

Photo courtesy of Star Furniture



# Trendy KID SPACES

Inspiration for creating unique rooms  
for your tweens and teens

*Written by Kirsten Cornell*



## Glitz & Glamour

A room fit for any princess. Mixing bold accessories like the crystal chandelier, pewter crown, and red lounging chair with pink striped walls maintains a youthful look.



## Nautical Navy

This room incorporates a masculine interest for all things sea-loving. Hang a wooden rack on the wall for books, magazines, or to organize schoolwork. A bed with an extra drawer for athletic jerseys also isn't a bad idea.



## Modern Mix

This modern room is ideal for an older teen that is anxious to add a more mature style to her space. The minimal décor mixed with the large, eye-catching bed frame and bright accent colors creates the perfect balance.

Photo courtesy of Perry Homes



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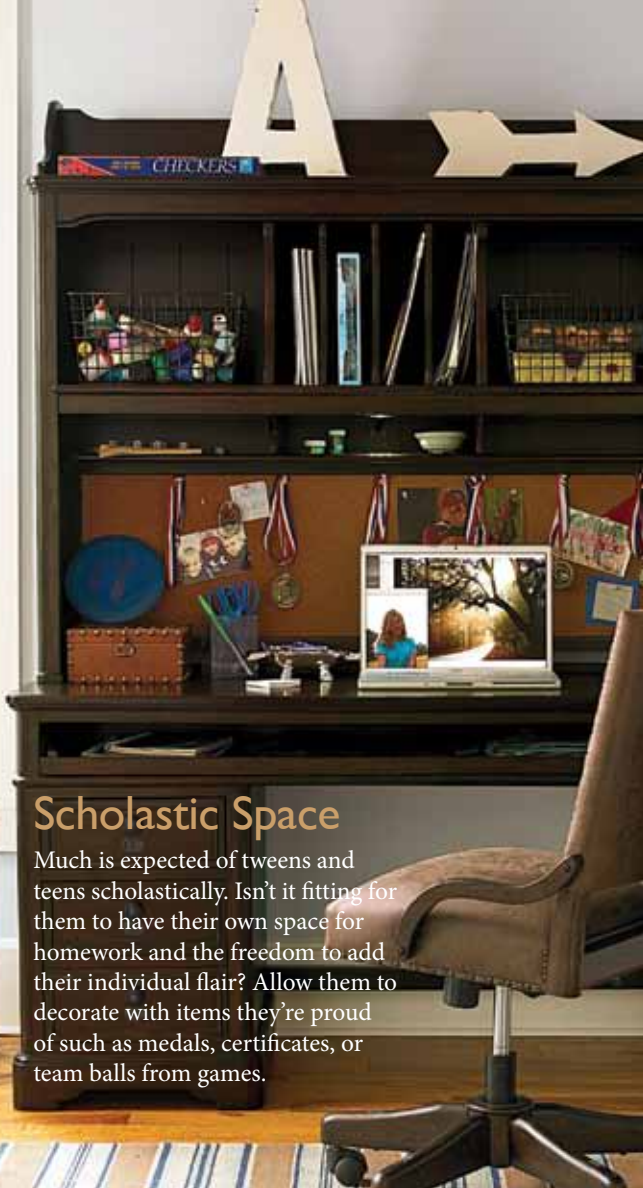


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### Scholastic Space

Much is expected of tweens and teens scholastically. Isn't it fitting for them to have their own space for homework and the freedom to add their individual flair? Allow them to decorate with items they're proud of such as medals, certificates, or team balls from games.

### Study in Style

This designer pulled current accent colors from the room to help the study desk easily transition into the overall décor. A slide-out drawer saves on space and lends to additional storage.



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Photo by Decorating Den Interiors



## Transitional Flair

This room translates easily from tween to teen as your child's tastes change. Decorated with French fashion accents, the designer has added a pop of bold color to keep a child-like essence.

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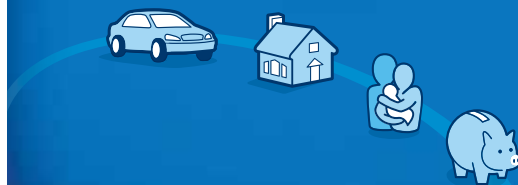
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# THE ROTHCHILD TEAM

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## Sports Fan

Tired of tripping over soccer balls when you're picking up laundry? This savvy designer installed metal sports rings along the wall to not only hold sports equipment when not in use, but to add to the overall theme of the room. KM

Photo courtesy of Star Furniture




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# Dramatic Katy Weight Loss Stories

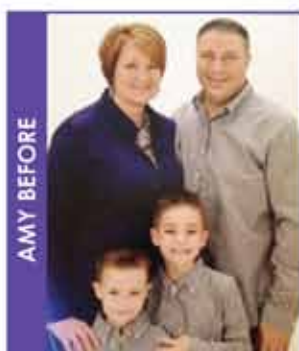
How two local women transformed their lives with medically supervised weight loss

Amy Davies, age 42  
Katy, TX



## AMY'S STORY - Long term results and a happier, healthier me

I have always struggled with my weight and tried too many fad diets to count, putting me on a cycle of loss and gain. Last December, my weight peaked at the highest it had ever been. I was at a crossroads and had to make a decision. I was either going to stay that way and embrace my plus-sized body, or do something about it. The diets I had tried were not working. Then Physicians WEIGHT LOSS Centers of Katy opened across the street from where I worked. Some of the staff came to my work and presented the program to our staff. They made it sound so easy! I was skeptical, but I felt like I had to take one last chance on myself.



Last January, I joined PWLC. It was an emotional day for me but the staff assured me they would be there for me the entire time to provide support and encouragement. To my surprise, the program was so easy to follow, and each time I stepped on the scale I was down. To date, I have lost 63 pounds! I went from a size 16 to a size 4! I never imagined these results! I am so grateful to Physician's WEIGHT LOSS Centers of Katy. They believed in me when I did not believe in myself. The best part about this transformation is that it has made me a better wife and mother because I am a happier and healthier person!

Jennifer Courtney, age 48  
Katy, TX



## JENNIFER'S STORY - A major life transformation

After my twins were born I had a hard time shedding the baby weight, and, on top of that, I kept gaining a few pounds each year. I didn't make or have time to take care of myself and my schedule was consumed with work and kids' activities. I lacked energy and was tired of feeling tired all the time. I knew I had to do something...quick! The phone call to PWLC changed my life. After learning about the program I knew this was the one for me. I had no idea how easy it would be and how quickly I would see results. Seeing the quick results was a huge motivation to me. They kept me accountable to my weekly goals and provided the meal plan and support I needed when I had to travel for work or eat out at a restaurant. They gave me the tools I needed to change the way I think about food and how to eat to live. When people ask me how I lost weight I am excited to share my story and how Physicians WEIGHT LOSS Centers of Katy made it possible. I lost 73 pounds in 9 months and have maintained my goal weight for over 5 months. I am proud of my success and there is no turning back!



"I went from a size 16 to a size 4 and I've lost 63 pounds so far."

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"I lost 73 pounds in 9 months and have maintained it for over 5 months now."