

Jensen's Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

How to make New Year's resolutions you'll actually keep

Another year is underway and many of us have mustered up our will-power for a brand new set of New Year's resolutions. Most common in the Western Hemisphere, we make resolutions with full intention of achieving them, to make life better than before, right? But what percentage of resolutions is broken in weeks, days, or even hours? There are different ways to be right about this, but to change all that and to help you make 2018 the best year yet, here are four ideas that can help you to make and keep resolutions:

1. Make your resolutions simple.

Sometimes people find themselves aiming for an overhaul of their entire lifestyle, and this is simply a recipe for disappointment and guilt. Don't overdo it because experience shows these things can't all be achieved at once. Why not focus clearly on one or two of your most important goals this year and go from there?

2. Choose well.

Okay, keep resolutions simple. But which should you choose? You may want to concentrate on those that will have the greatest impact on your happiness, health and fulfillment. For example, regular exercise will obviously improve your health, but it will also give you a sense of pride and will make you happy, right?

3. Be realistic.

Don't aim too high and ignore reality – consider your previous experience with resolutions. What led to failure then? It may be that you resolved to lose too much weight or save an unrealistic amount of money. Keep in mind that there will always be more opportunities to start on the next phase, so set realistic goals. Or if you don't want to hold back, set clear short-term goals on your way to a big achievement. Which leads to tip number four.

4. Create bite-sized portions.

Break goals down to manageable chunks. This may be the most essential ingredient for success. Setting and achieving smaller goals will give you momentum for continuing on to bigger achievement. Set clear, realistic goals such as losing seven pounds, saving \$25 a month, or going for a run once a week. Then decide exactly how you will make this happen. Keep in mind that "proper prior planning prevents poor performance."

*"A goal unwritten is only a wish."
So go ahead and write them down.*



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Hey Joel,

Joel Jensen

Q: One of our decorative holiday candles tipped over and we now have wax melted into our carpeting. What should we do?

A: *Scrape as much wax out of the carpet as you can with a spoon. Then put an ice cube on the wax to freeze it. Leave it there for a minute. The wax should harden enough to break it up and get more of it out. To remove more wax put a clean brown paper bag over the spot, and place a clothes iron on it, set on low. The wax will liquify and transfer to the paper. Apply a new paper bag as often as necessary until all of the wax is gone.*

Joel says:

Spots and stains can be tricky and over-hot irons or certain cleaners can cause permanent damage. Don't hesitate to call Jensen's for a free quote if you'd like us to take a look!

Get astonishing
"Off-Season" discounts...

see the
SPECIAL INSERT
inside...

Featured local event



Date: Thurs (1/18) - Sun (1/21)

Location: Radisson Conference Center
(Oneida Casino)

The **ALL-CANADA SHOW** is the place to meet Canada's best fishing and hunting destinations. Over 80 Canadian lodge owners and outfitters will be at the show from the Canadian provinces of Manitoba, Ontario, Saskatchewan, Newfoundland and the Northwest Territories.

Adults-\$12; Seniors-\$10;
Kids 17 and under-free

Free Parking

For details, visit:

www.AllCanada.com

Outstanding client of the month

Jenny Vechart

We really appreciate our kind new client who went out of her way to give us a five star rating and positive review on Facebook. We are very happy to know you will always call us for your future carpet cleaning needs— Thank you so much!

Healthy talk

The hardest part of staying on a healthy diet starts when you step outside your front door. Eating away from home is the downfall of many committed healthy eaters because most restaurant menus feature high-fat, supersize meals. And those eateries that do offer low-cal alternatives often are more expensive. So here are eight money-saving strategies for eating healthy when you're away from home:



- 1. Before you go to lunch or dinner, eat a light snack.** A piece of fruit or some veggies will take the edge off any hunger pangs and give you the energy to make sensible choices when choosing where and what to eat. If you wait until you're ravenous, you're more likely to settle for fast food, order too much or gobble down breadsticks while you wait.
- 2. Avoid ordering anything with the title "supersize" or "value meal" or "combo."** Choose regular-size sandwiches and spend any leftover cash on a piece of fruit for dessert.
- 3. Ask your waiter to hold the chips and salsa or bread and butter until your meal is served.** Save your appetite for the main course.
- 4. Have an appetizer as your entrée.** The portion sizes for appetizers are often sufficient to fill you up, and you'll save money.
- 5. Split an entrée with a friend.** In many restaurants, a main course with an extra side is plenty of food for two.
- 6. Plan to have leftovers.** Order with the intention of taking half home with you for another meal.
- 7. Ask your server to keep dressings, sauces and toppings on the side.** You can get the flavors you want without the extra fat and calories.
- 8. Share one dessert with everyone at the table.** Your sweet tooth can be satisfied with just a bite or two.

Quote for January...

"The most important thing you can do to achieve your goals is to make sure that as soon as you set them you immediately begin to create momentum."

--Tony Robbins



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www.Facebook.com/JensensCarpetCare

“A bad dream?” (funny!)

Ernestina was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Ralph, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Ralph smiling broadly.

At midnight, as the New Year was chiming, Ralph approached Ernestina and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'."

Beyond pepperoni

Pizza is enjoyed all over the world, with pepperoni the favorite in the U.S. But every country has its own take on toppings. Here are some popular international pizza toppings that you might like to try:

- India: pickled ginger, minced mutton, and tofu
- Japan: mayonnaise, potato, and bacon
- Russia: sardines, tuna, mackerel, and onions
- France: bacon, onion, and fresh cream
- Australia: scrambled eggs or shrimp and pineapple

By the way, what do you suppose "Canadian Bacon" is called in Canada? One answer is "back bacon."



Cool Blogs, Sites & Online Resources to Check Out This Month!

Oh My Disney

Fun and interactive for lovers of everything Disney, this website is a delight for young and old.

www.ohmy.disney.com

The Billfold

As we start 2018, this is a terrific website to visit. This site breaks one of the last taboos in our culture—talking about what you earn, what you spend, what you owe.

www.thebillfold.com

THE IDEA CORNER



The Naming

January as a month was named after a Roman god Janus. Back in 700 B.C., a Roman leader named Numa Pompilius made January the first month of a 10 month calendar which was 304 days long, and contained no calendar months for the winter season.

Start a meal with soup

A timely fun fact for those starting diets in January - according to a study by Pennsylvania State University, eating soup as a first course can reduce the overall calorie intake at a meal by as much as 26 percent. "Soup is the ultimate comfort food because it's warm and filling, as well as incredibly flavorful and full of nutrients," the study said. Opt for water-based soups such as tomato, vegetable, and broths; as opposed to cream-based soups like chowders, bisques, and potato soup.

Jensen's Healthy Home News

Your new January issue has arrived...

Inside:

- How to make New Year's resolutions you'll actually keep...
- Healthy talk
- A bad dream (funny!)



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Need help now? Call us! (920) 393-4062



Jensen's MEGA TRIVIA Question

The first six people who call our office with the correct answer will win a \$15.00 gift certificate for **Pizza Ranch**, 2206 Main St. Green Bay. Take your best guess and call us at **920-393-4062!**

(Be courteous & allow six months between wins)

This month's Mega Trivia Question:

New Year's Resolutions are most common in what hemisphere?

- A) Northern B) Southern
C) Western D) Eastern

Hint: You'll find the answer in the newsletter.

Many thanks from



Thank you for the referrals!

A special thanks for all those who referred Jensen's... Zoe Van Oss @ Olejniczak Realty, Matt Gerhard, Tonie Becker @ Macco's Floor Covering Center, Jenny Erlandson, Jim & Sandy Ward, Angie's List, Susan Ley @ Olejniczak Realty, Goodletson Management, Facebook, Andrea Potokar, Debbie Faase, IMS Barter, Jenny & Larry Giles, Home Interiors, Holly Piontek, Sam & Denise Hutchison, Carpet City, Hillcrest Homes, Craig & Jamie Hesselink, Kyle Siech, Lynn Gerrits, Macco's Floor Covering Center, Sallie & Steve Jerovetz, Tina Reeths, Yelp

Thank you for even more positive comments from... Nancy Bertz @ Stone Harbor Resort, Barb Huettl, Mary Lou Treleven, Sue Tews, Omar Morana, Carrie Rouse, Kristy Maney, Becky Langan, Kelli Harbron, Jill Thorpe, Barb Schumacher, Laurie Boyle, Barbara & Steve Deterra, Bernice Smith, Michelle Selissen, Paul Alexander, Lauren Winters, Delores Vandevelden, Sid O'Brien, Darlene Stedl, Ruth Stoehr, Gail @ Tax Management Services, Tatyana Salovska, Britney Ristow, Eric VandenHeuval, Jean Reich, Sue Winters, Lor Mee Vang, Ngozi Mbah, Sherry Henry, Patrick McDonald, Judy Voss, Chip Manthey, Lisa Harmann with Initiative One, Bill Schumacher, Bobbi Oskey, Mary Hackl, Tom Hutchison, Josh DeMars, Mr. Wisneski, Laura Opicka, Emily Wells, Linda Rentmeester, Katie Daley, Tracy Hau, Alice Leurquin, Jim & June Gillis, Deborah Neerdaels, Denise Beaudry, Bernadine Williamsen, Andrea Potokar, Pat Fisher, Kelley O'Connor, Doug Hanus, Connie Johanknecht, Steve Zimonick, Margie Collins, Ken Peterson, Michelle Rose, Karen Wyman, Kelly Noe, Jeannie Poehls, Patti Milson

Thanks for all the kind words!

Jenny Vechart wrote: "This was the first time we used Jensen's. They will have a repeat customer going forward. I was so impressed with how they were able to get my steps leading upstairs clean."

Randy Cook said the cleaning "Went very well. They worked a miracle in the downstairs. It looks like new carpet now. There were so many dog spots before."

Eleanor Martell said "Everything went excellent! I already recommended you to my daughter-in-law. I said they're the best! You've really got a bunch of good guys working there! They did an awesome job on the carpet repair too."

Tonya Lloyd said "I don't know what they did, but the carpet looks the best that it ever has! I couldn't believe it - it looks like new in some rooms. Yes - I am very happy. Kudos to the two technicians!"

Sy Brzeczowski said the cleaning "Went great. (Your technicians) are really nice guys and really know their stuff! They did a super job - I'm very pleased! They were polite - you could tell they were very professional. The carpet looks better than new. They got out stains that I did not think could get out."

Kim Scray said the carpet "Looks absolutely beautiful! The guys did a really great job! They got there early. They were very professional and polite. Fantastic job! I will definitely use you again. In fact I will be calling to have my basement cleaned in Feb."



Stop here for astonishing savings...

It's our "slow season" so we've slashed prices just to keep busy –

If you are an "off season" bargain hunter... this one is for you!

Hello Friend! Have you ever used discounted websites like Hotwire.com® or Expedia.com®? If so, then this is your month to clean your carpets!

The way those websites work is they sell their hotel rooms, car rentals, and/or flights at deep discounts because a discounted sale is better than no sale at all. And frankly, in January, for a carpet cleaner like us, a filled schedule is better than no schedule at all. So when it comes to carpet cleaning at a discount...

Nothing comes close to cleaning in January!

So, if you are longing for fluffy, clean, healthy carpet; if you want carpet that shines and has NO spots. And, if you want it all at a bargain price. Call us this month and...

Discover these four benefits of cleaning "off season"...

Benefit #1: You get our premium service including our exclusive 5 step cleaning system... at a HUGE discount!

Benefit #2: Your home will be treated with respect and we promise to take extra measures to keep the cold out and the heat in.

Benefit #3: You can have your pick of our schedule as we are usually just trying to keep busy this time of year.

Benefit #4: Did we mention you get all this at a HUGE discount?

If you are a bargain hunter, it doesn't get any better than this. It pains us to slash our prices this much, but we have to do what we have to do to keep things afloat during January. So instead of reminding you that your carpets need to be cleaned every 6-12 months to maintain their health and beauty, in lieu of educating you that your carpets don't need to look dirty to need a professional cleaning, rather than letting you know that your carpet is a giant filter that holds onto dust mites, allergens, dirt, pollutants and the like...*instead of all that I will just say...*

Do you know anyone who is an off-season bargain hunter? Please have them call right away and we will give them a FREE room of carpet cleaning in your name! (Up to 200 sq. ft. of carpet. New clients only.) Thanks!

P.S. We will send you a \$10 Gift Certificate for your referral...So THANKS in advance!!

Clean in January and save a lot of money on premium carpet cleaning!

Hurry! These discounts end January 31, 2018

Take Advantage Of "Off Season" Discounts:

Save 20% Off carpet cleaning

Save 33% Off carpet protection!

Contact **Jensen's Carpet Care & Restoration**

920-393-4062

or e-mail info@jensenscarpetcare.com

Check us out on the web at

www.jensenscarpetcare.com

Like us on Facebook at

www.Facebook.com/Jensens-capet-care-and-restoration

*Not valid with other offers. Minimum charge applies.