

## Fresh Start in 2012

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We are at the beginning of a new year which can be very symbolic. It's like you're given a fresh start. The slate is clean and this is the year to complete a project, start a new job or lose weight!

Wilson Living contributor, Roy Harris gives us a guideline of how we can use our time wisely in 2012 in his piece, 'Tag You're It'. We won't give away details but most of our staff has already started following Roy's advice on making 2012 the best year yet!

If you have a New Year's resolution to lose weight (and honestly, who doesn't!), check out Style and Trends Editor, Erin Brown's suggestions for cool workout gear that will keep you stylin' while you sweat. Erin gives excellent advice. Would you like more attention from Erin? You can get information on her personal styling services by emailing [erin@wilsonlivingmagazine.com](mailto:erin@wilsonlivingmagazine.com).

(FYI-If you haven't checked out Dreams Boutique located on the Lebanon Square, you'll want to stop in to pick up pieces of their ultra-cool workout line Marika. Let's face it, when you look good, the gym can be a little more bearable.)

As some of us prepare to start a new diet plan, this may not be the best time to bring up our Food section. 'Dining with Doc' gives us his review of another fabulous local eatery you might not know about.

As the New Year starts, we want you to own 2012! Shake things up! Complete that to-do list, take a class, play board games with the kids, give more (time, money, resources) to those less fortunate, take your children to help at Joseph's Storehouse or the Nashville Rescue Mission. James Cash Penny, the founder of JC Penny Department Store said it best, "How can we expect our children to know and experience the joy of giving unless we teach them that the greater pleasure in life lies in the art of giving rather than receiving." Let's carry that spirit of giving and volunteering into 2012

Until next time, keep reading!!

Angel Kane  
Becky Andrews

Tags: Untagged