

JANUARY 2017

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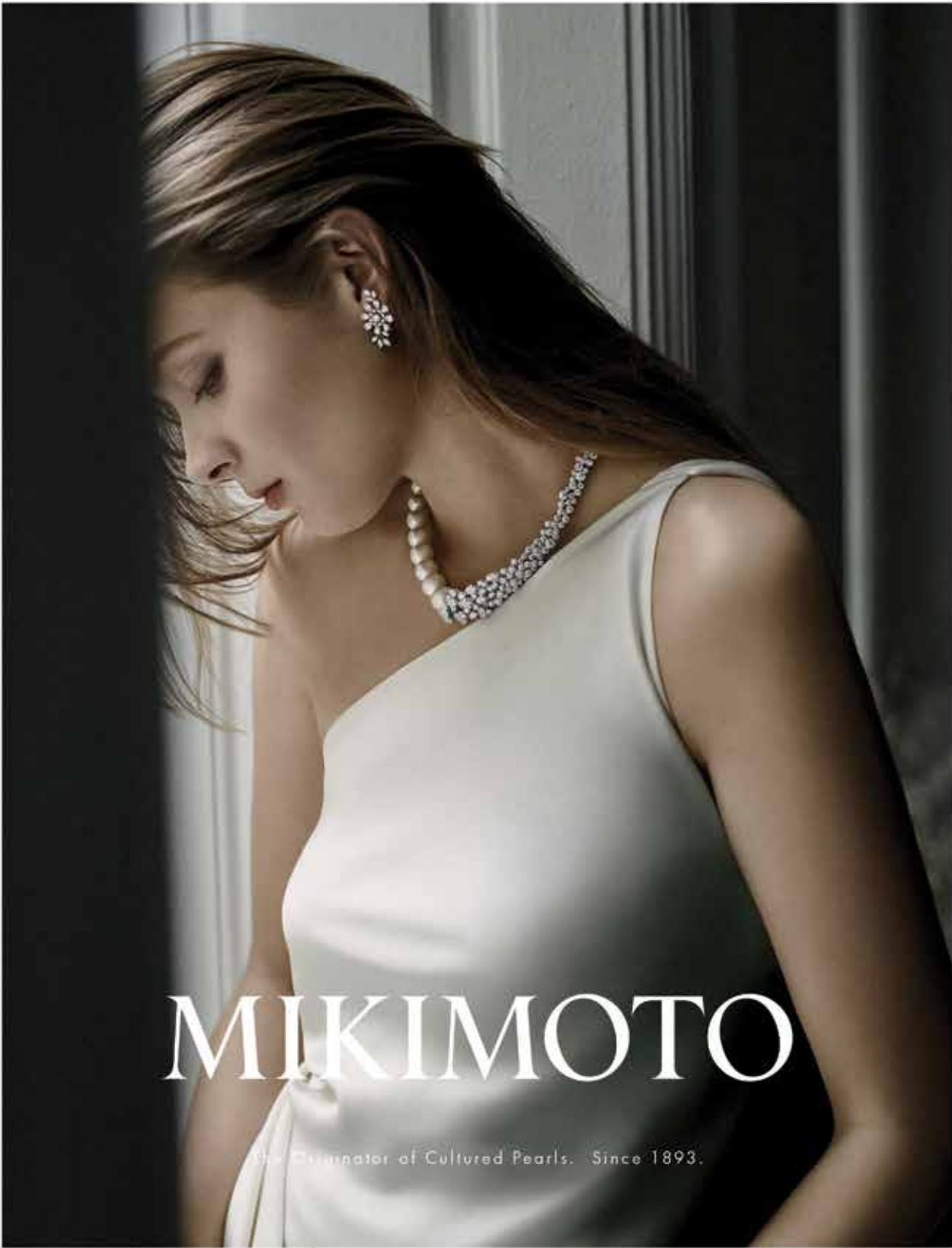
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Happy New Year!

Happy New Year! Another year is ahead of us and the sky's the limit, Frisco!

With the beginning of a new year, brings New Year's resolutions. In keeping with the spirit of resolutions, we dedicated this edition to Health & Fitness. In this edition, you will meet Frisco native and fitness extraordinaire, Leisa Hart. You will learn about some great new restaurants that will offer healthier options, and a number of great Frisco fitness facility options to achieve those fitness goals of yours. (You will have to read on!).

We can't wait to see how Frisco Life will grow in 2017. As always, if you have any story idea, be it about an individual, or business, please email me. Remember, this publication is for the community. We want to make this your magazine, Frisco.

I wish you all a happy and prosperous new year. Go out and make 2017 the best year yet!

Best Wishes,

Kristi Anderson, Editor



ON THE COVER Leisa Hart
PHOTOGRAPHY BY JASON GILMORE

Frisco Life

JANUARY 2017

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Proverbs 3:5-6

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16

Inside

Frisco Life

Departments

- 8 Good Times
- 10 Around Town
- 12 Local Limelight
- 14 Healthy Lifestyle
- 28 Driver's Notebook
- 32 Lifestyle Calendar
- 34 Parting Thoughts

16 Leisa Hart

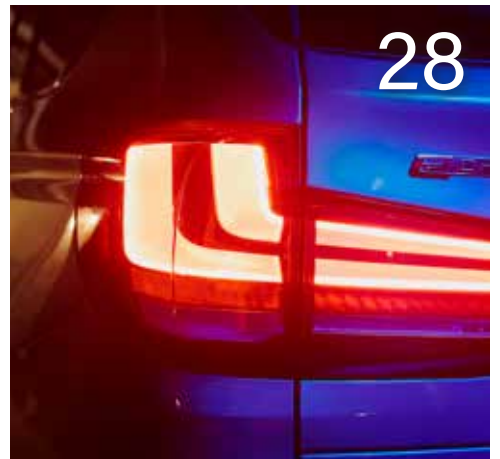
Heart of Gold

20 Frisco's Fitness

Fit City

28 Driver's Notebook

2017 BMW X5 xDrive40e



Lifestyle Publications

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Pizzeria Testa, Texas Premier Title, Ebby Halliday Pizza Party

Pizzeria Testa graciously donated their time, staff and ingredients, as part of an auction item purchased by Texas Premier Title to help raise money for Scottish Rite Hospital. This event was hosted by Jack & Donna Pryor and the Ebby Halliday Frisco office. Cocktails, mingling and of course, delicious pizza and Tiramisu was had by all!



BACK Martin Ripoll & Gloria Ripoll, Peggy Heid, Jack & Donna Pryor FRONT Nadja, Elena, Ashley, Dedra



Pizzeria Testas' GM Brian Webster & Publisher Tim Miller



Janice Berg, Peggy Heid



Lesia Stuart & Lorena Locke



Lynn Slaney Silguero & Alyssa Maxson



Drew & Sharon Naukam



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Testa's Famous Pizza fresh from the wood burning oven!



Testas' homemade Tiramisu



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Michele D'Amelio Master Pizzaiolo



Jan Chavoya, David & Fair, Guests

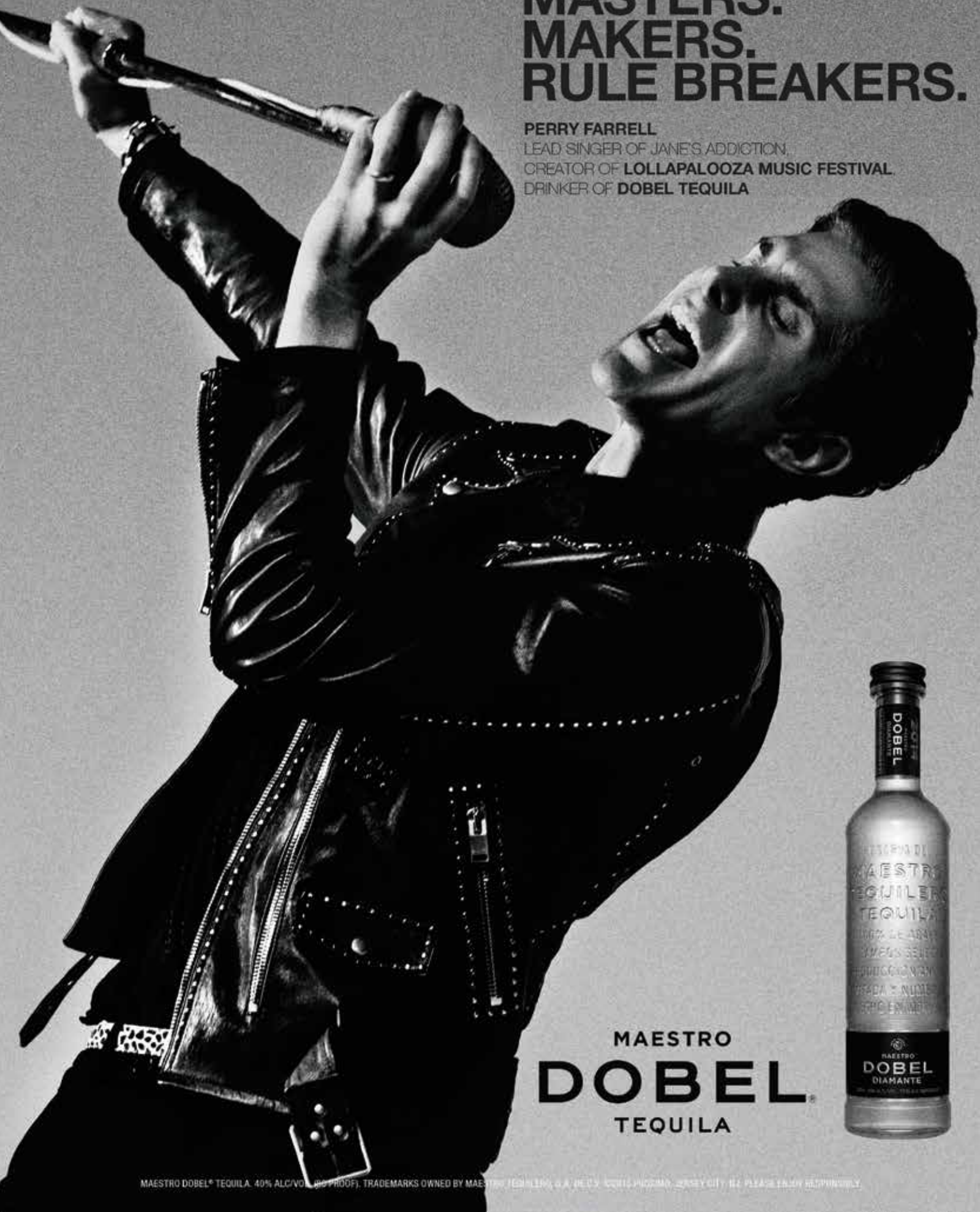
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AROUND TOWN

LG MOTORSPORTS PARK

Start your engines, Frisco! For all of you motorsports enthusiasts, you will soon have your own playground. LG Motorsports Park, located between Anna and Westminster, just 20 minutes away from Frisco, is opening up a large 161-acre motorsports park, including a 3-mile track. With construction already started on this new gem, the motorsports park is sure to wow all of the sports car owners wanting to stretch their Ferrari's, Lamborghini's, BMW's and more on this new race track. In addition to the track itself, there will be VIP memberships available, villas, a clubhouse, tennis courts and swimming pools. Stay tuned here for the anticipated opening day.

OFF THE RAILS COUNTRY MUSIC FESTIVAL

For all you country music lovers, on May 6-7 2017, Toyota Stadium will be hosting the second annual Off the Rails Country Music Fest with an all-star lineup! Musical guests include Miranda Lambert, Jason Aldean, Dierks Bentley and Justin Moore. There will also be food trucks, outdoor party games, line dancing, craft beers, cigars, a video game area and much more! To grab your tickets contact <http://www.offtherails.com/>

DRIVE-IN MOVIE EXPERIENCE

Have you tried our nearest Drive-In Movie option yet? Coyote Drive-In Lewisville is a one of a kind experience. It has 5 large screens to enjoy an outdoor movie with the whole family in an unconventional way. The venue includes a kids play area, a casual restaurant, and more. To learn more information, visit <http://coyotedrive-in.com/lewisville/>

COMING SOON! LAVA CANTINA RESTAURANT & CONCERT VENUE

Live Music lovers, this is your year. Lava Cantina The Colony is a live 28,000 square foot entertainment and Creole-Mexican Fusion restaurant venue expected to open in the Spring! Sharing the acreage with Nebraska Furniture Mart, the venue will be able to hold 1,800 people in the concert area. Pretty impressive!

NEW RESTAURANT OPENINGS!

Have those taste buds ready to try new food, Frisco, as three new restaurants, Chips Old Fashioned Hamburgers, Hook Line and Sinker and Union Bear are coming to the intersection of 121 and The Dallas North Tollway in the popular Granite Park area. This stretch of the 90-acre mixed campus is scheduled to open in late Spring of 2017. The combined area will be called The Boardwalk.

eight | 11
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7 Health

QUALITY AND AFFORDABLE HEALTHCARE

ARTICLE KRISTI ANDERSON

A new year upon us, means new resolutions, including that of our health. During the current times we're in, it can sometimes be a cumbersome task to find healthcare that is, A. Of genuine quality or B. Doesn't cost an arm and a leg (so-to-speak).

What if I told you there was an option that would provide both of those and then some? What if I also told you there was a healthcare option that would make you feel as though you were living in a small town, with the most intricate and personal care?

Great news Frisco, you do have another option. 7 Health is a new healthcare alternative that is both of the highest quality as well as affordable. 7 Health is a locally owned and operated healthcare facility owned by Dr. Scott Hastings. Dr Hastings has been practicing medicine for over 10 years, and just in the past 2 years decided to move his practice to Frisco, Texas.

7 Health, through a subscription based healthcare with plans starting as low as \$48/month, allows individuals and/or families, to visit the doctor for only \$7.00 a visit. In addition, should a patient need subsequent labs while there, most of the common labs will also only cost patients \$7.00 each.

I'm sure we all can remember a time where we

have felt so sick, we didn't even want to get out of bed to go see a doctor? Well, when you join 7 Health, you will be allotted one house visit, per year from Dr. Hastings. This is something special and rarely seen these days. He will come into your home and make a diagnosis to your illness. Talk about a small town feeling in one of the largest metropolitan areas in the country.

Dr. Hastings is a true believer that there are alternatives in modern day medicine for a number of ailments. When diagnosing, he will subscribe the proper medication when needed, such as antibiotics. However, when a patient has an ailment that could be cured using homeopathic measures such as different herbal remedies and the like, Dr. Hastings will recommend these as well. He has knowledge of the lists of medicines at retail locations, such as Target to keep the costs down for each patient as well.

To contact 7 Health, visit 7health.net.
Phone: 214-396-9200

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My Fit Foods Grab-n-Go



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HEALTHY GRAB-AND-GO MEALS

ARTICLE KRISTI ANDERSON

With a new year having arrived, comes another year of being busy in Frisco. And busy family schedules can equate to very little time to make meal preparations, let alone meals themselves.

Instead of driving that SUV into that fast food place after soccer practice for the third time this week, there is a much healthier option to feeding the whole family.

Fit Foods is a wonderful solution to feeding the family quickly and more importantly, in a more healthy manner this year. Whether you have a gluten-free person in your family, a vegetarian or someone who is just plain ready to eat well for a change, Fit Foods is your one stop shop.

Fit Foods offers pre-made, fresh ingredient, nutrient packed meals

ready to grab-and-go! The meals can range from anything to a Herb Roasted Chicken with fresh Vegetables, to Chili Garlic Shrimp with Edamame. You can visit the Frisco Fit Foods location to speak with a nutrition expert to determine the best course of action for your meal planning as well.

There is no membership required for this. You can stop by any Fit Foods location to grab a meal or visit their participating retail locations that they work with, such as HEB and Target.

It's a great alternative for families on the go, or just for those certain nights, cooking isn't in the cards. (we have all had those, right?) Let Fit Foods do it for you.

For more information, visit myfitfoods.com



Herb Roasted Chicken Breast with Veggies



Chili Garlic Shrimp with Edamame



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Leisa Hart

Heart of Gold

ARTICLE KRISTI ANDERSON
PHOTOGRAPHY JASON GILMORE

Upon speaking with Leisa Hart for this article, it quickly became apparent to me that her last name suits her very well, as Leisa has a large heart herself.

Most people know Leisa, and may not even know they do. Leisa started the hit workout videos, which became infomercials and widely popular, Buns of Steel. That's right, she was the mastermind behind... well, our behinds.

After her several decades of being in the fitness realm, Leisa decided it was time for the next phase of her life. This included getting married, and starting a family. She is a proud Mother of three children and has a husband Jim, who is her rock. Leisa resides in Frisco, Texas and has been involved in our community for a number of years.

Leisa has a website, <http://www.leisahart.com/>. She also has a Facebook page, Leisa Hart Lifestyles where she not only speaks of fitness tips but

CONTINUED >



also overall wellness for women in general. She includes healthy food options, inspiring stories, blog posts and quotes to lift you up on those days when we all could use a little inspiration. She also continues to travel and hold different wellness seminars to reach and inspire her fans on a more intimate level.

In 2005, Leisa was diagnosed with the Autoimmune disease, Rheumatoid arthritis. And although she has had her struggles with this, she has used her ailment as a means to push herself even more. When she speaks at seminars now, she mentioned she will have her fans come up to her even more than they did back in the Buns of Steel days, only because more women can relate to her. They can relate to her on a number of levels. Her being a Mother herself has been an example of this. Leisa having to go through things such as losing baby weight, her placing her family first and juggling busy schedules day after day, many women can relate to and seek advice. Another way her fans can relate, is with her struggles through her own diagnosis and what that means in terms of her overall wellness. Many of her fans also struggle with certain ailments, be it diabetes, arthritis or any other physical setback(s). This can be a burden when trying to keep up with physical activities essential to our wellness. Leisa has provided sound advice and inspirations on how to best combat those struggles, all the while keeping a positive attitude.

Leisa hopes to continue inspiring other women and men with their wellness goals. She serves proudly at the Frisco Church, she can be seen around town raising her children and enjoying time with her family. Frisco is lucky to have Leisa Hart in our community. She certainly has a heart of gold.



A group of people in a gym setting, smiling and exercising. A man in a black t-shirt is in the background, and a woman in a green top is to the right. In the foreground, a woman with long blonde hair is smiling and looking towards the camera. She is wearing a black and white patterned top with a yellow stripe. A man's arm is visible in the bottom right corner, wearing a grey t-shirt. The gym equipment, including a barbell and weights, is visible in the background.

FRISCO'S FITNESS

Fit City

ARTICLE KRISTI ANDERSON

Studies indicate that in 2016, Frisco Texas ranked as #11 out of 100, in terms of being one of the healthiest cities to live in the state of Texas! The study was based on a number of factors including, access to medical facilities and treatment as well as access to fitness centers. These were based on statistics from the US Census and CDC.

Frisco is ranked so well on the list, in large part to the number of fitness facilities that we have within reach.

Gyms, such as Orangetheory Fitness Frisco take a modern day approach to fitness goals. They offer 60-minute workout sessions that are divided between both cardiovascular exercises as well as strength training. You are equipped with heart rate monitors in order to track your workout intensity to ensure the most prominent results in burning metabolic calories and increasing your



energy level. Orangetheory believes in a group setting. If you workout with others, you are more likely to stick to your fitness goals and be held accountable in a group setting. In other words, the Orange Effect! To learn more about the newest fitness movement in the nation visit <http://frisco.orangetheoryfitness.com/>

Frisco Texas has also just raised the bar with Yoga. In 2017, Altitude Aerial Arts & Fitness will open its doors to all who wish to "fly high" with their fitness goals. Although Flying Yoga is already wildly popular in places such as Los Angeles and New York, it is a newer concept for the DFW area, stated owner, Tricia Lauerman. But it's making it's way to Dallas and the first stop is Frisco Texas! (lucky us).

How does it work, you might be thinking? In Aerial "Flying" Yoga, there is an aerial hammock that is used to help assist the participant with proper pose alignment and spinal decompression. The hammocks are built to support your body weight in order to perform all of the different yoga exercises, whether stretching on the ground or fully "flying" in the air off the ground. This method of yoga promotes greater flexibility and complete relaxation. Tricia mentioned that classes will be held Thursday's at 10:00 am and Friday's at 9:15 am. She will also be available for special appointments upon request. This brand new facility will be located at Preston Rd. and Main and is slotted for an opening within the next 6 months. This is the only facility that offers flying yoga. For more information on Altitude Aerial Arts & Fitness, visit their website: www.altitudefitnessfrisco.com/. Who's ready to fly?

Another fitness option is Burn Boot Camp Frisco. This is a women-focused fitness facility that Tricia and her husband Mark are franchise owners of. Burn Boot Camp Frisco is the first Burn Boot Camp in Texas. Using the philosophy of, "lifting each other up, not tear each other down". Burn Boot Camp is a place for women to work on their fitness from the inside out. Women will meet with a trainer in focus meetings. **CONTINUED >**

These meetings will be a personalized visit to get to know each participant personally, as well as access items such as body diagnostics (weight, BMI's) and nutrition goals. Women are asked to keep a food journal, which will then give the trainers a better understanding of what changes should be implemented to achieve the best fitness results. Tricia explained that mothers are seen as the nucleus of the family. If Mom is making good fitness choices, then this trickles down to her family and even into the entire community; a snowball effect. To learn more about Burn Boot Camp, contact them at <http://burnbootcamp.com/frisco-tx/>

If higher intensity is more your speed in terms of fitness goals this year, Black Iron CrossFit Frisco is a great option. Still using a community-based workout option, CrossFit implements ever-changing exercise techniques for participants of all ages and athletic abilities. With only 18 participants per class, this allows each coach to help you master each technique that is taught. Once you master one technique, you can build on your intensity level. Each day is different when you come to a CrossFit class. Heidi, who owns and operates Black Iron CrossFit Frisco alongside her husband Jeff, mentioned, that of the seven years she has participated in CrossFit, she has yet to be bored from a workout. To sign up or obtain more information on Black Iron CrossFit Frisco contact them here: <http://blackironcrossfit.com/>

If you want to really "knock" your workout out of the park and need a workout that doesn't last as long, you can always come enjoy 9 Round Boxing in Frisco. 9 Round Boxing offers both boxing and kickboxing circuits to work on your fitness goals. Their programs consist of nine challenging workout stations developed by a World Champion Kickboxer. And for those in a rush, they only last a total of 30 minutes! Stations 1-2 are for strength; 3-8 are kickboxing and 9 is abs & core. To learn more visit: <https://www.9round.com/>

And last, but certainly not least, another gym that will be opening in February, is Cowboys Fit. Cowboys Fit is a wildly anticipated club that will offer all of the benefits of a regular gym and then some! Here are just a few of the amenities that Cowboys Fit members will have exclusive access to:

- Boutique-style classes: Yoga, Barre, HIIT & more
- Indoor & Outdoor Ride Room
- Health & Nutrition Bar
- Former NFL Player & Cheerleader Training Staff
- Recovery Lounge with Cryotherapy
- Rooftop Heated Pool with H2O Bootcamps
- Kids Club and Child Care

To find out more information on memberships, contact Cowboys Fit: <http://cowboysfit.com/>

Whether you are just starting out with your fitness goals, or you are continuing on, Frisco Texas has a number of great fitness facility choices to help you achieve them! Let's keep Frisco fit in 2017!



9 Round Boxing Frisco



Burn Boot Camp Frisco



Orangetheory Fitness



Cowboys Fit



Black Iron CrossFit Frisco

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¹First-time visitors and local residents only. Certain restrictions apply. \$28 minimum value. At participating studios only. See studio for details. Orangetheory®, OTF® and other Orangetheory® marks are registered trademarks of Ultimate Fitness Group LLC. © Copyright 2016 Ultimate Fitness Group LLC and/or its affiliates. ²Including the afterburn. Individual results may vary. ³Based on intensity level, participants can burn an expected average of 15-20% more calories above their standard resting calorie burn.



STAY ON TRACK

with these health & fitness picks

We all know how New Year's Resolutions go. Come January 1, we're all about it. We're eating healthy, joining the mass quantities of gym-goers everyday after work and convince ourselves we'll finally stick with it this time. As the months go by, it gets harder and harder to stay motivated, but this health and fitness gear is so cool you won't want to quit.

ARTICLE NICOLETTE MARTIN
PHOTOGRAPHY PROVIDED

1

TRACE

For the outdoorsy type whose fitness routine can't be confined to a gym, Trace touts itself as the most advanced action sports tracker ever created—working with sports such as surfing, snowboarding, kiteboarding, wakeboarding and windsurfing. TraceUp.com

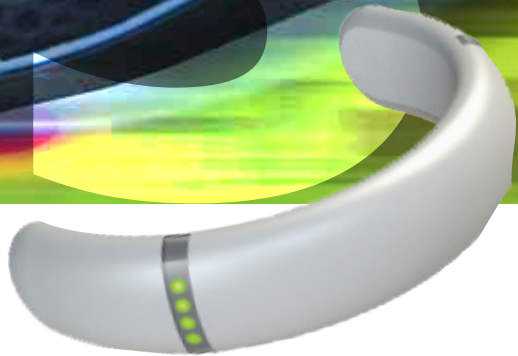




3

SENSORIA FITNESS SOCKS

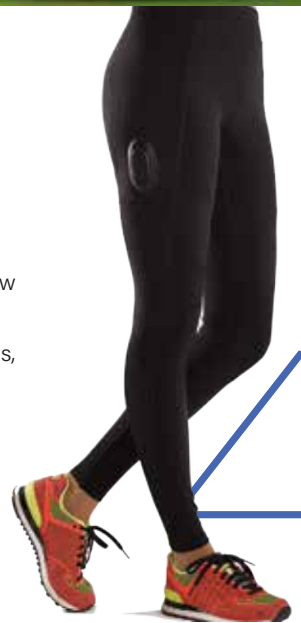
Smart clothes, a smart fork and...smart socks? Sensoria smart socks are made up of textile sensors and conductive fibers that detect your cadence while running and how you are landing on your feet, providing real-time feedback during your training. SensoriaFitness.com



4

ATHOS GEAR

With everything else these days connected to your phone, why should your clothes be any different? Equipped with seamlessly integrated sensors and an athletically-designed compression fit, Athos' smart clothing displays real-time insights that show what muscles you're actually targeting, track your progress and set benchmarks to make the most out of your workout. LiveAthos.com



2

NAKED FITNESS TRACKER

Described as the world's first home body scanner, Naked helps you visualize your body's changes by capturing a 3D body model and tracking your body fat percentage, body measurements and weight. You can also see a custom time-lapse of how your body has changed over time. Naked.fit



5

HAPIFORK

Although the ratio is debated, we all know weight management is part diet, part exercise. For whatever amount of diet it is, there's HAPIfork—an electronic fork that helps you monitor and track your eating habits. Measuring length of meals, "fork servings" per minute and offering gentle vibrations when you're eating too fast, the smart fork will help you adopt healthy eating habits. HAPI.com



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2017 BMW X5 XDRIVE40E

ARTICLE AND PHOTOGRAPHY JASON GILMORE

BMW, plug-in hybrid, SUV? Those words sound odd at first. Those words sound odd at first, but they do work. The new BMW X5 xDrive40e SUV is actually pretty cool. BMW claims around 50 mpg because of the combination of gas with the electric motor. This hybrid is a bit different than a normal hybrid vehicle. The first way it is different, is it is tied to a 2.0 liter 240 hp turbo engine, despite the fact the badge says “40e” there is not a 4.0 motor in it, the electric motor adds another 111 horsepower, however BMW says the total together is 308 hp. The second way the BMW is different, is you actually need to plug it in to charge.

The plug-in hybrid system takes about 3 hours to fully charge the battery for the 13 mile, 111 hp motor. The cord plugs directly into the front driver side of the car, similar to the plug in the electric BMW models as well as the Tesla. The plug glows when it is plugged in and charging.

The electric motor alone can push the car about 13 miles. Although it is completely useless on its own, it does help achieve excellent gas mileage in normal driving, a range that not many SUV's can achieve while still remaining cool to drive. The 0-60 time is around 6.8 secs, and at 5000 pounds, that's pretty impressive. The handling of the BMW X5 xDrive40e is what you'd expect from a BMW, it works and handles very well. It is an SUV so there is body roll, but it is well balanced and fun to drive.

The powertrain has three different modes. Auto eDrive strives for the most efficient use of the powertrain; Max eDrive allows driving on electricity only; and Save Battery aims to maintain and raise the battery charge so it can be used at a later time. The three hybrid modes can be combined with BMW's familiar Comfort, Sport, and Eco Pro adjustable-chassis settings. In Eco Pro, the X5 will decouple the powertrain from the driveline when the driver lets off the accelerator.

This model featured 19" wheels with all season tires and did have the M badge, so it also included roof rails, multi-contour seats (which were very comfortable), steptronic auto transmission with shift paddles, M steering wheel, a very nice wood trim which I actually really liked, and attractive door trim plates.

CONTINUED >







Aside from a number of features and being a hybrid, I was unimpressed that it did not include front collision warnings, blind spot detection and a few other features. Apparently there is a \$1700 add-on for the driver assist package. Since the price tag is pushing \$70k, you'd think these features would be standard (get with the game BMW).

The BMW radio system was a little confusing at first, but I quickly became accustomed to it. The navigation system worked well, but I have yet to find a navigation system (aside from vehicles featured Android Auto and Apple Play) that worked better than my phone's Google Maps. The stereo sounded awesome. The Harmon Kardon speaker system is definitely a system to desire. Additional standard features included push-button start, keyless entry, power seats and in-cabin illumination, which also allows you to change the color of the lights. The tailgate, also similar to a Land Rover, in that it opens up downward, making storage very useful, is a great addition. And of course a backup camera, which is truly essential these days especially when driving an SUV is present. The xDrive all-wheel drive system worked very well, although not a vehicle you would want to take serious off-roading. It does prove useful when you need to go off the beaten path a bit, drive easily through rain, or just pop a curb.

The BMW X5 xDrive40e is definitely a vehicle to consider. The hybrid system along with the turbo gas engine works very well and achieves exactly what it is supposed to. Good fuel economy for power, matched with BMW styling and you have yourself a great vehicle.



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Photo by Tracy Autem

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January

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PIECE BY PIECE ART EXHIBIT

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JANUARY 7

2017 NCAA DIVISION 1 FCS FOOTBALL CHAMPIONSHIP

[TOYOTA STADIUM](#)

The best of NCAA Division I Football will meet again in Frisco at the NCAA Division I Football Championship Series Game, Saturday, January 7, 2017 at Toyota Stadium!



JANUARY 7

NIGHT OF IMPROV

[FRISCO DISCOVERY CENTER - BLACK BOX THEATER](#)

The Frisco Improv Players (FIP) specialize in clean, interactive, game-based comedic performances, similar to those seen on the TV show, "Whose Line Is It Anyway?" For audiences of all ages!

JANUARY 11

TEXAS LEGENDS VS IOWA ENERGY

[DR. PEPPER ARENA](#)

Come watch our Texas Legends take on the Iowa Energy at Dr. Pepper Arena!

JANUARY 13-16

TAAF WINTER GAMES OF TEXAS

[LOCATIONS THROUGHOUT FRISCO](#)

The TAAF Winter Games of Texas returns to Frisco for its twelfth and final time January 13-16, 2017. Look forward to more than 20 different events for youth and adult amateur athletes from across the great state of Texas!

MONTHLY ON THE SECOND SATURDAY

FRISCO STARFEST

[FRISCO COMMONS PARK](#)

Texas Astronomical Society holds one monthly Star Parties, where members and guests can get together to observe and educate others about the night sky. Come look at planets, stars and other celestial wonders at Frisco Starfest, taking place the second Saturday of each month at Frisco Commons Park.

MONTHLY ON THE 3RD SUNDAY

FRISCO HERITAGE CENTER THIRD SUNDAY OPEN HOUSE

[FRISCO HERITAGE MUSEUM](#)

Enjoy the Third Sunday Open House at the Frisco Heritage Museum. This monthly event includes, kid's crafts, games, working blacksmiths, historic home tours and much more. Admission is FREE!

JANUARY 19-21

PROCLAIM TRUTH CONFERENCE

[THE WESTIN STONEBRIAR HOTEL](#)

Proclaim Truth is a conference for women that desire to study and teach God's Word. Opportunities to share the Word of God take many different forms: leading a local bible study, teaching Sunday school, ministering to students, mentoring, mothering, and more. This conference represents an opportunity to be better equipped to study and share the truth of the gospel.

JANUARY 28-29

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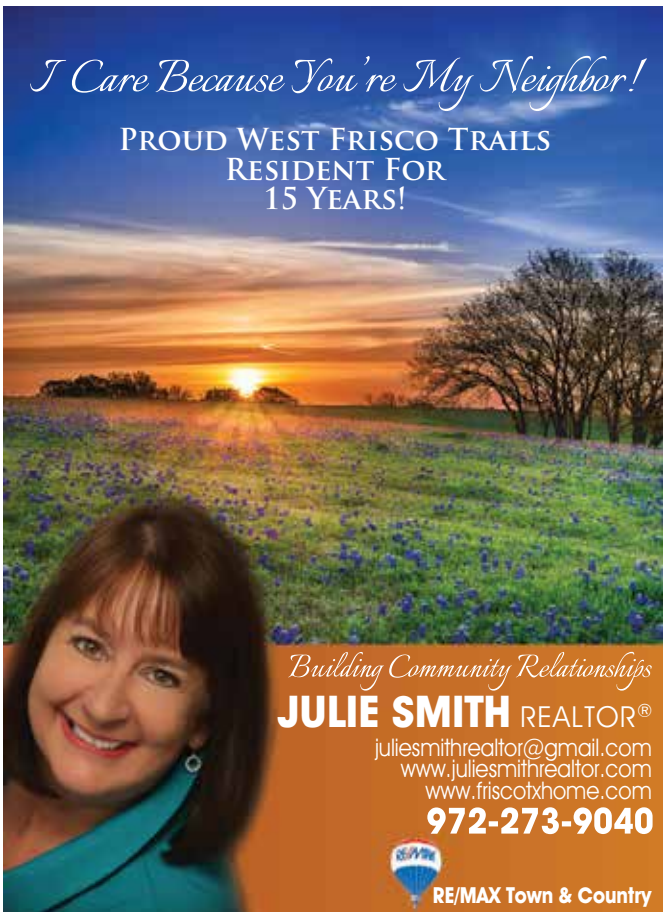
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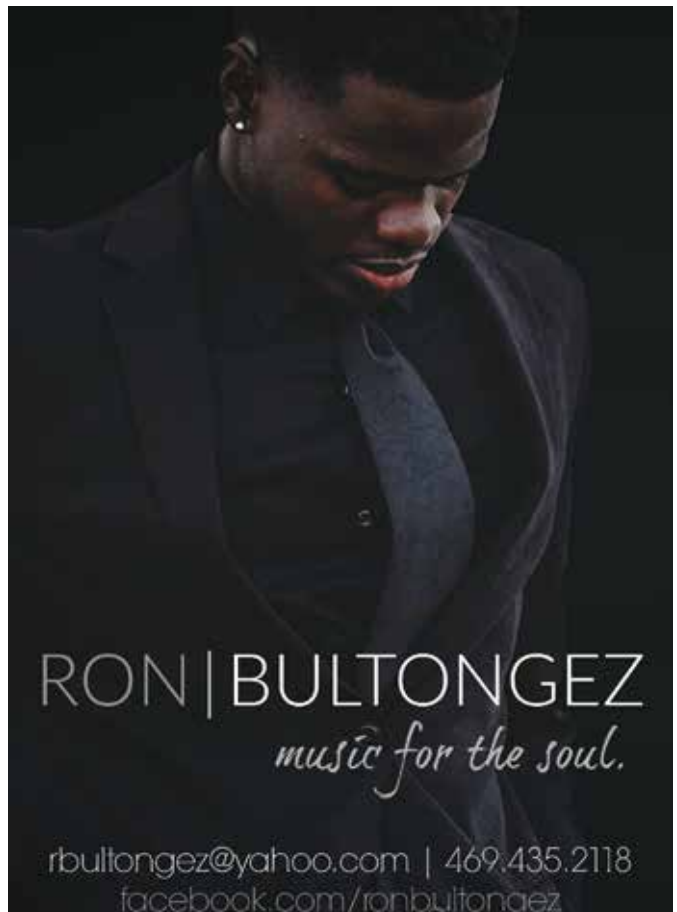
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Reveal the Power of YOU

ARTICLE LEISA HART | PHOTOGRAPHY JASON GILMORE

What an awesome gift we have wrapped up in every new year. Another chance for a fresh start. While we can't erase what happened last year, we CAN redirect. Chaos proceeds great change - it's like a tornado propelling you forward. So if 2016 sent you into a tail-spin, take a deep breath and let's REVEAL THE POWER OF YOU.

Coulda, Shoulda, Woulda - the evil triplets that can wreak havoc on our lives. Move on and look at the New Years Resolution list from a different angle. Our goals mirror our habits. Do yours reflect the success you desire? Success CAN be yours by spending the bulk of your time consistent with your goals.

What areas are you dedicating your time, money and energy? Often we veer off course in a bad strategy trap. We impulsively focus our efforts on the situation that screams the loudest. Again, take a deep breath, and put some thought into it. Does this align with your goals or should you move onto something more worthy of your precious time?



Leisa Hart



Need a little help keeping true to your intentions? Develop a Super Alter Ego!

Let them be your voice of reason:

- Does she drink a bottle of wine every night or turn to tea?
- Does he stay late at the office again or get home for family time and kiss the kids goodnight?
- Does she say yes to yet another volunteer opportunity, or spend that time helping little Joey with his homework?
- Does he order the greasy burger or show his friends he's a real man by ordering grilled chicken?

The journey is more important than the actual destination. Be open to switching paths and ditching some habits that don't reflect your goals. Now take another deep breath and get ready to soar as you REVEAL the power of YOU!

Vist www.LeisaHart.com for more inspiration!



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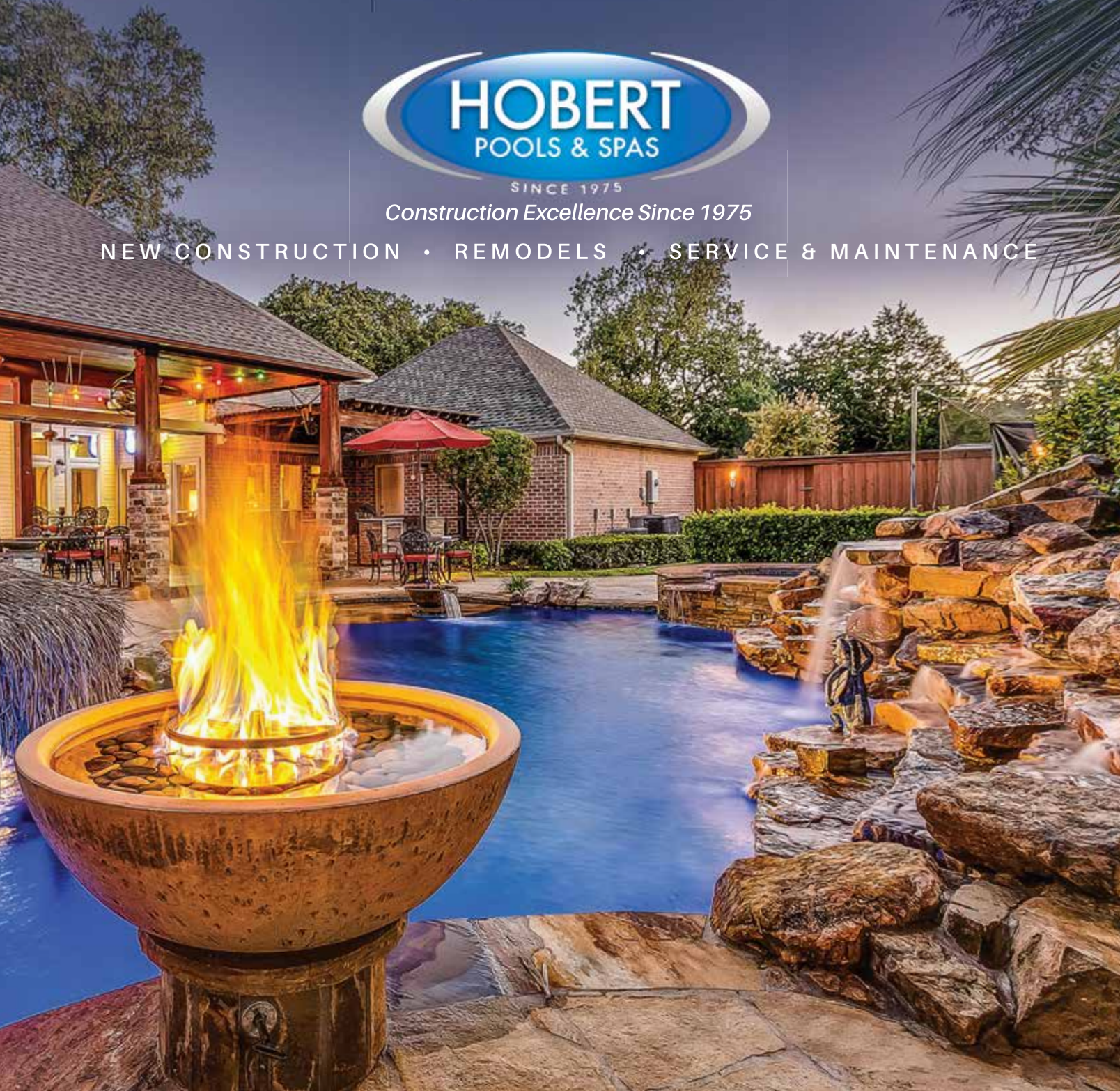
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