

THE ULTIMATE WHERE TO GET-IT-DONE GUIDE

Seattle

SMART. SAVVY. ESSENTIAL.

INSIDE:
NORTHWEST
HOME
GREEN FURNISHINGS



DOG JOGGER

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WHEN YOU CAN
DO IT YOURSELF



KNIFE SHARPENER

BIKE COACH

BABY



ANTIQUÉ APPRAISER



PERSONAL SERVICES

IN-HOME PERSONAL TRAINER

It's never too late to become physically fit, says certified instructor and local fitness guru Victoria Scott of the Maple Leaf-based Body Electric Fitness Company. She knows of what she speaks. Scott made the transition from an overweight, unfit smoker to one of the oldest women to make the U.S. rowing team for the 1991 Pan American Games. She's also a USA Triathlon coach. Even if you have no interest in an Ironman, Scott will come to your home or office and create a custom fitness program to help you shed a few pounds and firm up—and then guide you through the workout.

BODY ELECTRIC FITNESS COMPANY

206.235.1948; BODYELECTRICFITNESS.COM; \$75/HOUR

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