

RESOLUTION SOLUTIONS

Create a home that supports your New Year's Resolutions

By Susan Worley, photo courtesy of Owen Signature Homes

New Year's is not only a time of reflection on the past year; it is a time of making plans for improvement in the upcoming year. It's also the perfect time to start developing a new home or remodeling project. Whether you have a growing family, a new job that requires an upgraded home office, or dream of a home theater for watching games, you desire a home that reflects your changing lifestyle and needs. In fact, according to the professionals at Owen Signature Homes, many common New Year's resolutions are often incorporated into homebuilding or remodeling plans.

De-stressing your life

Long hours at work, tire-some commutes, and holiday headaches can all add up to a stressful home environment. Now, more than ever, a comfortable, welcoming home is important to your family's sanity. Whether you enjoy sporting events and want a media room/home theater, or you like gardening and desire a greenhouse or conservatory room for unwinding, it's important to discuss your future home with a professional who will take time to think about your needs and create a home that can evolve with you.

Healthier eating

Changing your lifestyle to one that includes healthier foods may seem difficult at first, but having the right tools goes a long way in the pursuit of a healthy diet. Creating a kitchen that encourages healthy eating and offers a welcoming place to sit and enjoy your meals often supports better eating habits.

New refrigerators, from standard to drawer units, help keep sal-

ads and vegetables fresher, more appealing, and right at your fingertips. Indoor grills allow homeowners to curb the use of fried foods and instead grill everything from zucchini to steaks. Wine cellars can store many varietals for wine lovers. A flat screen TV may inspire budding chefs to watch their favorite cooking shows, while kitchen computers allow them to access healthy recipes online. Some appliances even have features that allow tech-savvy users to access their oven while away from home in order to start cooking a

meal. These are just a few innovations that make healthier eating even easier to accomplish.

Fitness

Physical fitness is often the hardest thing to fit into a busy day; which is why you should create a special place in your home to devote to exercising. Home exercise options aren't limited to a dark and gloomy home gym; creating an outdoor space for fitness is often a wonderful option. From meandering walking paths

along your property, to a swimming pool, tennis or basketball court, implementing favorite hobbies into your landscape plan is a great way to encourage exercising.

Implementing your New Year's resolutions into your home design can mean triumphant results. Now is the perfect time to evaluate your resolutions and dreams and design the home you've always wanted.

For over 30 years, the team at Owen Signature Homes has worked with clients to create one-of-a-kind dream homes throughout Northern California. Contact us today to see how we can help your dreams and resolutions become a reality. www.owenhomes.com.





Since 1970, Owen Signature Homes has created one-of-a-kind custom dream homes throughout Northern California. From large estates and mid-sized homes to remodels, they work with their clients to create a beautiful home that is as unique as their signature.

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