends or family save time and money when buying or selling a home? Don't forget to check out my free resources for educating yourself on the buying and selling process. And thanks for keeping us in mind with your referrals, and spreading the word about our services.

Spring & Fall Home Maintenance Checklist

Spring

- Power-wash windows and siding. It's spring cleaning on the outside of your house.
- Refinish your deck, if needed. You'll want it to look great for the summer.
- Check sprinklers or drip systems for leaks. Look for exposed lines, dripping sprinkler heads, or overly wet areas of the lawn.
- Clean window and door screens. Remove and hose them down for a clear view.
- Inspect your roof. You may have winter weather damage.

Fall

- Seal gaps in windows and doors with caulk or weather stripping. You'll save money on heating bills.
- Attend to cracks and gaps in the driveway and walkways. Fix them now before they get worse.
- Check fireplace to make sure it's operating safely. You may want to hire a professional.
- Drain and winterize exterior plumbing (if appropriate).
- Clean the carpets. Good to get this done before the holidays.

Real Estate Corner

Q. What landscaping will attract buyers to my home?

A. Here are some ideas to get more offers on your property.

- Consider a low-maintenance landscaping concept. Having little or no natural grass (try rock gardens) is perfect for busy professionals and retirees looking at your home. Also, consider using native plants because they are colorful, require little fertilizer, and need no additional water or special attention.
- Keep your foundation plants pruned. Make sure plants are low enough against the windows and railings. This keeps a well-maintained appearance and makes your home look more secure.

The Idea Corner



Healthy Ways to Keep Out Unwanted Pests This Winter

Did you know many of the most undesirable house pests are repelled by scents we find very pleasant? For example, peppermint will repel rats and mice, along with spiders and ants. Find a good brand of essential oil and put a few drops into a spray bottle of pure water and spray your most high risk areas, like base boards, windows, under the kitchen sink etc. You can even dab some cotton balls with the peppermint oil and place them discreetly in the back of cabinets and closets.

Other essential oils that you can apply in the same manner that keep out the unwanted guests are citronella, lemon, and eucalyptus for mosquitos. And geranium and lavender are known to keep away the flies and mosquitos. Lavender has even been known to repel ticks and flies. You might not want to use all these scents at the same time, but essential oils really have so much to offer it's worth looking into. And as a bonus your home will smell lovely while you keep unwanted pests at bay.

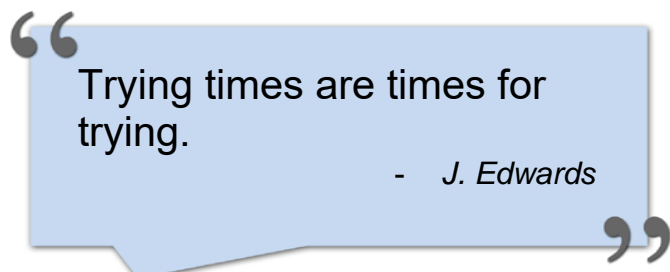
Thanks for All the Kind Words!

My shower and counter tops were in sad shape. I could not believe the excellent results. What a great experience! - *Client Testimonial, Advanced Surface Solutions*

Tina Barton is extremely knowledgeable about the local market. She sold my home in three days at above the asking price. I highly recommend The Barton Group. – *Ashley A., Home Seller*

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Trying times are times for trying.

- J. Edwards



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Inside This Issue You Will Discover...

- ✓ **You CAN Keep Your New Year's Resolutions...** *Easy ways to make those goals in 2017*
- ✓ **Healthy Talk...4 Great Websites to Help You Get Healthier in 2017...** *Check out these motivating websites.*
- ✓ **PLUS MORE ...Spring & Fall maintenance checklist...Tipping Tip...And healthy ways to keep out unwanted pests this winter!**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**

Discounts, Specials And Much, Much MORE!

Keep Reading Inside...

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **480-332-4639** or email **thebartongroupaz@gmail.com**! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Who wrote the poem The Snow Storm?

A) Emily Dickenson

B) Ralph Waldo Emerson

C) Henry David Thoreau

D) Walt Whitman

Hint: You'll find the answer in the newsletter.