



Chicago Green Cleaners News

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Are Gym Workouts better than Home Workouts?

This is a common question from today's busy people, "Can I get an effective workout in my home or do I have to go to a gym?"



The honest answer is that you do not **have** to go to a gym. You can work out in your home with a minimum of equipment and make excellent progress. Here's how you do it.

- 1. Develop a really good plan.** Having a plan is crucial. If you hope to catch a workout as time allows, you'll end up being inconsistent. Pick a plan and use it. Find one on the internet or in a book you borrowed from the library. It doesn't matter where you get the plan, just get one and stick with it.
- 2. Commit to that plan.** It is true that in-gym training results can give better results on average than in-home training. The reason is simple...if you have to pay for it, you'll probably be more serious about working out. You can get equal results, however, if you commit to the plan that you choose. Consider how healthy and energetic you will feel.
- 3. Include lots of variety in your workouts.** This can sometimes be more difficult working out at home because you have to motivate yourself rather than being surrounded by people who are determined to be fit. This is a matter of mind. You have to decide to vary your workout routines and this usually makes it easier to stick to the plan.
- 4. Keep track of your progress.** This is where a lot of folks who work out at home make their mistake. When in a gym, you usually track your progress. Keeping a written record actually helps you to stick to a plan. Make a workout chart for your home gym and then keep a written record of everything that you do, every time you do it.

Try to do a little more every day. Some days this will be easy; other days it will be just enough to get the workout completed. What is important, however, is to maintain a mental attitude of progress and success. Remember, at-home workouts can be just as effective as in-gym workouts if you choose a plan, commit to it, and track your progress. Now, go get fit!

Do You Like Our Service?

Recommend your neighbor, friends and family; she'll get \$10 in FREE dry cleaning and so will you! (Residential FREE Pick-up and Delivery)

A quick and environmentally friendly way to improve your life:

Unclog a shower head by soaking it overnight in white vinegar. Get a plastic bag, fill ¼ full with white vinegar. Position it over the head of the shower so that the entire head is submerged in the vinegar. Tie a rubber band on the pipe above the showerhead to hold the plastic bag in place. Leave overnight. The next morning, your shower head should be as good as new!

Prevent Aging of Your Mind

In order to keep your mind young and less like to develop memory loss as you age, engage in logic-based activities. Studies suggest that people who routinely work crossword puzzles, Sudoku, and games that involve strategy such as chess, or Scrabble, maintain a younger acting brain. These hobbies will keep your vision and your hand-eye coordination sharp while simultaneously keeping your mind active.

Father's Day

In 1910, two years after Mother's Day was first observed, Mrs. Sonora Smart Dodd thought it would be appropriate to set aside a day to celebrate fathers too. Members of her Spokane community celebrated it on June 19 that year, but it would be many, many years before it was a nationally celebrated holiday. Because of its all-male status, Congress was afraid that it might be too much of a "self-congratulatory pat on the back". Woodrow Wilson personally celebrated Father's Day in 1916, and Calvin Coolidge recommended in 1924 that each of the states could celebrate Father's Day if they wished. It was not until 1972, when Richard M. Nixon officially and permanently established an annual Father's Day observance.



On Fathers and Sons:

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." ~ Charles Wadsworth

Get Your Winter Clothes Cleaned & Put Away For Next Year!!

Do you like those little moths that eat your clothes? Actually, they're not eating your clothes; they're eating the food on your clothes. That's how they get their 3 meals a day. If you want to support them, by all means DON'T get your winter clothes dry cleaned and put away for next year! Thanks for using Chicago Green Cleaners for all your dry cleaning needs.

This month's quotes:

"The difference in winning and losing is most often... not quitting." -Walt Disney

"The cave you fear to enter holds the treasure you seek." -Joseph Campbell

"Life is 10 percent what you make it, and 90 percent how you take it." -Irving Berlin