

RESOLUTION REVOLUTION

THE NEW YEAR IS ALMOST HERE AND IT'S TIME TO START THINKING ABOUT YOUR RESOLUTIONS! "BODYSTEP" YOUR WAY INTO SHAPE, GIVE UP SMOKING WITH HYPNOTHERAPY OR DISCOVER NEW HOBBIES THROUGH AN ADVENTURE CLUB. THERESA TARPEY SHOWS YOU HOW TO TURN BORING NEW YEAR'S RESOLUTIONS INTO ONES THAT WILL KEEP YOU MOTIVATED AND ENERGISED ALL YEAR LONG.



I LOVE NEW YEAR! When else do you feel the same optimism and enthusiasm for the future? It's your chance to wipe the slate clean and dare to live life the way you have always wanted. My mind is already abuzz with plans for 2009 – find a kind of exercise that I actually enjoy, trek to the top of Mt. Kinabalu, learn Mandarin and work on my photography skills.

Whether you dream of slimming down, finding the perfect job or improving your relationships, there's lots you can do to make sure you're looking and feeling fabulous in 2009.

PHYSICAL WELL-BEING

Fitness and weight loss are at the top of the list, especially after all the weeks of holiday gorging. According to First Fitness spokesperson, Sarah See, "We see many members coming into our clubs to work off all the festive feasting!"

A good place to start on your path back to physical fitness is a gym. There are several places to choose from; some of the larger centres being Fitness First, California Fitness, Planet Fitness and Slender Shapes (for women).

If you are looking for more one-on-one fitness solutions, lifestyle and personal training services like those at Absolute Living and Body Temple offer an alternative to the larger clubs. Unlike a gym, lifestyle consultants individualise fitness planning and offer step-by-step guidance throughout the process. "After New Year's, many people get busy with life and lose some of their initial motivation. We help our clients stay focused on their goals by creating a plan that blends into their lifestyle," says Jonathan Chew, Absolute Living Business Development Manager.

Some of you may be looking at finding healthier nutritional options. Places like The Food Clinic help you examine your relationship with food and provide you with the tools you'll need to make healthier choices for yourself and loved ones. "What we do is not just about weight management. We take into consideration individual medical and health conditions," says Karen Nelligan, Business Manager of The Food Clinic. When asked about tips for making better eating choices and losing weight, Nelligan advises us to "approach it as a lifestyle change rather than a diet."

COUNSELLING :PERSONAL

Another major topic on the New Year agenda is counselling. One of the most common areas people decide to concentrate on is unhealthy habits such as smoking, nail-biting and excessive drinking. For those wanting to quit smoking, there are lots of options. We've all heard about nicotine patches and gum, but how about counselling? An increasing number are turning to a variety of forms of counselling such as hypnotherapy to control habits and battle addictions. According to Jennifer Norris, founder of and hypnotherapist at The Grey Matter Network, "Through hypnotherapy, a smoker, for example, is able to cause a shift in subconscious programming from smoker to non-smoker. When a person 'feels like' and 'is' a non-smoker, then there is no reason for him/her to pick up a cigarette."

Many people choose to focus on personal life planning, evaluating where they are now and identifying where they would like to be headed. Add living, raising a family and working in

a foreign country to the equation and things start to get quite complex. Seeking advice and guidance from professionals such as those at New Vision Coaching, The Counselling Place and The Singapore American Community Action Council can give you the clarity and motivation you need to be able to make positive changes in your life.

CAREER

People also tend to take a closer look at their careers around New Year's.

A personality test is a good place to start; it's easily accessible, quick and fun to take. The two most well known assessments out there are the Myers-Briggs test and the Kiersey Temperament Sorter. While they can't replace professional guidance, these tests give you an idea of where your strengths and interests lie, as well as point out areas you might want to improve in.

For those considering more significant change, a career coach, like those at career service centres Ignition and Career Resource Center for Expatriates AAS, work with you to identify career options and help you make choices that you can be happy with over the long-run.

Whether it is a relationship you are trying to strengthen, a habit you are trying to quit or a career you are trying to change, don't think you have to do it alone. "Take the time to talk with someone who can ask you the right sort of questions and help you find the answers that best suit you," recommends Dean Banks, director of Ignition.

BEAUTY & PERSONAL IMAGE

"New year, new look, new you" – What easier way is there to start the year off than with a fresh and exciting look? Singapore's uniquely multicultural style provides plenty of opportunities for experimenting with new colours, styles and fashions.

Looking for the full treatment? Salons like Jean Yip, Visage The Salon and Pink Parlour are just a few of the many locations offering a diverse range of services including body contouring, skin treatments, hair removal, nail care, hairstyling and makeovers.

Interested in wowing them with an ultra-chic and edgy new 'do? Direct your attention to these salons, which specialise in European hairstyling: Le Papillion, Toni & Guy and S4H Salon 4 Hair.

If you are looking for something a bit more drastic, why not enlist a professional for some help? An image consultant looks at personality, body shape and skin tone to create a look that is uniquely you, as well as to guide you to make smart style choices for the rest of your life. F3 Fast Forward Futures and Etiquette & Image International are two establishments offering image-consulting services.

However you choose to update your look, dare to be a little different this year! Be brave and go for it!

MONEY MATTERS

It should come as no surprise that a lot of people start taking stock of their financial situation after New Year. The current economic situation is especially worrying and has many of us wondering about the best ways to invest, save and ensure our financial security.



A growing number of people are turning to financial advising firms like International Financial Services, ipac financial planning Singapore and Professional Investment Advisory Services to help them look at their finances from a different angle and to enable them to develop or improve their financial strategy.

As for tips, Tim Kiln, Chief Executive Officer at International Financial Services, offers the following: "The stability of the market is always going to change, as are many things in your life. Ideally, you should be looking at your financial situation and investing on a regular basis. Doing this will give you an advantage in any situation."

NEW YEAR, NEW EXPERIENCES

Another common New Year's resolution is to have new experiences. How many times have you told yourself, "This is going to be the year that I finally ... (fill in the blank – go bungee jumping, get my PADI license, see Angkor Wat, take up tennis). And how many of us actually do it? Sometimes it can be a good thing (case in point – my resolution to get a tattoo. So glad I backed out of that one!) Other times, however, it can be something you really regret not doing (a New Year's resolution to climb Mt. Fuji – by moonlight, mind you. Yes, I'm still kicking myself over that one).

So why put it off for any longer? Call, sign up and reserve your spot for whatever it is you want to do next year. Here are a few ideas for you to think about:

Get active at The Singapore Community Action Council. A Large variety of sports available. Join one of the many "hash" groups (Singapore Bike Hash, Saturday K9 Hash House Harriers, Hash House Harriers)

- Fly at the Singapore Flyer's Club
- Row with the AustCham Dragon Boating Team
- Go on an adventure of a lifetime with the Singapore Adventurer's Club.
- Brush up on your tennis and swimming with TFL (Total Fitness Leisure). Training consultants teach you techniques and strengthen skills through one-on-one instruction. If there's a tennis or swimming facility at your favourite hotel or club, chances are it's run by TFL.

LENDING A HELPING HAND

High on most people's list of resolutions is being more active in the community. Helping out in a place where you yourself might feel foreign may seem a bit intimidating at first, but actually there are lots of organisations in need of volunteers and caring hearts. A few of the non-profit organizations out there looking for volunteers are TOUCH Community Services, The Children's Society, Singapore Society for the Prevention of Cruelty to Animals and Singapore Red Cross Society.

Whether you are volunteering in a hospital, helping the elderly, caring for animals, recruiting blood donors or being a mentor for children, giving your time makes someone else's life a little bit better and makes yours a little sweeter too!

There's nothing like the passing of one year and the arrival of another for spurring excitement and instilling new hope in us all.

A few final words of advice for your 2009 resolutions:

- Be realistic in selecting goals. A common mistake is to take on too much at once. That New Year's energy can only take you so far. After that, it's up to you how things will continue. Do what matters most and don't take on more than you can handle.
- Do it because you want to. It's your life that's going to be affected, right? So why do it for anyone else?
- Don't be afraid to ask for help. Having someone who is there to listen and ask the right questions can do wonders to boost your motivation and just make you feel good!
- Celebrate your successes – the little and the big. Many resolutions are meant to change your life in a major way. Such change can take time and is not always easily come by. So be proud of every step forward you make. A toast to your success! Here's to you in 2009 – may this year be one full of positive change, new experiences and a healthier and happier you! Cheers!

PHYSICAL WELL-BEING

FITNESS FIRST

www.fitnessfirst.com.sg
6737 7889 (Paragon)

Choose from nine clubs to burn off some of that post-year poundage. Group exercise studios (for Yoga, cycling and other fitness classes), swimming pools and complimentary workout attire make keeping this New Year resolution shamelessly easy.

“New Year, New You!” Enjoy \$250 off the Joining Fee (Usual \$300) on a Lifestyle Passport membership*.

*Terms and Conditions apply. To redeem, please present this original page. Offer ends 31 Jan 2009.

CALIFORNIA FITNESS

www.californiafitness.com
6834 2100 (Orchard)

PLANET FITNESS

www.planetfitness.com.sg
6278 3000 (Vivocity)

SLENDER SHAPES

www.slendershapes.com
6468 8834 (Bukit Timah)

ABSOLUTE LIVING

www.absolute-living.com
6341 7262

Offering in-studio, outdoor, in-home training, and a diverse range of activities (aqua fitness, boxing and group exercise). The rooftop pool and training facilities at their newly opened branch on Beach Rd. are also something definitely worth a look-see.

BODY TEMPLE

www.bodytemple.com.sg
9100 8714

THE FOOD CLINIC

www.thefoodclinic.com.sg
6254 3714

COUNSELLING

NEW VISION COACHING

www.newvisioncoaching.com
9663 7849

Providing personal coaching and counselling to individuals and couples. Common counselling topics include relocation issues, work performance, mid-life transition, communication improvement and conflict resolution in relationships, stress, anxiety, depression and past-event counselling.

THE GREY MATTER NETWORK

www.greymatternetwork.com
6325 4739

Hypnotherapy centre providing services to support diverse individual needs. Types of therapy include unhealthy behaviour and habit treatment, relationship issues, stress management, and health problems.

Information about special talks, workshops and discounts celebrating World Hypnotism Day (January 4) and Hypnosis Month Singapore can be found at www.greymatternetwork.com, www.hypnosismonthsingapore.com.

SINGAPORE AMERICAN COMMUNITY ACTION COUNCIL

www.sacac.com
6733 9249

THE COUNSELLING PLACE

www.thecounsellingplace.com
6887 3695

CAREER

IGNITION

www.ignition.sg
6253 7521

Providing career coaching to trailing spouses, corporate executives, fresh graduates and students preparing to enter university. Services offered include profession and personality assessment, stress management, networking, job-transitioning and university admissions guidance.

CAREER RESOURCE CENTER FOR EXPATRIATES AAS

www.aasingapore.com
6738 0371

MYERS-BRIGGS

www.myersbrigg.org

THE KEIRSEY TEMPERAMENT SORTER (KTS-II)

www.keirsey.com

BEAUTY & PERSONAL IMAGE

JEANYIP GROUP

www.jeanyipgroup.com
6337 0811 (Bugis location)

VISAGE THE SALON

www.visage.com.sg
6733 0933

PINK PARLOUR

www.pinkparlour.com.sg
6100 7465 (Liang Court location)

LE PAPILLION

www.lepapillon.com.sg
6392 3886

S4H SALON 4 HAIR

www.s4h.sg
6235 6028

TONI & GUY

www.toniandguy.com.sg
6835 4556 (Orchard location)

ETIQUETTE & IMAGE INTERNATIONAL

www.etiquetteimageint.com
9248 0065

F3 FAST FORWARD FUTURES

www.f-3.com.sg
6876 1761

Image consultancy services for men, women and corporate executives. Consultancy consists of colour mix and match, fashion guidance, hair and make-up styling. The at-home “keep or toss” service is particularly practical for helping you let go of all those outdated and back-of-the-closet pieces!

MONEY MATTERS

INTERNATIONAL FINANCIAL SERVICES

www.interfs.com
6826 2500

Offering impartial financial advice to expatriates in Singapore and Asia. Areas of service include full retirement planning, property purchase and financing, overseas property, investment advice and cash flow optimisation.

IPAC FINANCIAL PLANNING SINGAPORE

www.ipac.com.sg
6512 7000

PROFESSIONAL INVESTMENT ADVISORY SERVICES

www.financialadvice.com.sg
6866 1477

NEW YEAR, NEW EXPERIENCES

AUSTCHAM DRAGON BOATING TEAM

www.ozdragon.org
info@ozdragon.org

SINGAPORE

ADVENTURERS' CLUB

www.sac.org
6749 0557

SINGAPORE AMERICAN COMMUNITY ACTION COUNCIL

www.sacac.com
6363 6454 (SACAC Sports Office)

TFL TOTAL FITNESS LEISURE

www.tfl-training.com
6733 3689

LENDING A HELPING HAND

CHILDREN 'S SOCIETY

www.childrensociety.org.sg
6273 2010

SINGAPORE RED CROSS SOCIETY

www.redcross.org.sg
6336 0269

SINGAPORE SOCIETY FOR

THE PREVENTION OF CRUELTY TO ANIMALS

www.spc.a.org.sg
6287 5355

TOUCH COMMUNITY SERVICES

www.tcs.org.sg
6377 0122

LISTINGS