

Lose the clutter, and maybe weight, too

Paso Robles-based organization expert Jeanne Murdock says the hardest part of the process is getting started.



Rebecca Juretic is a contributing writer for Home.

Just as many New Year's weight loss resolutions begin to fizzle, spring arrives with the compulsion to clean up and organize our living spaces. If both of these goals seem like uphill battles, Jeanne Murdock believes this is no coincidence.

After working as a health and fitness coach in the San Diego area for 12 years, this Cal Poly Physical Education grad made an eye-opening discovery: excess clutter and excess pounds arise from the same source.

"Having time management skills, which is part of being organized, is necessary for taking care of our health," she said. "Eating healthy requires meal planning, shopping with a list, and making time to cook. And when you don't have good time management skills, you can't take care of simple things like putting things away."

She began counseling her existing clients in the areas of home organization and time management. And when she moved to Paso Robles four years ago, she made it a major part of her business, BeanFit (after her nickname, Jeanne "Bean"). She calls her services, collectively, "lifestyle management."

Her organizing services range from helping sort through clutter to re-designing a space to increase its functionality and ergonomics. The process usually begins with a consultation and moves on to more hands-on activities such as sorting through old paperwork, parting with excess possessions and even the most dreaded of activities: cleaning out the garage. In the past four years, she has seen it all – closets jammed with clothes, offices heaped with years-old mail. And she



PHOTO COURTESY OF JEANNE MURDOCK

Jeanne Murdock, doing business as 'BeanFit,' offers custom-tailored organization services.

has also seen tidy homeowners who just need help with running a more efficient home.

Her involvement can be minimal or extensive. "I can

be there every step of the way doing it with you," she said. "I can even do the work while the client sits there and tells

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