



## Lipo Light Newsletter March, 2020



### Silver Linings

Even in the darkest of times historically, silver linings inevitably present themselves, offering hope and new opportunities. Let's take a breath from all the bad news we're constantly bombarded with to find some sunshine and look for silver linings while we continue to be responsible, follow medical guidelines and do our part in keeping the covid 19 virus from spreading.

### Doors Closed, Doors Open..

Just days before the county mandate, Lipo Light suspended operations out of concern for possibly contributing to the spread of the virus. I will, of course, let you know when we've reopened. As tough as it is to close down operations of a business. I've actually found silver linings in the process. So where is the silver lining in this situation that on the surface seems so dire?

Time off from the day to day operations gives me the opportunity to evaluate Lipo Light procedures and expand my services. I will share some

of that with you at another time. I'm also finding time to cook, read, reach out to help elderly neighbors, reconnect with friends I haven't been able to give enough time to and talk to my grandkids a lot more!

Hopefully each of you is finding your own silver linings as you rediscover fun activities and friendships that have been on the back burner of late.

## *Tips and ideas to stay engaged*

Here are some tips and ideas I've collected from various sources include doctors, Scott Kelly, retired astronaut, and many others that might replace boredom with value/opportunity during our shared "time out".

**IMMUNE SYSTEM:** According to an immunologist, here are the three best things you can do to beef up your immune system:

1. Get lots of sleep. (Scientifically proven to help your interpersonal relations too!)

2. Eat large volumes of fresh fruits and vegetables.

3. Exercise each day. (Don't worry about your gym that's temporarily closed. Look for Body by Jake on Instagram. He takes you through home workouts using stuff you have at home for weights, etc.)

**CONNECT:** Reach out to your neighbors you haven't had time for. One of my clients is Italian. She told me that Italians, with their irrepressible spirit, gather on their balconies at appointed times each day to connect, sing, play music, celebrate life and honor doctors, nurses and medical staff who are caring for the sick. Gotta love the Italians! Balconies are more scarce here, but what about sitting on your front lawn or in front of your apartment to connect with neighbors.

**EVALUATE:** How about using this time to step back and evaluate your life. Are you doing what you really want to be doing? What opportunities are you missing because your life has been too busy to look up? This is the perfect time to create, recreate, and plan for your future as YOU want it to be!

Scores of brilliant medical technicians all over the world are working on medications, vaccines and cures. We will get to the other side of this. In the meantime, why not play it smart by taking the high road: extrovert, help, look for fun and opportunities to improve – everything!

I hope you are well. Please send me your silver linings and survival tips so I can share them: [suzybarbee01@gmail.com](mailto:suzybarbee01@gmail.com) Good books, fun recipes, online

resources, etc. We're all in this together!

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For further support....

## **Lipo Light Now Offers a Private FB Group Houston Fat Loss Group**

Again, it's private – no one can pop in without invitation to see who is in the group. When you join, you'll find regular fat loss tips, opportunities to chat with other group members and more! Check it out!

[Houston Fat Loss Group](#)

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