

Dan's Letter™

"Please...let me introduce you to my mind...one article at a time."



FROM THE DESK OF DAN ANDERSON

4 Basic Success Traits

Too often when we talk about success, we focus solely on the end result and neglect the importance of the means. We tend to overlook a few basic characteristics necessary to be successful in life or any profession:

- **Self-confidence.** You were hired for the job, so even if it's challenging and you're being stretched, believe in yourself and your ability to overcome the challenges you face, and grow from the experience.

- **Interpersonal skills.** The most successful people are those willing to get along with their colleagues and collaborate across departments or teams.

Know the names of the people you work with, say "Good morning," and find the common ground that will help you connect with the people in your workplace, regardless of their position or yours.

- **A sense of right and wrong.** Successful people don't compromise their values for a paycheck.

They know what they stand for and what they won't stand for, and their integrity is always on display in how they conduct themselves in their workplace and among their colleagues.

- **Grit.** Successful people know that failure isn't the end of the world, and neither are mistakes—they are minor setbacks or learning opportunities.

They possess the willingness to try again, the courage to ask for help, and the drive to keep moving forward toward their goals and objectives.

- Dan A.



(BPT) - Have you heard about meal planning and thought it sounded like a great idea, but think it's just too complicated for you to tackle? The truth is it's easier than you think if you know a few tips and tricks from the experts.

"Meal planning saves money, cuts stress, reduces food waste and encourages family time, all while putting nutritious foods on the table," says registered dietitian Sally Kuzemchak. "It can seem overwhelming to start, but if you follow a few simple strategies, you'll be meal planning like a pro in no time and enjoying all the benefits."

Kuzemchak is currently helping with Mission for Nutrition by philanthropically-based organization Produce for Kids. This effort encourages healthy eating habits for everyone, including nutritious foods for families of all shapes and sizes. She offers these simple meal planning tips so you can get started today:

Start slow: When you first try meal planning, start with one step you're comfortable with and grow from there as you gain confidence. For example, try chopping up a week's worth of produce so you're ready for snacking and cooking. Or, buy bulk chicken and cook it all up so it's ready for quick meals such as tacos or topping a salad.

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Focus on the effective: Is there one meal you struggle with more than others? Maybe breakfasts are consistently chaotic or you know you work late every Tuesday and it's tough to get dinner on the table. Select a meal you can make ahead for those times to feel the immediate benefits of meal planning. You'll be proud your family is fed a nutritious meal and enjoy less stress.

Simplify shopping: To avoid overbuying as well as food spoiling, think about your meal planning before you head to the grocery store. Focus recipe selections on in-season ingredients to get the best flavor at the lowest prices.

Double favorites: No need to try complicated new recipes when beginning to meal prep. If you know your family loves a recipe, double it and eat one that day and freeze one for next week. As you expand your cooking, keep a list of family favorites that you can easily double for future meal rotations.

Use time-saving tools: Appliances like a slow cooker and food processor are great for whipping up dishes in no time. Having plenty of storage containers is key as well. From freezer bags and glassware to plastic containers with separate sections, these tools will save you time and make meal planning simpler.

Freeze smart: For freezer meals, use resealable freezer-friendly plastic bags for sauces and raw ingredients that can be thawed and used later. Aluminum pans are good for freezing whole meals like casseroles. Remember to always label and date items and keep a running list of what is in the freezer for easy reference.

Make it family fun: Kids love to help cook, and when they assist in the preparing of foods, they are more likely to try new flavors. Invite kids into the kitchen to help meal prep to hone their cooking skills. Youngsters can help wash produce and stir mixes while older kids can assist in reading recipes and measuring ingredients.

Looking for recipe inspiration to kick off your meal planning efforts? With just a few minutes of preparation, this delicious meal cooks all day in the slow cooker so you can come home to a tasty meal the whole family will love. For more recipe ideas and meal planning insight, visit www.produceforkids.com/mission-for-nutrition.



3 Ways To Add Wellness To Your Vacation

(BPT) - Why not focus on your health this year by planning a trip that will help you relax, recharge and refocus on your top wellness goals?

Here are just a few ways you can make the most of your vacation while getting your health goals off to a great start.

Stay Active. What's better than a great workout in the great outdoors? In Myrtle Beach, South Carolina, you can stroll along the shoreline, bike the Waccamaw Neck Bikeway, hike a trail or take an outdoor yoga class. You can also enjoy golf courses, like the Dunes Golf and Beach Club.

Kayak tours at Black River Outdoors, fishing from the 2nd Avenue Pier and jet skiing with Action Water Sportz are other active outdoor options.

Relax and unwind. If your wellness resolution is to unwind more in 2020, consider a Himalayan Salt Stone massage at the Cinzia Spa in Myrtle Beach, where hand-carved warm salt stones gently soothe away the accumulation of stress and tension, while bringing the body and spirit into balance.

You can just relax and soak up the sun on one of many beautiful beaches, or while enjoying a sailboat charter.



Your idea of relaxation might include bathing in beauty. If so, spend a day at Brookgreen Gardens to enjoy both the natural outdoor beauty as well as the sculptures. The area is home to dozens of art galleries for your perusal, as well as The Burroughs and Chapin Art Museum, which features southern artists in a range of media. For those who find creative pursuits relaxing, the museum offers art classes.

Eat healthy. While eating healthy on vacation can be challenging at times, focusing on fresh, ocean-to-table seafood offerings can be easy. In Myrtle Beach, visit Hook & Barrel restaurant to

enjoy a fresh take on dining with distinctive seafood dishes and local produce in its ethereal, eco-friendly environment. You can't get any fresher than the wide selection of seafood at Wicked Tuna in Murrells Inlet, or try the inventive take on elevated Southern fare at the Rivertown Bistro in Conway.

Destinations like Myrtle Beach, South Carolina, make it easy to stick to your wellness goals while on vacation, providing plenty of water sports activities along 60 miles of pristine coastline, with plenty of places to walk, bike and relax, plus endless, fresh seafood offerings available.

For more information, check out visitmyrtlebeach.com.

A Warm "Thank You" and Welcome to the Newlook Family



In today's busy times, the act of one person stopping, thinking and caring enough to help another person is something special.

As you know, no matter how busy our schedules are here at Newlook Body Works, we reserve time to accommodate new customers referred to us by you, our present clients. We know that you put a little of yourself "on the line" whenever you recommend us to a friend, family member or associate.

We donate a portion of the proceeds of each referral to the Prisma Health Children's Hospital. Prisma Health Children's Hospital is South Carolina's first children's hospital and has more than 150,000 children visit each year. They offer more than 30 subspecialties to meet the unique health care needs of children and have central South Carolina's only Children's Emergency Center.

You and individuals you refer to us, those you know that have scratch or bumper damage on their car, can rest assured that not only will they get the impeccable service that we're known for, but that a portion of the proceeds from each service will go toward a very worthy cause.

A special "thank you" to a few of our clients who recently referred us to their friends and family:

- **Chip Smith (Constan Car Wash)**
- **Danny Burnstein**
- **Ryan Rucker**

We welcome new clients to the Newlook family:

- **Ursula Nickle**
- **William Rambo**
- **Daniel Jackson**
- **Matt Rawl (John's RV)**
- **Darnell Dobson**

TAKE A BREAK!

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Slow Cooker Chicken and Tomatoes

- 1 1/2 pounds boneless, skinless chicken thighs
- 2 small sweet onions, sliced
- 1 pint cherry tomatoes
- 4 cloves garlic, minced
- 1/4 cup low-sodium soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon olive oil
- 1/4 teaspoon pepper

Place chicken, onions and tomatoes in slow cooker.

Whisk garlic, soy sauce, brown sugar, Worcestershire sauce, olive oil and pepper in small bowl. Pour over chicken.

Cover slow cooker and cook on high 4 hours or low 6-8 hours. Once done, you can shred the chicken or leave as-is.

It's great to serve over rice, quinoa or cauliflower rice for a delicious dinner. To add a little more flavor, squeeze some fresh lemon over the top!

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Spring Cleaning...Your Finances

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Spring Cleaning...Your Finances

(BPT) - The spring season brings warmer days and a fresh perspective, which is why it's the ideal time to declutter and get organized. This includes taking stock of what we have, clearing out the unnecessary items in our possession and cleansing our spaces. We feel refreshed and empowered after a good sweeping. In addition to the closet overhaul and pantry refresh, there's one major area of our everyday lives we tend to overlook during this time: our finances.

According to Amanda Clayman, financial therapist and Prudential's financial wellness advocate, tidying up our finances is the spring cleaning task that can make us feel more empowered than anything else on our list. Digging into our money is messy and complicated but, just like cleaning our home, it creates a feeling of revitalization and can benefit our mental health in the long run. Beyond this alone, spring cleaning our finances gets our money organized, helps us make better



financial choices and improves our financial wellness overall.

Amanda shares the following tips on spring cleaning your finances to start anew this season.

1. Declutter your inbox: Clutter is clutter, no matter where it lives. Take some time to go through your inbox and unsubscribe from promotional emails that tempt you to spend on things you don't need. Not only will it help you save, but your inbox will stay satisfyingly clean moving forward!

2. Tidy up your subscriptions: Dive into your bank statements to review recurring

subscription charges and reassess which ones you really need. You may be surprised to find subscriptions that you forgot about, which can waste money over time.

3. Minimize stress with automation:

Alleviate some of the constant worry of paying monthly bills by automating payments for rent, credit cards, utilities, or any other recurring charge on your plate. This will also help to avoid late fee charges.

While most of our homes can use a deep clean in the springtime, focusing on doing the same with our finances is vital to improve our overall well-being. Give your financial self a refresh for greater peace of mind throughout the seasons.

For more information, advice and tools for investing in your financial wellness and establishing healthy financial habits, visit Prudential Financial.