



IN TOUCH, IN TUNE

| Issue 6, Volume 4 |



Your Financial Conductor

What's important is helping families achieve financial independence and reach other tangible goals that require money and planning to accomplish. We also help business owners to achieve balance between their business success and their personal financial success. We believe understanding a client's values and goals helps create a focused plan with an emphasis on meeting the client's emotional needs.

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Reaching Spiritual Wellness

It is important for everyone to explore what they believe is their own sense of meaning and purpose. The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.

Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.





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Benefits of Physical Fitness



The importance of physical fitness cannot be emphasized enough. In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight.

Staying active means keeping your body functioning at a high level. Regular exercise will maintain the performance of your lungs and heart to most efficiently burn off excess calories and keep your weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance.

Another main benefit of physical activity is that it decreases the risk of heart disease, the leading cause of death in America. Additionally, it can decrease your risk of stroke, colon cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalization and medication.

Exercising does not have to be something boring and dreaded. It can be something that you enjoy that helps to increase the overall happiness in your life, as well as relieve symptoms of stress, depression and anxiety. Try to find some activities that give you pleasure, or even a buddy to do them with so that exercise is a fun and enjoyable activity (and one that you continue on a regular basis because it adds something good to your life).

What Activities Are Beneficial?

It is not what you are doing, as much as it is whether or not you are doing something. Any type of moderate activity like walking, swimming, biking or organized sports can contribute to your physical fitness. Explore your fitness options at your local gym, community center or community college for courses and organized activities that may suit your lifestyle and interests.

To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase your blood flow and prepare your body for activity. Follow the warm up with several minutes of stretches to increase your flexibility and lower your risk for injury. Complete your selected exercise or activity for 20 to 30 minutes and conclude the workout with 5 to 10 minutes of cool down and stretching.



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Vacation Ideas Portland, Oregon



Pittock Mansion

Built in 1914 for one of Portland's most influential families, Pittock Mansion is an exquisitely preserved colonial-style mansion that provides insight into the history of Portland and how it became the city it is today.

The Pittock Mansion was originally the home of Portland pioneers Henry and Georgiana Pittock, whose lives paralleled the growth of Portland from a tiny Northwest town to a thriving

city. The home's unique architectural design, richly decorated interiors, and vast collection of family artifacts stand testament to the family's contributions to the development of Portland. If you are looking for unique things to do in Portland, Oregon, the Pittock Mansion offers a rare view into the lives of Portland's early inhabitants.



Japanese Garden

Founded in the early 1960s by the Japanese Garden Society of Oregon, the Portland Japanese Garden was created to promote and preserve a more intimate relationship between the people of Japan and those of Portland.

The garden also aims to educate visitors about the vegetation and the culture of Japan through beautiful display gardens and architectural features as well as cultural, environmental, horticultural, and charitable activities. The Garden is composed of five distinct garden styles spread over 5.5 acres: the Flat Garden, the Strolling Garden, the Tea Garden, the Natural Garden, and the Sand and Stone Garden. If you are wondering what to do in Portland, Oregon on a sunny day, this is a great place to visit.



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Interesting Conversation Topics

Hobbies

If you find out what a person's hobbies are, you instantly know a lot more about them. Hobbies are things people do without being paid to, just because they enjoy them. Some examples are: yoga, photography, working out, meditation, shopping, etc.

Travel

Many of the most memorable experiences in people's lives came from traveling.

When you're in an unfamiliar place, in the middle of a new and strange culture... that's gonna make a big impact on you

Food/Cooking

This is a light and fun topic. Everybody eats, and most people enjoy talking about their personal taste in food. If this is your first conversation with someone, then don't try to figure out the meaning of life. Find out what type of food you should try!

Future Plans

People love talking about what they are looking forward to. The challenge here is not to sound like a job interviewer with something like "Where do you see yourself in 5 years?"

Entertainment

Walk around in public, and you will always hear people talking about movies, TV shows and books. For some reason, people love talking about stories and the characters inside them they feel like they know. There's always new ones coming out, so the topic never really gets stale.

Almost nothing is more fascinating to most people than talking about how people work. Why? Because much of the meaning in our lives come from our connections. And to get what you want in life, you have to know how to handle people.
