

**From:** [HeartWork Organizing](#)  
**To:** [dan@hotmetalgraphics.com](mailto:dan@hotmetalgraphics.com)  
**Subject:** Getting It Together: Home Gym Haven  
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# HeartWork organizing

## Home Gym Haven

### In This Issue

[Events & Info](#)

[Quick Tip](#)

[Next Month...](#)

[Next Month...](#)

[Home Gym Haven](#)

### Events & Info

Need a speaker for your group or professional organization? Request a speaker's package today on my most popular topics, including:

Home Staging  
Organizing for Tax Time  
Organizing in the Home  
Small Biz Strategies  
Procrastination & How to Beat It  
Decorating for Free  
...Or customized topics

Fees waived for scheduled events at churches and places of worship.

### Quick Tip

Still having trouble getting to your home gym to workout? Put an extra complete set of workout togs in your gym and change once you get there. Especially if your home gym and closet are not near each other, this simple step can make it easier for you to follow through with your planned workouts.

### Next Month

**Dear Dan,**

A client recently called with a big challenge...turn her basement into a home gym haven. Although she had recently invested in some new fitness machines, her basement wasn't the attractive and functional spot that she wanted to visit every day. So we scheduled the time and eagerly awaited Redesign Day. After it was all over, I hear what I am glad to hear every time I finish a redesign or staging job, "It doesn't look like the same space, and it looks so much better than I ever thought it could!" In just about 4 hours, this basement went from bare to buff, and now the homeowner is, too.

Sincerely,  
Darla DeMorrow, owner

## How to Have a Home Gym Haven

### Details Matter

The weather is finally turning nicer on the east coast, so many of us will be chasing that beach body in the near future. And if you can't get outside in your neighborhood, or if you are cutting back on expenses like gym memberships, then I say design your own beautiful gym.



A client recently asked me to help her turn her finished basement in to her home gym haven. I was so excited to take on this project for her, but also a bit intimidated. After all, gym equipment isn't known for being design-friendly.

### Home Gym in a One Day Redesign

But, we did what we always do. Start with the basics of function and how the client wants to use the space. We redevoted most of the space to equipment and open floor space in front of the TV for workout videos.

Then we placed the other larger peices of furniture, which included two couches that had to stay in the space. Then we added accent furniture, lighting, artwork, and accessories. We chose a color scheme and used treasured possessions of the client. The only thing we didn't run in to here were window treatments, although we had discussed (but decided to nix) bringing in a large mural to fake the eye in to seeing more than just

I am so excited to be back from NAPO's national conference last week. And I can't wait to share some insights in next month's newsletter.

Please take just a moment to respond to this month's poll.

What organizing topic interests you most? [Click Here.](#)



the existing space.



Elements of a gym at home

In the end, the client has a space that is uniquely hers, is filled with things that make her happy, and she enjoys spending time here dropping pounds and getting fit. She tells me she's lost over 5 pounds already. Summer, here we come!

For more photos and a step by step plan of this home gym redesign, [check my blog.](#)

### ***About HeartWork Organizing***

Our mission is to help you find peace and purpose. 856-905-3202

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