



Summer Reading for the Business Minded

Whether you are on a much needed vacation or in an effort to spur inspiration, the summer months provide an opportunity to reflect and re-engage. From starting a home-based business to handling taxes, these top SBA blog posts will give you options to rethink, reimagine and perhaps recommit yourself to your business needs and goals.

7 Inspiring Home Business Ideas for Stay-at-Home Moms or Dads

<https://www.sba.gov/blogs/7-inspiring-home-business-ideas-stay-home-moms-or-dads>

Being a parent is a full-time job but if you carve out time and some office space, you can use your parenting skills, network or other professional resources to launch a venture from kitchen.

How to Change Your Business Name – Legal and Regulatory Steps Explained

<https://www.sba.gov/blogs/how-change-your-business-name-legal-and-regulatory-steps-explained>

If you have set up shop for some time but recognize a shift in your business or industry, then perhaps you will need a new business name. Make sure to do it the right way!

6 Things You Need to Know About Your Tax Responsibilities as an LLC

<https://www.sba.gov/blogs/6-things-you-need-know-about-your-tax-responsibilities-llc>

Establishing a limited liability corporation is a popular choice for small business owners and entrepreneurs. With that in mind, understand the financial and tax implications of an LLC. Consider seeking professional advice to cover your bases.

Three Popular Start-Up Financing Options

<https://www.sba.gov/blogs/three-popular-start-financing-options> &

How to Estimate the Cost of Starting a Business from Scratch

<https://www.sba.gov/blogs/how-estimate-cost-starting-business-scratch>

Depending on the type of business or industry, starting a new business can be costly. Explore different financing options beforehand as well as determine upfront expenses.

How Do I Find an EIN?

<https://www.sba.gov/blogs/how-do-i-find-ein-0>

If you have a checklist of items to take care of as you launch your business, securing an EIN should be near the top.

Use the summertime to unwind and catch up on the numerous resources that SBA.gov has to offer new and experienced business owners.

Source: www.sba.gov





Support Women-Owned Businesses

Personal Fitness Navigators



Rokki Bonner -
PFN Studios CEO

Personal Fitness Navigators is a staple of health and wellness in Bexley, Ohio. We've been transforming lives for over a decade...a decade of dedication and commitment driven by **purpose, people and passion.**

The Purpose. While a fit body is the goal for many, PFN believes fitness is a lifestyle. This simply means health and fitness should be at the core of everything you do, from daily activities to nutrition.

Real fitness is all encompassing of the mind, body and soul. PFN clients are integrated with this philosophy from their first consultation throughout all subsequent services.

The People. The PFN trainers are highly qualified fitness and nutrition certified professionals that collectively bring over 50 years of experience. Each trainer offers a wide range of boutique fitness services that provides a comprehensive, full-body work out experience. However, **it does not begin or end at the gym.** It begins with individuals who want to maximize their lives and create wealth through healthy bodies and minds.

We also meet those individuals where they are—athlete, student, mother of four, CEO—and we walk with them through life, celebrating their highs and standing by their side through their lows. We customize workouts and nutrition plans that empower our clients to live their best lives.

The Passion. We understand the life investment our client's make when they come to us, so

we invest in ourselves in order to bring our clients the most cutting edge fitness technologies and workouts. It's our passion for healthy lives and healthy communities that get us up before dawn and keeps us going until sundown—even on holidays, **we are here.**

This passion has helped us grow by connecting with local businesses and bringing fitness out of the gym and to the people. Fitness is a lifestyle and we at Personal Fitness Navigators don't just talk about it, we live it.

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