



Sprit Unlimited Professional DJ Entertainment Wedding Planning Newsletter #21

From This Day Forward Insights and Assistance

Planning for your lives together starts well in advance of your wedding day...By addressing your health, legal, insurance, financial, and relationship needs, you will be able to “streamline” your life as you “merge” it into your new marriage partnership...

A Very Basic Health Guide

Staying healthy is a lifelong challenge...Factor in all the stresses and details to attend to for your wedding and it becomes even more difficult when you burn the candle at both ends...Keeping fit and healthy are a daily choice...

Eating the proper foods while trying to plan your perfect wedding can be difficult. Make sure to eat as many fruits, vegetables, and fibers as you can each day. This, coupled with drinking plenty of water, will help your body withstand the stresses of wedding planning.

If you don't do so already, hit the gym about six months out from your wedding day if you want to tone up before the big day.

A professional massage is a great way to alleviate the aches and tight muscles brought on by stress. Contact a spa about different massage techniques like Swedish, Thai, Shiatsu, or Reflexology.

If you are moving to a new city after your honeymoon, spend some time getting referrals for quality, caring medical professionals ranging from doctors to dentists.

As you grow older, get annual physicals by your doctors to keep on top of your health. Identifying problems early can sometimes mean all the difference in the world.

Learn the relaxation and practice these daily during the last month before your wedding. This combined with eating well, will prove to be the key to you taking it all in stride. When things start to really mount with “to-dos” and “must-haves” you will stay healthier and happier.

Then on your wedding you will be vibrant and able to truly enjoy your dream day!

This guide is provided by Spirit Unlimited Professional DJ Entertainment to assist new couples as they navigate their way through the year leading up to their wedding day. Included are only suggestions and ultimate decisions need to be made by the couple. Spirit Unlimited Professional DJ Entertainment is not responsible for negative outcomes as a result of following guidelines.