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### Welcome.....

Yes, it's winter! Here are Lifestyle Elements, we are greatly appreciating the rain, although always prefer it remains dry just as we are carrying shopping bags from the car to our client's house!

We have had a busy month and have loved working with our clients to get their jobs done. In particular, we have been doing a lot of winter specific jobs, and Mathilda has pulled together a list of some of the jobs below. If we can help you with any of these items, just let us know.

This month's newsletter also includes some winter health tips, as well as some advanced notice for upcoming closure days at Lifestyle Elements.

Kind Regards,  
**Abbie Martin**  
 Principal  
 Lifestyle Manager

### Welcome to Winter Checklist

We've had a pretty exciting few months here at Lifestyle Elements! There are lots of interesting things we've had to do! Maybe these examples will remind you of what we can do for you!



- **Gutter cleaning** – this is a must as the rain starts to fall. Don't do this messy and dangerous job yourself, we can organise for our trusted suppliers to come to your home.
- **Skip for rubbish removal** – do you have rubbish or old garden waste cluttering up your yard? It's easy and inexpensive to have a skip delivered for a weekend so that you can fill it up, and tidy up your home.
- **Carpet Cleaning** – do your carpets or couches look a bit grotty from the kids and pets? We can organise for these to be professionally cleaned to keep them looking new!
- **Pets** – is your dog kept inside during this cold rainy weather while you go to work all day? We would love to come and take your pooch for a walk so they have a change of scenery!
- **Shopping** – does the idea of lugging heavy grocery bags to your home in the rain sound like fun? If not, we can organise your shopping for you and we even unpack it! All you will need to do is fill out an easy template form, and then come home to a house full of groceries.
- **Quilts** – we can organise for your quilts to be rejuvenated or dry cleaned so that they are nice and fresh for you when curled up in bed with a hot chocolate!
- **Finding books, CD's or DVD's** – is there a specific movie you've been meaning to watch, or book to read? We can find it and have it waiting at home for you.
- **Gym membership** – Winter is as good a time as any to join a gym. Summer is not too far away and we all want to be looking a feeling as healthy as we can! It's hard in the cooler months to find the motivation to get outside and be active, which is why we can

research and give you options as to exercising indoors.

- **Winter Break** - Maybe you are thinking about heading off on a winter break, but are worried about who will manage your house and pets while you are away. Lifestyle Elements can help with this in any manner – from visiting your home twice a day, to once a week. This is a popular time of year for people to escape the cool weather – or embrace the snow in other parts of Australia! So why not let us help you - we can organise everything from holiday destinations, to watering plants and looking after your pets while you are away



### Top Winter Health Tips

As we enter Flu season, and with the current Swine Flu outbreak, it is more important than ever that we take care of ourselves and our bodies. The following list will remind you of some simple ways to minimise your risk of getting ill, and maximise your body's potential.

- Wash your hands thoroughly and regularly
- Eat plenty of fruits and vegetables that are in season – the closer to its natural state the better
- Make exercise a priority – even if it's a quick walk between showers, it will make you feel better and give you more energy
- Consider getting a flu shot – it's not too late to protect yourself
- Keep hydrated – it's easy to forget about your fluid intake during the cooler months but it's just as important as in the summer
- Dress appropriately – it is dangerous to be cold or overheat your body. We suggest layering so that you can add and remove clothing depending on the temperature

Remember that if you do catch anything and feel run-down, Lifestyle Elements can help you manage your household and life. We can easily arrange doctor's appointments and even take you there. We can also pick up some much needed supplies so that you don't need to leave the house.



### Upcoming Closure Days

Please be advised that Lifestyle Elements will be closed from 12pm Friday 31st July, reopening Tuesday 4th August.

If we normally provide you with regular services on a Friday or Monday we will be in touch to reschedule these items. If there is anything you need on either of these days, please let us know and we will do our best to arrange.

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