



## STAY HEALTHY, STAY INFORMED!

### MONTHLY NEWSLETTER

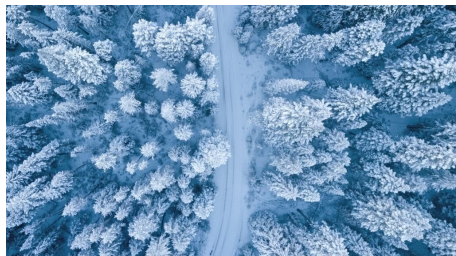
Don't miss out on our monthly newsletter! Each month we address various health-related topics that touch on matters concerning the body, mind, and community. Want more? Check out our monthly blogs for more, detailed articles.

Visit our Facebook and Instagram pages, as well as [www.goldenhomefitness.com](http://www.goldenhomefitness.com) for access to all our material. We look forward to keeping you educated and informed!



## FUEL YOUR MIND — Beating the Winter Blues

### Fighting the Winter Blues and Seasonal Affective Disorder



If you tend to get depressed or anxious in the winter you may have a case of the Winter Blues or it could be Seasonal Affective Disorder. There are many things you can do to feel better. Your first line of defense should be to mention your symptoms to your doctor. In many cases, a lack of exposure to sunshine or a vitamin D deficiency is largely to blame.

Getting regular exercise is one of the best things you can do to improve your mood. Working out boosts your “feel-good” hormones and can be as effective as antidepressants.

A balanced and nutritious diet can also help keep depression and anxiety at bay. Make sure to get plenty of vitamin D, omega-3 fatty acids, magnesium and vitamin C.

Increasing your exposure to natural light, both indoors and out, reduces stress as well. Walking outdoors, ideally within 2 hours of waking up, is recommended. Light boxes can also be used to improve your mood.

At Golden Home Fitness, we specialize in catering to your needs. We have a state-of-the-art studio (30 School Street, North Andover, MA), but if you prefer to train at your work, condo gym, or in the comfort of your own living room we can come to you. We even have our own [virtual training platform](#) for a contact-free training experience—no coat, commute or contact necessary! With a little help and planning, you can triumph over winter and then show off your results on the Fourth of July!

<https://goldenhomefitness.com/2021/11/24/winter-blues-and-sad/>

## FUEL YOUR HEALTH – Weight Loss Challenge

This January we are starting our Weight Loss Challenge geared to local moms looking to shed some of those extra pounds.

### Don't miss out!

It's a complete program available on our new mobile app (Apple Store/Google Play: "Golden Home Fitness"). Our first 20 moms will have their 1st month FREE!

We hope you join us in the New Year by kickstarting your journey towards better health! It's a great way to have fun and be a part of the Golden Home Fitness community.

Be on the look out for upcoming announcements via Facebook and on our website!



## FUEL YOUR GIFT GIVING – Gift Certificates

### Fit for the Holidays

Not sure what to get your loved ones for the holidays? Are you afraid to get them something they won't like or already have?

Look no further! We offer gift certificates for our personal training services. Why not help them with a gift that makes them stronger and healthier?

Gift certificates can be purchased for any amount. Visit us at 30 School St. in North Andover, MA or email us at [contact@goldenhomefitness.com](mailto:contact@goldenhomefitness.com) for more information.

Gift Certificate

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Golden Home Fitness, Inc.  
We empower people to live longer, healthier lives no matter their age.  
[www.goldenhomefitness.com](http://www.goldenhomefitness.com)

Train at our new Studio at 30 School St./ N. Andover  
or  
at your home .

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