



At Home

Making the Most of Living in a Cowboy
Properties Community
Jan. 6, 2023

Sweat is Good for the Swole

What's a pirate's favorite exercise? The plank. If movement is part of your New Year's resolutions, check out these free workouts.

[Fitness Blender](#)

A website based on the idea that fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. Hundreds of free workout videos, meal plans and other helpful health, nutrition and fitness information.

[MadFit](#)

Short workouts that are easy to follow and have a lot 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.

Vanquish The Clutter

What do you get for the person who has everything? Storage. If you need more room for the things in your home, check out these ideas.

Use Your Doors

Over the door organizers can hold a wide variety of things. Hang [shelving on your pantry door](#) to hold your spices or canned goods. [Shelves on your bathroom door](#) can hold extra products or towels. Expand your [shoe storage with a rack over your closet door](#). Don't just think about your large doors either - [hang a rack over your bathroom or kitchen cabinets](#) to help organize your things.

Don't Waste Those Slim Spaces

Have a few inches of space in your laundry closet, bathroom or kitchen? [This storage cart](#) is only five inches wide and can help you expand that storage upward. [This option has hooks attached](#) to give you even more storage expansion.

How to Expand Your Closet

Although the new year is a great time to declutter and donate clothes you don't wear anymore, you can still get more space by switching to [slim hangers](#). Sometimes referred to as [magic hangers](#), use these to hang five hangers vertically. Hang pants using [S-shaped](#) or [multi-tiered](#) hangers.

Turn It With a Lazy Susan

A [Lazy Susan](#) brings those items shoved into the back easily to the front. A [two-tiered model](#) helps make the most of the vertical space and [add bins](#) to keep you even more organized.

Events of the Week

[Original Bridal Showcase](#)

Mountain America Expo Center (9575 State St., Sandy)
Jan. 6-7, Friday 3-8 PM, Saturday 11 AM - 6 PM
Everything you need to plan your wedding. [Fill out this form to reduce admission fee to \\$5.](#)

[New Year Psychic Fair](#)

Full Circle Yoga & Therapy (1719 South Main St., Salt Lake City)
Jan. 6, 7-10 PM
An evening of insights, connections, and manifestation!

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.

[Housing Assistance](#)

rentrelief.utah.gov

[General Assistance \(Utilities, Food, Housing\)](#)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211

[Utah Department of Workforce Services Resources](#)

jobs.utah.gov/

[Food Resources, and Mobile Food Pantry Dates and Locations](#)

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/
feedut.org/