

Bodies of Empowerment provides Resolution Rescue



Sharon Braboy started sessions with a personal trainer at Bodies of Empowerment to lose weight. She finds the staff supportive, enthusiastic and eager to share their expertise. PROVIDED

As many of us begin or plan to begin our new fitness resolutions this year, we should consider using the help of a professional. Bodies of Empowerment has been serving Cincinnati/Northern Kentucky for more than 15 years. They specialize in providing the tools necessary to make healthy changes attainable and long-lasting. "Most fitness resolutions fail within the first four to six weeks. We want to offer a means of rescue to those who are struggling," says own-

er Nate McConnell.

If your self-consciousness to exercise in public trumps the resolve to get in shape and feel good, Bodies of Empowerment fitness studio offers more privacy than a gym and is less intimidating to those who are new to weight training, says personal trainer Katie Melching, ACE, CPT. "Training can be awkward for those who are just starting out. You think you will look silly or mess up an exercise movement. Walking into a gym full of equipment is often overwhelming. We make things simple!"

The staff's mission at Bodies of Empow-

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Are you getting married this year? The Jaeger Firm, PLLC's caring professionals Steven R. Jaeger (left) and Steven D. Jaeger are here to help couples make the transition.

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If 2012 brings wedding bells...

Did you or a loved one propose or receive a proposal over the holidays? Or is the date already set for 2012?

If 2012 brings wedding bells, the caring professionals at The Jaeger Firm, PLLC are here to help in the transition.

Some of the legal services you may need include:

1. Review venue and

vendor contracts for the date of the wedding and reception;

2. Review rental/lease agreements before entered into with a landlord for that new apartment;

3. Assist or review documents preparing for the closing on a new home;

4. Help the bride change her name and notify all necessary parties and governmental agencies;

5. If you want to own property jointly after you're married, you may need to change how already-owned property is titled. We can help;

6. Consider whether a prenuptial agreement is appropriate for your relationship;

7. Prepare or update a Last Will and Testament or Trust;

8. Assist in the passport process, if one is needed for the honeymoon.

Remember, The Jaeger Firm, PLLC is there to walk you through these steps, so that you can be worry-free during this special time.

Call The Jaeger Firm, PLLC at 859-342-4500 for more information about their special wedding packages and get started on making sure your lives together get off to a smooth start.

Get the Body You've ALWAYS DREAMED Of!

Why spend countless hours in the gym with little to no return for your efforts? **Eliminate years of trial and error!** There is no need to waste time and energy on routines that don't work, or are just simply made for someone else. **BEGIN MAKING CHANGES NOW**, with the use of our proven system.

We offer the following services:

- Personal Training
- Nutritional Consulting



BODIES OF EMPOWERMENT
PERSONAL TRAINING

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