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## SUMMER HEALTH & BEAUTY TIPS

A Complete Guide To  
Looking Fab This Summer!



## Letter from the Editor

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Dear Fit&Fab Living Member,

At Fit&Fab Living, we know you want to look your best all year round. That is why we have compiled this book of health and beauty tips that are targeted for the summer season. Not only are these tips easy and affordable, they're fun! From makeup and fashion to working out and eating right, you'll find everything you need to get in shape this summer.

We'd also like to remind you that our eBooks are a completely FREE exclusive service for our members. If you would like to share this amazing collection, please pass it along to friends and tell them to sign up at Fit&Fab Living for even more!

If you think we are missing a health or beauty tip, or you just want to share your own creative ideas, please visit the site and submit your ideas now!

Enjoy this Summer Health and Beauty Tips eBook!

*Sophia*

Sophia  
Editor

[www.FitAndFabLiving.com](http://www.FitAndFabLiving.com)

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## **Fashion**

### ***How To Dress For The Sun***

To see how much your clothing will protect you from the sun's harmful rays, hold your shirt up to a light. If you can see a lot of light through it, plenty of sun can get through it as well. This may not be the best shirt to choose for a day at the beach or outside at the zoo. Instead, opt for a thicker, more tightly woven shirt that will keep the ultraviolet rays from making their way to your skin. No matter what kind of shirt you wear, always apply sunblock at least 15 minutes before going outside.

#### **My Tip Notes:**

## ***Pins***

Create a new look by adding a bright flower pin to your jacket. Combine that with a statement necklace and matching pair of earrings for fun. Bright multicolored bangles will tie the look together.

### **My Tip Notes:**

## ***Fashionable Travel Must-Haves***

Without exception, these are travel must-haves:

- Sleek black pants in a chic, travel-ready fabric, such as lightweight crepe with a bit of sheen.
- A dignified pencil skirt hemmed at the knee.
- A black shift dress.
- An evening skirt fashioned from a sheer fabric.
- Four tops: a fitted T-shirt, a lightweight short-sleeved knit (cashmere is ideal), a basic camisole and a blouse in a fun color, print or interesting fabric design.
- A lightweight cashmere V-neck in a soft color.
- A shrunk blazer.
- Three pairs of shoes (wear one). One pair of dressy heels, one pair of comfy, shoes and hiking boots if needed.

### **My Tip Notes:**

## ***5 Hairstyles To Try This Summer***

Humid weather is a friend to no-one. These unfriendly conditions produce frizz, moisture and stickiness. Definitely not the way you want to describe your hair. This summer season, forget the poofiness, and try some fashionably slick hairstyles that are current and fun. Up-dos are primero uno this season because they will keep you from that horrid neck sweat. They're also versatile and practical. They won't take longer than 10 minutes and you can dress them up or down.

- **Untidy Side Braid** - You can catch several high-profile celebs sporting this look. The reason why it's so hot is that it's easy! It's supposed to be messy! You'd be spending 30 minutes trying to get the perfect braid. Whatever the first try looks like, go with it. It also gives you the allure of "not trying." It's low-maintenance, trendy and works great with boho clothing.
- **Classic Bun with Altitude** - Try this do on a Friday night with a sleeveless top to show off your shoulders. Match it with over-sized earrings that bring out your personality. The bun should be tight, so if you need more than one hair-tie go for it. Tease for a little height at the top.
- **Solid Color Headbands** - These accessories can save you from a bad hair day, and help maintain any frizz you might gather from those hot and humid nights. Instead of wearing the headband with your hair down, try it with a sleek ponytail or bun. It makes you look sophisticated, but the headband makes it a little more playful.
- **Side Pony Tail** - Side hairstyles are a hit this summer because they're simple, practical and elegant. When blow-drying your hair, aim for a curlier end. When you're giving the side pony a whirl, a twist at the end gives it a little more oomph.
- **Flowing Face-Bordering Strands** - This look matches with any up-do for a sexy summer look. Let a few pieces of hair stray from the rest of your hairstyle to frame your face. Be sure that the piece isn't too chunky. Aim for a strand that is about half the size of your index finger. Anything thicker than your index finger will look childlike.

**My Tip Notes:**



## ***Dress For Success Against Sun Damage***

In the heat of the day, your mind should be on what to wear—to protect your skin from dangerous sun damage. The Mayo Clinic Health Letter offers tips on the perfect fit for outdoor living in the summer. Thick, dark, new, loose fitting styles are best suited for suiting up against the sun. Opt for tightly-woven fabrics (such as polyester, wool, silk and unbleached cotton), dyed colors that help absorb ultraviolet rays, clothing whose protective factor hasn't faded in too many washings, and loose garments that cover as much skin as possible. And whatever your outerwear, layer your skin with a broad-spectrum sun screen with a sun protection factor of at least 15 that provides protection against ultraviolet A and B radiation.

### **My Tip Notes:**

## ***Military Fashion***

The best part about this look is that anybody can pull it off. Khakis, jackets and caps are the best military items to buy right now. Just make sure you don't go overboard by wearing an entirely military outfit. That won't be pretty because it might actually look you are from the army, and you don't want to mislead anyone!

Add something white and black, like a tank or headband, to your outfit, along with one military item, to verge away from total armed domination. If you're taking a trip to the beach anytime soon, grab a military printed swim suit too.

### **My Tip Notes:**

## ***Leggings***

Do you know what the best thing about leggings is? They won't break the bank.

Leggings have been in vogue for a couple years now, and they won't be falling out of fashion any time soon. If you haven't jumped on the leggings bandwagon yet, don't fret. There's still lots of time to pick up a pair of these comfy bottoms before summer starts to get in full swing.

In terms of colors, it's safe to stick with black leggings, and possibly a pair of brown and/or gray. Most of the time, you want your top or accessories to shine. The leggings serve as a way to tone down an outfit or give it a little more fashionable flair.

Where can you find leggings? Pretty much at any clothing store, but here are a few to get you started. Forever21 has a multitude of leggings that work well short skirts or with a tunic. Available colors usually include black, gray, white and navy. Get all your basics for a cheap price. Target has a few dressier pairs, including shiny liquid leggings that work great if you're going out somewhere where the dress code is a little fancier.

Wondering what to pair your leggings with? Tunics and dresses are the best matches. If you plan on going out to dinner, you can pair leggings with a trendy pair of pumps, but more often than not, flats looks fantastic with leggings.

### **My Tip Notes:**

## ***Sunstreaking***

This is a rich hair dressing which provides sheen and elegance to frazzled hair. It can also be used as a pressing oil for hair straightening.

### **Ingredients**

Juice of 1 lemon

2 tsp. chamomile tea

### **Directions**

Mix lemon juice and tea. Using an inexpensive straw hat with lots of holes in it, pull strands of hair you would like to lighten through the holes with a crochet hook or pencil. Sit in the sun for 1 1/2 hours. You will achieve natural-looking streaking.

### **My Tip Notes:**

## ***Accessorize Your Locks***

If your hair is sticking up all over, don't just try to hairspray it down. Your hair will end up looking stiff and feeling sticky. Pop on a pretty headband to push down your flyaways. Headbands with bows are huge right now. Try a lacy one from Charlotte Russe or a simple style from Kohl's.

A beautiful barrette can also combine fun with function. A boxed flower barrette by Juicy Couture is a fantastic accent for your hair. A carved one from Target has some beautiful detailing, and it's perfect for holding back large sections of hair.

If all else fails, you can always cover up with a funky scarf or a hip hat. Try a fedora for a feminine twist on a menswear classic. Or a floppy number is great for the beach. With a gorgeous headscarf, people will never know you're trying to hide something!

### **My Tip Notes:**

## ***Layering***

We really don't think this look will ever go away. During the hot summer months layer with tank-tops and zippie sweaters. Place two tank-tops over each other, preferably ones with colors that compliment each other. Examples include, light red and pink or white and gray. Then put on a sweater that has a zipper over the tanks. You don't necessarily need a block-color sweater either. Zip the sweater half-way up, or not at all if you want to show off the tanks. No matter what, you should always show a little of the tank. That could either be on the top or bottom, especially if the tanks are long. This tip is thrifty too because tanks are relatively cheap. Stock up on a variety of colors and lengths to get the most out of this look.

### **My Tip Notes:**

## ***Mad For Plaid***

Don't skip the page yet! We're telling you the truth. The runways have been dominated by a variety of plaid styles for several months now. Just try it. Once you find the right print, you won't be able to get enough of it. No matter if you're looking for sporty or formal, plaid's the way to go. Adorable camp shirts that button up with a tee underneath are the simplest ways to go for this look. We don't recommend mixing and matching different styles of plaid though. Leave that to the fashion experts. Stick to neutrals, which are the cream of the crop when it comes to matching with plaid. A brighter color match gives you a breezy summer look too!

### **My Tip Notes:**

### ***The Color Of The Summer: Coral***

The jury is still out, but we're betting that coral will be the color of the summer. Almost every woman looks great wearing this hot shade. All she needs to do is find the right tint. Look at your skin tone right before your next shopping trip and keep it in mind when you find a rack of coral tops. Usually, peach or coral works for almost anyone, but ask a friend or salesperson just to be sure. Pair this hue with softer neutrals like white and khaki. For the more daring ladies, try sparkly metallics, like gold, silver and...blue!

#### **My Tip Notes:**



## ***Fringe It Out***

It was huge in the 70s and now the fringe is back again, appearing on runway handbags, and taking centerstage in your department store's accessory section. If you're a little nervous about incorporating this trend into your wardrobe, then stick to just a little fringe on a satchel or handbag. It doesn't need to be overwhelming. Just a little few tassels at the bottom of it will do the trick.

Fringe jackets and vests are also very popular. I've actually started wearing a relative's fringe jacket from the 70s and have gotten loads of compliments. The western and boho aura of this look is what makes it so hot. People will be looking at you with respect because this look demonstrates confidence and control.

Denim is the main match for this style, so just grab your favorite pair of jeans and get going!

### **My Tip Notes:**

## **Makeup and Skincare**

### ***5 Sizzling Summer Makeup Trends***

1. **Sheer and Sparkly Blush** – Dark and heavy bronzers are so 2009. Stick to a sheer blush with a hint of sparkle. Popular colors include soft rose, peach and light plum, depending on your skin tone.
2. **Violet Liner** – Black is a girl's best friend, but not during the summer. Be bold with brash violet or soft brown liner for a smoky effect.
3. **Two-Toned Eye Shadow** – Sometimes less is more and that's the case this summer for shadow. Applying two complimentary shadow colors, such as light pink with a tint of gold or bronze gives you just enough zing for an especially warm evening.
4. **Powerfully Pink Lips** – This is the season for lips that are sure to make a statement. Sheer neon pinks are the high-point for glosses because they make your lips look fuller with an attention-grabbing pucker.
5. **Reverse Nail Trends** – Bright pink for summer and burgundy for winter? Not this year. Try something a little closer to the middle of these extremes. While we're not encouraging black nails, a bright plum or a pale lilac is a fabulous way to get away from the typical hot pink or orange.

**My Tip Notes:**

### ***Should Glasses Dictate Makeup?***

Depending on the style of your glasses, you can tweak your eye makeup so it's more effective. If your frames are more discreet, define your eyes a little more, lining them with a dark brown or plum liner. You don't need to over-exaggerate them, so avoid a more severe product like black liquid liner. Use mascara, but remember that glasses magnify messiness and clumps. Wipe the wand before applying and, if you need to, use a lash comb post-application. If the frame doesn't cover your brows, then define them a little with a brow pencil.

No matter what the shape of your glasses, skip frosty eyeshadows. The lens will accentuate any fine lines around your eyes. Stick with a semi-matte eyeshadow with a silky-texture. If your glasses have a thicker plastic frame or a more distinct style, keep your eyes very clean and more on the neutral side. With dramatic glasses, very deliberate eye makeup can make your eyes look overdone. Instead, play up your lips with a brighter lipstick, gloss, or tint.

#### **My Tip Notes:**

## ***10 Important Sun Safety Tips***

1. SPF isn't just for the summer. You should wear sunscreen year-round to protect your skin from prematurely aging. You can even get a sunburn when it's cloudy, so make a habit of using sunscreen daily.
2. Try to stay out of the sun between 10 a.m. and 3 p.m. The sun is at its highest point in the sky during those hours, which makes these the prime hours for burning.
3. The sun's rays reflect off of water, making them extra-intense. If you're sitting in a boat or swimming, make sure you are wearing sunscreen with a high SPF.
4. Use waterproof sunscreen even if you're not in the water. If you're in the hot sun, your sweat can wash off regular sunscreen.
5. Don't forget your lips- they burn, too. Wear a lip balm with SPF protection to prevent them from chapping and blistering.
6. Sunglasses are of the utmost importance. To avoid developing cataracts, wear sunglasses with UV protection.
7. Pick the right SPF for you. Children should use sunscreen with a minimum SPF of 30, while adults should use a minimum of SPF 15.
8. Make sure you get all the tricky spots. Many people forget to put sunscreen on their ears, their scalp, and the tops of their feet. Make sure you cover all the bases.
9. Don't wait until you get outside to start slathering on the sunscreen. It takes some time to absorb into your skin, so remember to apply it about a half an hour before you head out into the sun.
10. Re-apply! One application of sunscreen will not last you the entire day. Follow the instructions on the bottle; most sunscreens will have to be re-applied about every 2 hours.

### **My Tip Notes:**

## ***Vanilla Lip Gloss***

This is a fun recipe to make at home and it's very easy. A great activity for a little girl's birthday party.

### **Ingredients**

1 1/2 Tbs. petroleum jelly (or UN-petroleum jelly at health food stores)  
1 Tbs. aloe vera gel  
1 tsp. sweet almond oil  
1/2 tsp. vanilla

### **Directions**

Heat this gently over a double boiler for a few minutes, until well combined and warmed through. Or, put in a microwave-safe plastic or glass dish and heat on low heat for a minute, stir, and heat for another 20 seconds and stir again. If you're just doing a single recipe, this is all you'll need to heat the mixture before bottling. If you're making large quantities, microwave for a little longer. Spoon or pour the vanilla lip gloss mixture into tiny glass or plastic containers and store in the fridge to harden slightly.

### **My Tip Notes:**

## ***Avoiding The Summer Slide***

Summer's sizzling heat and increased humidity can intensify a lot of beauty problems: Oily skin may become even more of a challenge, as cosmetics slip off more easily. Humidity causes many cosmetics to congeal; thus, shadow creases and gathers in tiny lines (most annoying and unattractive for older women). Although cream eye shadows are popular, select powder ones for extended wear. When facing especially long hours at work or in the sun, opt for subtle, neutral shades (taupe, eggplant, gray), as fading is less obvious. If you like the luster of a cream, start with powder shadow and then dab a bit of cream under your brow bone and above your pupil for a wide-awake, sexy look.

A final note: Waterproof mascaras may be difficult to remove, but avoid the use of oil to do so (even baby oil). Once it contacts the eye itself, it can form a coating which leads to inflammation, irritation, and possible damage. Instead, use a great non-irritating, non-greasy remover. These makeup removers also come in handy when taking off stubborn lip and cheek stains

### **My Tip Notes:**

### ***Tips For Fantastic Eyes***

If you want to make the most of your eyes, try these eyeliner tricks. If your eyes are...

- wide-set, emphasize the inner corners of your eyes with your eyeliner.
- close-set, keep the inner corners free of eyeliner, and emphasizes the outer corners.
- deep-set, use pale shadow on your upper lids, and only use liner on the bottom.
- small, use grey, brown, or bronze, instead of black liner; keep the line fine.

If you prefer not to draw a line with your eyeliner, you can still achieve a smashing effect if you dot liquid liner between your eyelashes, at their roots.

#### **My Tip Notes:**

## ***Silken Finish Setting Powder***

A silky all natural powder that helps blend and set your make-up, plus absorb excess facial oils. The titanium dioxide provides sunscreen protection, while the mica gives a lovely luminescent glow.

### **Ingredients**

1 Tbs. rice powder

1 Tbs. arrowroot powder

1/4 tsp. white pearlescent mica (optional)

1/2 tsp. micronized titanium dioxide (optional)

Very tiny pinch brown iron oxide (optional, for darker color)

### **Directions**

Measure all ingredients into a small blender or food processor and blend on highest setting for 2 minutes. (Use a new blender or processor, one that you set aside for cosmetics only.) As you add the brown iron oxide, be sure to use only tiny quantities so you don't add too much for your skin color. Carefully spoon out and transfer to small powder container or jar. Use a small paint brush to gently brush off all product from sides of blender or food processor and into the jar. To use, as your final step after applying make-up, dust on a light layer with a cosmetic brush or powder puff.

### **My Tip Notes:**



## ***Moisturizing Body Lotion***

Make a body lotion with your favorite perfume or essential oil.

### **Ingredients**

10 Tbs. (5 oz.) distilled water  
1/2 tsp. powdered tragacanth  
6 Tbs. alcohol (70% strength)  
2 Tbs. your own moisturizing cream  
Scant drop green food coloring  
3 drops of your own perfume or essential oil

### **Directions**

Pour distilled water into a shallow bowl and sprinkle tragacanth powder over the surface, as evenly as possible. Let sit overnight (or for a few hours) until the powder settles to the bottom of the bowl and acquires a gummy consistency. Stir the water and tragacanth thoroughly to make a gelatin-like mixture. Add alcohol, moisturizing cream, and food coloring. Beat mix well, then stir in perfume or oil. Pour the lotion into a wide-mouthed bottle. Decorate with pretty ribbons for gift giving.

### **My Tip Notes:**

### ***Nail Care Wisdom***

- Always use a basecoat, followed by two coats of polish and topcoat.
- Cuticle oil is a must; that rough, ragged skin around the nail bed is very noticeable and can take away from your beautiful paint job.
- Moisturize hands several times a day.
- As for dueling polish colors, toenails and fingernails don't have to match, just complement one another.
- Never chew on your fingernails. It's a terrible habit that causes hangnails, and worse, makes you look like a nervous, unkempt wreck.

### **My Tip Notes:**

## ***Tint Tint***

Before you head into the summer sun, be sure to protect your lips-and make your pout pretty while you're at it. Kiehl's makes it easy with this new take on its classic lip product: Lip Balm SPF 15, in two different light tints. Plus, it comes in a convenient purse-ready tube.

### **My Tip Notes:**

## ***Clean Up Your Cosmetics***

Old cosmetics do more than take up drawer space; they could contain germs and microbes. A good rule of thumb is to throw anything out if it doesn't look or smell right. Discoloration, a bad smell, unusual flecks, or a change in consistency are signs a product is going bad.

Be most careful with products used for the eyes. If you get a cut near or in the eye and contaminated makeup gets in, it could create a serious health risk, even blindness.

Throw out any cosmetics older than a year, especially eye makeup. The most perishable items are preservative-free products, but anything that hasn't been opened will last longer.

To keep your cosmetics in good condition, store them away from light and heat, and keep containers closed tightly. Don't soften and recondition old products with saliva, and don't share makeup with others.

### **My Tip Notes:**

## ***Get Tan Without The Sun***

You might be considering an artificial tanning product. Here are just a few tips offered by one of our readers. Creams last longer than the sprays, but the sprays are easier to apply yourself (think about reaching the middle of your back!). If you can get a friend to help you with the hard-to-reach places, go with a cream to extend the life of your “tan.” Always exfoliate before you begin. The “tan in a can” products work to color the top layer of your skin. If you hit the shower and scrub all the dead skin on top that you can, you'll get longer lasting and more even results.

Finally, work to follow the normal look of a tan. Cover the tops of arms and shoulders more than the underside of your upper arm. Your neck gets much less sun than your cheeks. Normal sun distribution rules should apply even to these fake sunning products. The results will look much more realistic than putting an even coat all over your body.

### **My Tip Notes:**

## **Fitness**

### ***Cardio Workouts Without the Gym***

- **Jump Rope** - Delve back into your childhood and whip out that dusty ol' jump rope. This simple child's toy is actually wonderful cardiovascular exercise. Also, if you have children, you should try jumping rope together. See how many of the same jump rope songs you both know. Setting up competitions either with yourself or others will keep this activity from going stale. How many jumps can you get in a row?
- **Running/Walking** - Just move. Running is one of the best ways to stay fit while avoiding the gym. Run through your neighborhood, parks, jogging trails—anywhere. It's also a great way to explore the area you live in. You might be surprised by how much you didn't know is around you. If you have joint problems that prevent you from running or jogging, try walking. Keep a brisk pace, and for an additional challenge, hike a hilly area.
- **Play Sports** - Create your own intramural team. Playing sports is a great way to work out without feeling like you're working out. Grab a group of friends together and play tennis, soccer, basketball, softball or any other sport you can think of. Plus, it should be much easier to convince your friends to play a game than accompany you to the gym. Who knows, it could turn into a much-anticipated weekly event.
- **Stairs** - Forget the Stairmaster. If you are looking for a challenge, try running or walking actual stairs. You can run stairs at home, outside or any place that isn't too populated with people. Run up and down the stairs as many times as you can before you are fatigued. If you are finding yourself worn out after only a flight or two, slow your pace down until you build endurance.
- **Bicycling** - Experience your town with two wheels instead of four. Bicycling is not only great for your heart, but it's practical, too! With gas prices seemingly always on the rise, you can avoid the expense by biking to your destination. Don't forget a change of clothes if you're riding far! Grab a friend or family member, pack a lunch and take a ride on a local bike trail. Stop in a park or scenic area and enjoy a relaxing picnic as a reward.

#### **My Tip Notes:**

## ***5 Basic Stretches For Flexibility And Relaxation***

For these stretches all you need is a stretch band (resistance band) or towel. Anything that has a little give should work fine.

- **Lunge Stretch** - Rest your back knee on the floor, with front knee at a 90 degree angle and abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Hold for 5 - 10 seconds, depending on flexibility and then switch legs.
- **Kneeling Hamstring Stretch** - From the above lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Hold for 5 - 10 seconds and switch legs.
- **Lying Quad Stretch** - Sit on the floor with your right leg bent in front of you, left leg bent behind you. Lean to the right on the right forearm and grab onto the top of the left foot with the left hand. Gently pull the heel towards the glutes to stretch the front of the thigh. Hold for 5 - 10 seconds and repeat on the other side.
- **Chest Stretch** - In a seated or standing position, hold the stretch band in a wide grip over the head. Take the arms back just a bit as you lower them down, stretching the chest. Hold this position for 5 seconds and repeat 3 times.
- **Upper Back Stretch** - Seated or standing, stretch the arms straight out and rotate the hands so that the palms face away from each other. Cross the arms so that the palms are pressed together, contract the abs and round the back, reaching away as you relax the head. Don't collapse, but instead imagine you're curving up and over an imaginary ball. Hold for 5 seconds and repeat 3 times.

### **My Tip Notes:**

## ***Fitness Motivation***

Here are the top five ways to keep you exercise-motivated, according to industry experts:

- Give yourself plenty of support. Work out with a motivated partner, join a group, or frequently remind yourself that it is worthwhile.
- Remind yourself that you're getting benefits beyond a better-looking body. Regular workouts reduce stress, improve sleep, and boost confidence.
- Set both idealistic long-term goals and realistic short-term ones.
- Stick to your weekly workout schedule like you would any other appointment.
- Offer yourself extra rewards by arranging to do things you enjoy, but only after you've had your workout.

**My Tip Notes:**



## ***Stretch While You Sit***

It's time to limber up those muscles in your back and neck. Luckily, there's a move that works both at once: the Seated Twist.

Try this: Sit on the floor with your left leg extended. Place your right foot on the floor next to the outside of your left knee. (If this isn't comfortable, move your right foot farther down your left leg.) Then put your left elbow on the outside of your right knee and twist your torso and head back to the right. Place your right hand on the floor behind you for support. Hold, slowly return to a seated position, then reverse and repeat on the other side. Do 8 reps two or three times a week.

### **My Tip Notes:**

## ***Garden Bones***

Gardening may do more than keep your yard in shape. The outdoor activity also may help you grow strong bones. Gardening is a weight-bearing activity, which may help prevent bones from becoming brittle. A preliminary study of 3,000 women found that those women who participated in various dirt-digging activities, such as raking leaves, mowing the lawn, or whacking away at weeds, at least once per week, had greater bone density than the women who jogged, swam, bicycled, danced, walked, or did aerobics.

### **My Tip Notes:**

## ***Don't Target Body Parts***

The American Council on Exercise (ACE) is trying hard to bury one exercise myth. Lots of people seem to think that you can do target exercises to tone and slim down just one portion of your body. That's not true, according to the ACE. Just doing situps will not slim down your waist. You need to do overall exercises to work off inches. While adding target exercises to an overall workout routine will help reduce certain areas a little faster, an overall cardiovascular routine is needed.

Workout routines are best started with an overall exercise - walking, swimming, rowing, climbing - with dumbbells, situps, or leg curls added to emphasize a certain body sector. The body works as a whole unit, not as separate compartments. Doing only situps, for example, will burn calories from the whole body in almost even proportions as from the stomach. Doing one concentrated exercise means slower results and a higher likelihood of quitting before it's fully effective.

### **My Tip Notes:**

### ***Make Your Own Free Weights***

If you don't have hand weights around the house, use food from your pantry. An average can of soup weighs 1 pound. One quart of water weighs 2 pounds. Five-pound bags of sugar or flour work well too. Just put the water in a leak-proof container, or put the bulky foods in a small bag with handles. You've got your own, adjustable weights!

#### **My Tip Notes:**

## ***Make Fitness Fun For Kids***

One of the culprits responsible for the increase in the number of overweight youngsters is a lack of exercise. Here are some tips from fitness expert Dr. Kenneth Cooper and the National Association for Sport and Physical Education on how to get your children moving.

- Offer rewards for exercising, such as tokens they can save to attend a sporting event or theme park.
- Have a "toy run" by hiding small, inexpensive toys along a neighborhood route. Walk or run with your child to pick up the prizes.
- Watch events on TV or movies with a sports theme, such as *The Karate Kid* or *The Rookie* and then try to engage the kids in such an activity.
- Walk or ride a bike with your kids while doing errands.
- Plan birthday parties around a sports theme, such as bowling, miniature golf or skating.

### **My Tip Notes:**

## ***Enhance Your Back Workout Today***

Looking to optimize your back workout? Try this back routine, which is recommended by industry experts, to increase the size of your back. You should only work out your back two times a week, giving it plenty of time to recuperate from the strenuous exercises. Monday should be your power-lifting day, and Thursday should be the day your routine becomes more refined and concentrated. Also, weightlifting pros recommend you do three sets of 10-12 reps on all your back exercises except deadlifts, of which they recommend only doing 6-10 reps.

- Monday: Deadlifts, barbell rows, t-bar rows
- Thursday: Front pull downs, v-bar cable rows, behind-the-neck pull downs

### **My Tip Notes:**

## ***Rock Your Arms With Pushups***

Push-ups not only develop your pectoral muscles, but also help build your deltoids and triceps. To perform a push-up properly, lay face down with your feet resting on your toes. Your hands should be palm-down next to your chest with your fingers pointing forward. Slowly push your body up with your arms, keeping your entire body aligned. When you almost reach the top, start to descend before your elbows lock. Slowly lower back to the starting position. Make sure not to bend your back, and be sure to talk to your doctor before you start any exercise regimen.

A simple routine of 10-15 pushups a day can return amazing results in a relatively short period of time. It may be difficult to start with full push-ups. Try to do 5 normal push-ups and then finish off with half push-ups. Instead of lying with your toes on the floor and pushing up, bend at the knee and push-up from there. This helps ease the weight you are pushing up as well as the angle too.

### **My Tip Notes:**

### ***Prepare For Your Vacation Now***

If you have a big trip planned this summer, now is the time to start getting in shape for it. Vacationing calls for a slightly different routine than you might be doing right now. Because traveling usually involves a lot of walking, it's best to start getting ready now. Try some endurance walking instead of the hard runs or workouts you might be doing now. If you'll be walking all day, you need your feet and shoes to be ready. Wear the shoes you will do your walking in and go for an hour-long walk. When you return, check for blisters or hot spots. This way, you can enjoy every minute of your vacation.

#### **My Tip Notes:**



## ***Tips For Joggers***

Jogging remains a very popular means of getting fit. Most importantly, it is an excellent way of improving cardio-respiratory fitness. However, if you are planning to start jogging remember the following:

- Warm up first - Before running do at least two minutes of warm-up exercises or a brisk walk. This reduces the risk of muscle injury.
- Run at your own pace - Never attempt to keep pace with someone else. You should feel comfortable when running, breathing regularly without muscle pain.
- Run with a good posture - Your trunk should be vertical with no leaning. Run with arms bent at the elbow and swinging in a backwards/forwards movement. Hands should be relaxed.
- Keep to the soft – If possible run on soft surfaces e.g., grass. Hard surfaces jar your joints, increasing the risk of injury.
- Cool down - After jogging, take time for your cardiorespiratory system to return to normal. Walk around and relax your muscles from head to toe. Breathe deeply initially and gradually reduce your breathing rate back to normal. Never crouch or bend over (reduces airflow to the lungs); or sit/lie down (increases risk of cramps).

### **My Tip Notes:**

## ***How Many Calories Do You Burn Working?***

What you do for a living may actually be enough to help you burn through calories. Here's a quick rundown of the number of calories a 150-pound person burns in 30 minutes of the listed activity. Some of the results may be a little surprising! Where else is a bartender equal to a police officer?

- Computer Work-----50
- Light Office Work-----54
- Sitting in Meetings-----59
- Desk Work-----63
- Sitting in Class-----63
- Truck Driving-----72
- Bartending/Server-----90
- Police Officer-----90
- Heavy Equip. Operator--90
- Theater Work-----108
- Welding-----108
- Carpentry Work-----126
- Coaching Sports-----144
- Masseur, standing-----144
- Construction, general--198
- Horse Grooming-----216
- Coal Mining-----216
- Masonry-----252
- Steel Mill, general-----288
- Forestry, general-----288
- Heavy Tools, not power-288
- Firefighting-----432

### **My Tip Notes:**

## **Healthy Mind and Natural Living**

### ***A Little Water Therapy***

Does a hectic summer schedule have you all tensed up? Ease your anxieties with a dip in the pool. A study revealed that swimming has a positive impact on mood. People experienced not only a reduction in tension levels, but also an improvement in their energy levels after a swim. And swimming is an excellent low-impact exercise that burns calories while cushioning joints.

#### **My Tip Notes:**

## ***Computer Stress Busters***

Here are three simple exercises to help you break up the stress and strain of long sessions at the computer keyboard.

1. **Two-minute massage** - While sitting at your desk, place your left hand on your right shoulder. Gently knead the muscles between your neck and shoulder for 45 seconds. Squeeze the muscles for 15 seconds and release. Repeat with right hand on left shoulder.
2. **Stand and stretch** - Stand with your feet hip-width apart. Interlace your fingers and raise your hands above your head with your palms facing upward. Inhale and stretch upward. Exhale and lean gently to the left (hands at the 11 o'clock position). Inhale, return to center and stretch upward. Repeat the process on the other side by leaning to the right.
3. **Arm rotations** - Stretch your arms out to the sides with your palms facing down and your elbows straight. Keep your shoulders down. Take a few calming breathes. Rotate your arms in small circles and slowly increase to larger circles. Make five to 10 circles in each direction.

### **My Tip Notes:**

### ***How To Cure Seasickness Naturally***

If rolling waves are not kind to your stomach, try eating pure ginger. Ginger has been found to dramatically reduce nausea and vomiting. It soothes a queasy stomach and has no side effects. You can get ginger in pill, tablet or powder form. Even pure ginger candy should do the trick. It is recommended that you take between 1-4 grams of ginger for maximum benefit. You may want to begin taking it 12-24 hours before you board the boat.

#### **My Tip Notes:**

## ***Re-Think For Sleeping Solutions***

A little think therapy may help you sleep more deeply. Research shows that cognitive behavioral therapy (CBT) can help teach chronically sleep-deprived people how to think and behave in ways that promote sleep. CBT works by helping people break their habitual reactions to situations and learn new thought patterns that relieve symptoms.

If you suffer from poor sleep, speak with your healthcare provider to find out which therapies may be best for you. Some people with poor sleep quality may benefit from cognitive behavior therapy. Other people may have an underlying medical condition that is causing their symptoms and which must be treated to achieve better sleep. Approximately 60 million people in the U.S. suffer from insomnia, a condition that may include difficulty falling asleep, frequent nighttime waking, waking up too early, and restless sleep. Most people need between 6 and 8 hours of sleep per night. Regular exercise and relaxation techniques may help some people overcome mild cases of insomnia.

### **My Tip Notes:**

## ***Learn Herbal Lingo***

New to herbal healing? Remember that herbs are medicine, and they can cause side effects in some people, as well as alter the effectiveness of certain medications. But they can be both safe and effective, if taken properly under the guidance of a knowledgeable physician.

Try this: Before you try any herb, consult your doctor. If she gives the green light, be sure to buy an herbal product that has been standardized, meaning it contains the same amount of active ingredient in each dose. Look for a well-tested brand (labels often give such information) and one whose label clearly states the amount of herb you'll get in a single dose. Follow package directions (or your doctor's instructions) for dosage.

### **My Tip Notes:**

### ***Quick Ways To Reduce Stress At Work***

Next time you find yourself stressed out at work, try these strategies to calm your mind and body:

- Take frequent breaks.
- Go outdoors for a couple of minutes to get some fresh air.
- Close your eyes and take a couple deep breaths.
- On your lunch break, depending on the weather, take a short walk.
- Drink plenty of water.

**My Tip Notes:**



## ***Chill Out With The Scent Of Lavender***

Lavender is a natural soother. Many aromatherapy stores will include this as a basic scent for stress relief. Just a few drops of lavender oil on a cloth and then breathing in the aroma can instantly soothe and slow the body. You can also include a few drops with your bath water for a truly relaxing bath. A drop or two inside a pillowcase will help you off to sleep at night by slowing your breathing to a natural pace and relaxing the mind.

Some stores that sell scented body products carry lotions, shower gels, shampoos, and perfumes that include lavender as an ingredient. The scent of lavender is great to use on particularly stressful days. It shouldn't be used everyday because your body can grow accustomed to this (and any) scent, making it less effective.

### **My Tip Notes:**

## ***All Natural Stress Busters***

If you want an alternative "all natural" stress buster, you may want to try these instead:

- **Bubble Bath** - Lock the door, work up a lather, and forget the world exists. Add a few candles -- sage is a soothing scent, or try sandalwood incense -- and maybe a good book or some classical music, and you'll be well on your way to forgetting your horrific commute.
- **Lighten Your Workload** - Talk to your boss, delegate tasks, or start looking for a new job. If work is making you crazy, you're not alone. Work is the top source of stress in adults aged 18-54, according to the National Consumers League survey. While you're searching for a less stressful job, find some ways to unwind after work. Sit quietly for 10 minutes before you start your evening. Play a favorite CD while fixing dinner. Or delegate your home chores so you can relax on weeknights instead of slaving over laundry.
- **Cup of Tea** - Whether it's chamomile or chai, try to take time, relax, and put your feet up when enjoying your favorite brew. In the warmer months you can chill a pot of freshly brewed green tea for a calming and cooling treat.
- **Biofeedback** - There are many different types of biofeedback, all aimed at turning you into a warm puddle of relaxed goo. Talk to a health professional about these techniques in which sensors are used to measure your temperature, muscle tension, or heart rate and translate them into lights or sounds. Or for a different sensation, ask your partner to give you a massage, or splurge on an appointment at your local spa.
- **Sex** - Is it the snuggling with your honey or the act itself? Either way, sex is a time-tested stress reliever, and it's well worth taking the time to do it.

### **My Tip Notes:**

### ***Need Sleep: Wiggle Your Toes***

Here's one way to help you get to sleep at night: toe wiggling. It sounds funny, but it works amazingly well in a large number of people. Plus, it's cheaper and easier than eating or drinking any pills, potions, concoctions, herbs, teas, or snacks.

Just lie on your back in bed and wiggle your toes all together up and down rhythmically a dozen times or so. According to reflexology, your feet are a main center of your body's mainlines. That's why so much acupuncture and massage focuses on the feet. Flexing your toes back and forth stimulates your whole body without requiring much activity that can get your heart pumping, which may keep you awake. Stimulating the body in a rhythmic way helps put your whole body on one pace, helping you get to sleep more easily. If you repeat the same exercise in the morning a little faster, you help get your body ready to begin moving for the day.

#### **My Tip Notes:**

### ***How To Heal A Sunburn***

If you are ever in a situation of being badly sunburned either from tanning beds or from being outside, place slices of cucumber on the burned skin. It will soothe the burn and help with any skin irritations.

**My Tip Notes:**

## ***Breathe For Stress Reduction***

Learning to breathe properly can greatly improve your health and reduce the impact of stress on your body. You've probably heard someone say to you when you are upset, "Take a deep breath." That is good advice! Our emotions are directly linked to our breathing. The next time you are upset or angry notice how you are breathing. You may not be breathing at all! If you take the time to learn Yogic Breath it can become a tool to reduce the impact of stress on your body

**My Tip Notes:**

### ***Treat Your Dry Or Sun-Damaged Hair***

To treat dry or sun-damaged hair, use this at-home remedy. Massage 3 tablespoons of cooking oil (olive, canola, corn or soy) into the hair for about 3 minutes. Wrap your hair in plastic wrap and then in a hot towel. The towel should be soaked in hot water and wrung out. Then let the wrap stay on for 20 minutes, rinse and shampoo.

#### **My Tip Notes:**

## **Health**

### ***What's An Allergy?***

Just what is an allergy anyway? It's actually a malfunction of your immune system! That complex protective network of bacteria and virus-fighting antibodies sometimes gets so fired up, it tries to protect you from things in the everyday environment. The list of potential allergens - things that inadvertently trigger your immune system - is unfortunately fairly long. Most of us are allergic to something or other. But the big allergy culprits include pollen, dust mites, dander, mold, mildew, and even foods. We've all had a friend with a dairy allergy envy our enjoyment of an ice-cream cone.

So, what's the best way to handle an allergy? The simple solution is just staying away from anything that triggers a reaction. Fortunately, medical science has made some great advances in allergy relief. To learn the best way to begin fighting your allergies, nothing beats an old-fashioned visit to your doctor.

### **My Tip Notes:**

## ***Just For Women***

Lots of new items are being made and marketed just for women. A variety of food items from supplements to water are now coming in new varieties made specifically for women. And while some of these new products are just a ploy to make consumers - typically women - buy in double quantities, many of the products are making important strides in getting women to think about their health. There are some known vitamins and minerals that women need more or less of. Calcium, iron, and soy are important to maintaining strong bones and muscles in women. But females also need fewer calories than males.

Check the label on what you are considering buying, and compare it to the standard version to see what the differences are. If the nutritional information is very similar, your best bet will probably be to buy the normal item and share it with your man. On the other hand, if you notice a gap up in calcium and soy content, you can be sure that the producer really is interested in making something just for a woman. Most supplements are tailored for women, men, the elderly, children, or active bodies. Other foods, like oatmeal and water, need a little more investigation. When in doubt, ask your doctor.

### **My Tip Notes:**



## ***5 Tips To Boost Your Immunity***

If you're immune system is constantly challenged, there are some things you need to do to keep it working. These 5 tips are simple and well help you lead a healthier life!

1. Get enough sleep, at least eight hours.
2. Eat a healthy diet and don't overdo your eating habits.
3. Take a multi-vitamin.
4. Exercise, but if you haven't been doing exercise, start out slowly and work your way up.
5. Most of all, learn to handle your stress. Stress really hurts the immune system and you certainly don't want this. If you're feeling stressed, meditate and breathe deeply.

**My Tip Notes:**

## ***Water, Water Everywhere***

As summer kicks into high gear, be sure you and your family are swimming in safe waters. Although swimming pools are a great source of fun, they also can be a source of diarrhea-causing contamination. But you can still reap the rewards of swimming by taking proper precautions in the pool. Be careful not to swallow pool water, shower before and after using a public pool, and don't swim if you're sick.

### **My Tip Notes:**

### ***Wash Your Water Bottles***

If you sip, refill and sip from the same water bottle for days without washing, you're risking a bacterial or viral infection that could cause sore throat, headache, muscle pain, fever, diarrhea, nausea and vomiting.

Try to wash your bottle after every use, and use one that can squirt water into your mouth without you having to put your lips on the bottle itself.

#### **My Tip Notes:**

## ***Avoid Risky Behaviors***

This may sound really simple - that avoiding risky behaviors is essential to living a long and healthy life - but it really is the most basic of all health and fitness related topics. Risky behavior spans everything from driving while drunk to running after dark without the proper steps to assure your safety.

These are what doctors and health organizations have agreed upon as some of the and most common and deadliest behaviors. Remember that you have complete control over your actions!

- Driving too fast
- Driving while intoxicated
- Having unprotected sex or frequent non-mutual monogamous sex
- Drinking too much alcohol (over 3 drinks a day)
- Eating too much saturated fat
- Not doing physical activities
- Smoking cigarettes or cigars (heart disease, stroke, memory loss, wrinkling of the skin, among others)

### **My Tip Notes:**

## ***Fitness Over Age 60***

Chronic illness, joint stiffness and a lack of social support sometimes makes exercise challenging for older people to begin and maintain, despite all the recommendations for physical activity. And many do not realize that it doesn't take much exercise to make a significant difference in their health. There is evidence to show that physical activity, typically aerobic activity, improves cognitive function in older adults, particularly in attention and, to some degree, memory. It also helps older people carry out their everyday living activities. Older adults should see their physician first to make sure that the exercise program that they intend to follow is appropriate.

All exercise regimens can be accommodated to the limitations of participants. Even if it comes down to doing chair-based activity for people that have joint problems, some activity is better than no activity. The American Heart Association and the American College of Sports Medicine have recommended that adults try to accumulate 30 minutes of activity five or more days of the week. And the important word there is "accumulate." You don't have to rush out and get your 30 minutes in right away. You can do 10 minutes in the morning simply by parking your car further away at the shopping mall or your place of work. Rather than sitting in your office and having your lunch, go for a 15-minute walk and have your lunch outside. There are lots of little ways that we can capture 10 and 15 minutes here and there that add up over time.

### **My Tip Notes:**

## ***Protect Yourself From West Nile***

The U.S. Centers for Disease Control and Prevention have identified residents of these states as being at a higher risk for West Nile virus: Alabama, Colorado, Florida, Iowa, Kansas, Kentucky, Louisiana, Minnesota, Mississippi, Nebraska, New Mexico, North Dakota, Ohio, South Carolina, South Dakota and Texas.

Here are some basic steps to reduce contact with mosquitoes:

- Avoid going outside during high mosquito feeding hours - dawn, dusk and early evening.
- Use insect repellent that contains Deet. A product with 5% Deet will last about 90 minutes; 24% will last about 5 hours. The only non-deet repellent found to be effective was the soybean-oil-based Bite Blocker, for about 90 minutes. Citronella and other kinds of repellants are not proven effective, so don't rely on them.
- Wear long sleeves and long pants when you have to go outside.
- Drain any areas of collected water pools outside your home once or twice a week. Mosquitoes lay eggs in pools of water. This includes water pooling in flower pots, pet dishes, birdbaths, swimming pool covers, kiddie pools, buckets, barrels, cans, clogged rain gutters, discarded items, containers and trash cans.
- Keep mosquitoes out of your home. Repair or replace window and door screens.

If you have the following symptoms of encephalitis, see a doctor immediately: high fever, severe headaches, neck stiffness or pain, confusion. Just being aware of the symptoms and the steps to prevent mosquito bites are the two best steps to preventing West Nile Virus from reaching your family.

### **My Tip Notes:**

## ***Reduce Allergy Symptoms***

Allergies are miserable to live with, so make sure you and your family don't have to. The best way to ease allergies at home is to clean regularly with disinfectant cleaners, especially those designed to kill mildew and mold. Clean the entire house well at least every two weeks and in between as necessary. Disinfectants should be used on everything from the refrigerator to the bathroom. Don't let water or dampness sit. Whether in the fridge or under the bathroom sink, water can quickly turn into mold and mildew.

Regular dusting with a dusting agent will help too. A dusting agent is necessary to help the dust adhere to a rag, instead of just pushing the dust around. There are lots of new products that help collect dust on a rag that can be disposed of after cleaning. Or just use an old t-shirt or rag that can be washed.

Here are a few more tips. Use a vent in the kitchen while cooking. This helps channel odors outdoors or at least filters the odors and food vapors before it is circulated throughout the house. Wash your shower curtain every other month at least with bleach and detergent. Shake or wash rugs, curtains, blinds, and air vents. And wash any pets once a month or every other month with dander-reducing shampoos.

### **My Tip Notes:**

## ***Beware Hogweed In The Garden***

Gardeners, landscapers, farmers, hikers and others who spend time outdoors should watch out for the giant hogweed, University of Massachusetts researchers report. The weed is native to the Caucasus region of central Asia. Its sap can cause severe skin irritation, blisters and swelling. Contact with the eyes can cause temporary or even permanent blindness. The giant hogweed was introduced into the United States as an ornamental plant and has spread across the northern half of the nation from Maine to Washington state. "This plant is bad news," researchers said. "It has big seeds and is spread by birds, but the main culprits are gardeners." The plant has become irresistible to gardeners because it can grow 15 feet tall, with leaves 5 feet across at the base and large umbrella-shaped flowers. When established, giant hogweed is difficult to control without chemicals, researchers said. Cutting off flower heads will prevent this season's seeds from forming, but the roots can send up new shoots every year and the roots can spread.

### **My Tip Notes:**



## ***Vacation Medication***

While many of us love to travel abroad, becoming ill while on vacation is something none of us love. In some instances, you will need to take medication while traveling abroad, but there are some you should steer clear of:

1. **Aminopyrine** - This is sold in some European countries as a cold remedy. Studies have shown it destroys white blood cells and can possibly cause death. If you are in Europe and find yourself stricken with a cold, try to use only those medications you clearly recognize, preferably those you have taken before. Barring that possibility, be sure to read the label. If you see aminopyrine listed as an ingredient, make another selection.
2. **Chloramphenicol** - This is a powerful antibiotic. Some countries sell this to remedy travelers' diarrhea and colds; however, side effects can include bone marrow depression and aplastic anemia. While no one wants diarrhea, especially while traveling, it beats these other two ailments. Again, find a medication you're familiar with, and read labels.
3. **Iodochlorhydroxyquin** - This drug is used to prevent diarrhea, but it does not do it very effectively. In fact, it has been banned in the United States, partially because of its inefficacy and partially due to its potential serious side effects. You may still find this drug in other countries, so be sure to read labels.

It is incredibly important to read labels. This applies not only to medications, but also food and anything else you consider putting in or on your body. An informed consumer is that much the wiser, and that much safer. If you have any uncertainties, spend the money to call your doctor here in the States.

### **My Tip Notes:**

### ***A Quick Cure To Swimmer's Ear***

Blow dryers are not only useful when it comes to styling hair; they are also helpful for anyone who encounters swimmer's ear. With summer right around the corner, this is a perfect health tip for anyone who loves to swim at the pool or at the beach.

If you are prone to getting swimmer's ear, try using a blow dryer on your ears. Put the hair dryer on your ears after each swimming trip and hold it about a foot away from your ear. Let the air from the dryer blow at least 30 seconds into each ear. This should dry your ears better than using a towel, and it will help eliminate the warm, moist environment that causes swimmer's ear.

#### **My Tip Notes:**

## **Nutrition And Diet**

### ***Cut Half The Fat***

Studies show that consumers who read food labels eat 50% less fat than those who don't. To make label reading quicker and easier for everyone, the American Heart Association has started a Food Certification program. So far, hundreds of food products have been labeled with a red and white heart checkmark, indicating that the products meet the AHA's standards for being low in saturated fat and cholesterol.

To get the label, a food must meet these criteria per serving:

- Low fat (less than or equal to 3 grams)
- Low saturated fat (less than or equal to 1 gram)
- Low cholesterol (less than or equal to 20 milligrams)
- Sodium value of less than or equal to 480 milligrams for individual foods
- Finally, it must contain at least 10 percent of the Daily Value of one or more of these nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

### **My Tip Notes:**

## ***Eating Healthier at Restaurants***

Here are a few great tips to making eating out at restaurants a little healthier.

1. Snack before you go. This may sound a little weird, but having a light snack before you go out will help you remain in control of what you order and what you eat. Have a glass of water and some celery or carrots. That way, you aren't anxious to order something big and overfilling.
2. Order a salad with the dressing on the side. Salad at the start of a meal helps prepare your body for digesting the harder stuff later on in the meal. It's also good to be able to control how much dressing is on the salad as many are loaded with hidden calories.
3. Don't finish the meal. Most restaurants, in the U.S. especially, give out portions that are much larger than recommended. Your diet may allow you to have a 6-oz. portion of mashed potatoes, but not that 10-oz. glop the restaurant gave you. Make your one entrée into two full meals.

### **My Tip Notes:**

## ***Healthy Grilling***

With the warmer weather comes grilling season. Let's cover a few tips in making your grilling practices the healthiest they can be. Grilling is a great way to cut the fats that are used when baking or pan cooking meats and vegetables. Be sure to keep all food at least 6 inches from the charcoal or flame. Cooking food too fast or charring the outside can leave deposits of minerals that contribute to some cancers.

You only want direct heat for a short time. Precook foods that take a long time to cook thoroughly. Boil chicken legs and breasts until they are half cooked. Thick steaks and some seafoods also should be precooked some of the way before grilling. Keep smoke to a minimum by squirting flare ups with water.

### **My Tip Notes:**

## ***Walk After Dinner***

Taking a walk in the evening after dinner is a great 2-part step to weight loss. First, it has all the benefits of a normal walk, taken at any time of day. Second, it helps start digestion of the big dinner you just ate. Getting a jump on digestion will help continue that process through the night, burning more calories and shedding pounds faster. With the evenings being light and longer, take the chance to get out to see a sun set, fly a kite, walk the dog, or visit a friend down the street.

### **My Tip Notes:**

## ***Healthy Substitutions***

Making a few small changes to the ingredients in a recipe may not change the taste very much, but it can have a major improvement on the bottom line of calories and fat grams. Here is a quick list of some standard ingredients and what you can save by making a little change.

Instead of... 1 cup whole milk  
Use... 1 cup skim milk  
Savings... 90 calories, 10g fat

Instead of... 1 cup heavy cream  
Use... 1 cup evaporated skim milk  
Savings... 783 calories, 87g fat

Instead of... 1 cup sour cream  
Use... 1 cup fat-free sour cream  
Savings... 432 calories, 48g fat

Instead of... 8 oz. cream cheese  
Use... 8 oz. light cream cheese  
Savings... 351 calories, 39g fat

Instead of... 2 oz. oil  
Use... cooking spray  
Savings... 540 calories, 60g fat

Instead of... 1 oz. oil  
Use... 1 tsp. oil  
Savings... 225 calories, 25g fat

Instead of... 1 pint mayonnaise  
Use... 1 pint plain nonfat yogurt  
Savings... 3,168 calories, 352g fat

Instead of... 6 whole eggs  
Use... 12 egg whites  
Savings... 324 calories, 36g fat

Instead of... 1 pint sour cream  
Use... 1 pint plain nonfat yogurt or nonfat sour cream  
Savings... 803 calories, 89g fat

Instead of... 4 oz. cheddar cheese  
Use... 4 oz. reduced-fat cheddar cheese  
Savings... 225 calories, 25g fat

Instead of... 8 oz. cream cheese  
Use... 8 oz. fat-free cream cheese  
Savings... 711 calories, 79g fat

Instead of... 1 lb. ground beef (80 % lean)  
Use... 1 lb. ground turkey breast  
Savings... 819 calories, 91g fat

### **My Tip Notes:**

### ***Don't Put Your Fave Food Off Limits***

Dieting is hard because so many diets limit the foods you can eat. Instead of putting certain foods "off limits," try just cutting the intake of these foods in half. That way you aren't fighting the constant cravings of your favorite foods, and it's easier to avoid binges. You can also relieve your mind of agonizing over "good" and "bad" foods... instead you have "ok" and "better" foods.

#### **My Tip Notes:**



## ***The New Shape Of The Food Pyramid***

The folks at the Mayo Clinic have come up with a simple nutrition plan that riffs off the outdated Food Guide Pyramid. The six-point plan is versatile enough for any activity level. Every day, simply eat the following:

1. Unlimited amounts of fruits
2. Unlimited amounts of vegetables
3. Three to five servings of olive oil, nuts, canola oil or avocados
4. Three to seven servings of beans, fish, lean meat or low-fat dairy
5. Four to eight servings of whole grains or bread

Up to 75 calories of sweets.

### **My Tip Notes:**

## ***The Scoop On Ice Cream And Frozen Yogurt***

OK, you're standing in the freezer section of your grocery store trying to read the labels of the different types and brands of ice cream while the freezer doors fog over. Don't let this stop you from your task. If you just can't live without ice cream during these hot summer days, at least choose a treat that will do the least harm to your diet plans. Here are a few rules to follow:

- Watch portion sizes, especially in ice cream stores, where "small" may mean "not huge." If your small looks way too large, it probably is. Throw away (or share) half and enjoy the rest.
- Remember calcium-fortified yogurts. A cup of Edy's Fat-Free Frozen Yogurt contains 600 mg of calcium -- the amount in two glasses of milk.
- Read the labels. And keep in mind that most labels are based on a serving size of 1/2 cup -- about the size of half a baseball. So, if you generally eat a larger portion than 1/2 cup, your calorie count will be much higher.
- Some frozen yogurts -- especially fat-free varieties -- are lower in calories and fat than some ice creams (they average about 200 calories and 0 grams of fat per cup). But remember, some low-fat and fat-free no-sugar-added ice creams are just as waistline-friendly as yogurts when it comes to saving calories.

### **My Tip Notes:**

#### ***4 Easy Ways To Manage Your Weight***

1. Learn the nutritional benefits of the foods you eat. You'll feel less tempted to buy convenience foods loaded with chemicals and preservatives.
2. Buy the best and the freshest ingredients available.
3. Eat a wide and varied diet to keep your menus interesting and healthy.
4. Learn to measure your pleasure. Offset moments of indulgence with moments of controlled moderation. If you had a rich desert, follow it up with a breakfast of fresh fruit.

**My Tip Notes:**

## ***Grow Your Own Garden***

Growing your own garden has three great benefits to your health. First, it gets you outside in the fresh air around things that grow and give off clean oxygen. You can burn about as many calories doing moderate to intense yard and garden work as a normal aerobic workout in the same amount of time. Research has shown that it also helps to maintain healthy bones.

Second, the fruits of your labor help boost your mental health. Seeing something that you have worked at succeed - whether in the form of flowers, fruits, or a good-looking yard - gives you a sense of ownership, pride, and confidence.

Also, if you choose to grow a vegetable garden, you can be sure that every veggie grown is free of chemicals and pesticides. The more natural form of food will help clean your body of the unknown chemicals from store produce. So there it is. Three great things from one single garden.

### **My Tip Notes:**

### ***Substitute Sweet Potatoes***

Substituting sweet potatoes for regular potatoes can add some needed nutrients to your meals. Sweet potatoes have higher levels of beta-carotene and potassium than plain baking potatoes. The added anti-oxidants help flush the body and increase how your body processes food. Sweet potatoes are also fat free, and they help keep your blood sugar at an even keel, which helps in curbing food cravings.

While sweet potatoes can't take the place of white potatoes in every instance, there are lots of great recipes for mashed, boiled, and baked sweet potatoes.

#### **My Tip Notes:**

## ***Super (& Healthy) Snacks***

The National Cancer Institute recommends we eat at least five to nine servings of fruits and vegetables every day. The nutrients they contain-vitamin C, fiber, vitamin E, folic acid, all kinds of phytonutrients, plus potassium and magnesium-may also help reduce our risk of heart disease and stroke. On days when it's hard to fit them into meals, focusing on eating them as snacks is a big help.

Crunch on carrots in the afternoon. Slice an apple along with your breakfast. Have an orange for a mid-morning pick-me-up. Working fruits and veggies in throughout the day makes it easier to reach the daily intake goal.

### **My Tip Notes:**

## ***Staying Thin***

Trying to lose weight and keep it off? You must first stop eating as soon as you feel satisfied, not stuffed. Excess food will make you look and feel bloated. You should also only eat when you are hungry, regardless of the hour. Just because the clock indicates lunch does not mean you must eat.

If you are the type of person who is always hungry, try drinking six to eight large glasses of water daily. Also, sip antioxidant-rich green tea between meals, its grassy note can curb your appetite.

### **My Tip Notes:**

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