



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
Jan. 5, 2024

## Hustle For The Muscle

Why doesn't the fisherman go to the gym? He pulled a mussel. If movement is part of your New Year's resolutions, check out these free workouts.

### [MadFit](#)

Short workouts that are easy to follow with tons of variety. Check out the section on apartment-friendly workouts.

### [FitOn](#)

Unlimited free workouts you can do anywhere featuring celebrity trainers.

### [POPSUGAR Fitness](#)

If you're looking to try a new type of workout, chances are you can try it on the POPSUGAR channel before committing to a full program. Lots of workouts in a variety of lengths.

### [Muscle and Strength](#)

Have access to a gym but need some direction? Muscle and Strength has dozens of free workout plans tailored to your goals.

### [Senior Fitness With Meredith](#)

Keeping active as we age is the focus of this workout channel. In addition to free workout videos, check out her podcast as well.

### [Zuzka Light](#)

Short intense workouts of 15 to 20 minutes a day using bodyweight or minimal equipment.

## New Year, Fresh Start

The arrival of the New Year is often accompanied by a sense of renewal and a desire to make positive changes in our lives. Here are some of the best things to do in the New Year to make it a memorable and fulfilling experience.

### Reflect on the Past Year

Take some time to reflect on the events of the past year. Consider both the achievements and the challenges. Reflecting on the past can provide valuable insights and help you appreciate the lessons learned.

### Set Meaningful Goals

The New Year is an excellent time to set new goals. However, focus on meaningful and realistic objectives that align with your values and aspirations. Whether it's personal development, career advancement, or health and wellness, setting goals can give your life a sense of purpose.

### Practice Mindfulness and Self-Care

Incorporate mindfulness practices and self-care routines into your daily life. Taking moments for relaxation, meditation, or simply enjoying activities you love can contribute to a more balanced and fulfilling lifestyle.

### Cultivate Positive Habits

Identify habits that contribute positively to your life and work on reinforcing them. Whether it's practicing gratitude, maintaining a positive mindset, or fostering good relationships, cultivating positive habits can enhance your overall happiness.

## Events of the Week

### [Monster Jam 2024](#)

Delta Center (301 S Temple, SLC)

Jan. 5-7

Oversized trucks compete in races and skills competitions.

### [Bridal Showcase](#)

Mountain America Expo Center (9575 S State Street, Sandy)

Jan. 6, 11 AM - 6 PM

Discover everything for your wedding all in one place, up close and in person.

## Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

### **General Assistance (Utilities, Food, Housing)**

[utahca.org/housing/](https://utahca.org/housing/) or call (801) 359-2444

[211utah.org/](https://211utah.org/) or call 211

<https://jobs.utah.gov/assistance/index.html>

### **Power & Gas Assistance**

<https://www.utahca.org/heat/>

### **Utah Department of Workforce Services Resources**

[jobs.utah.gov/](https://jobs.utah.gov/)

### **Food Resources, and Mobile Food Pantry Dates and Locations**

<https://www.utahfoodbank.org/programs/mobile-pantry/>

<https://www.utahca.org/nutrition/>