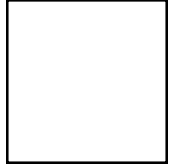


How To Do Everything Better, Faster & Easier™

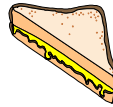
The most useful “3½ minute newsletter” from your friends at *Moving Ahead Communications*

Issue IA 2003



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10 Great Ways to Make School (or Work) Lunches More Exciting!



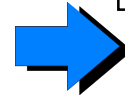
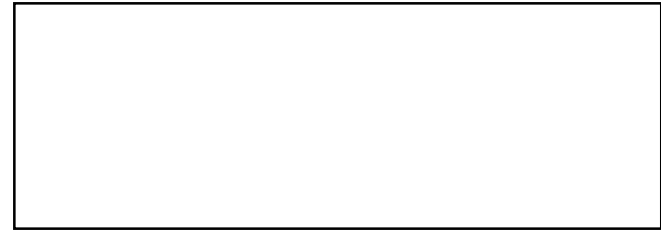
1. Try different fruits (pears, pineapple chunks, plums)
2. Send cut up vegetables and bagel chips with humus to dip them in
3. Add in trail mix, popcorn or pretzels as a crunchy treat
4. Send a wrap instead of a sandwich. Tortillas even work with PB&J!
5. Bake Ham and Cheese or Carrot Raisin muffins together the night before and they'll be delicious in the next days lunch
6. Banana bread spread with peanut butter and a little honey
7. Alter the bread options: Bagels, raisin bread, cheese sticks, rice cakes, with the usual toppings
8. Pasta salad with veggies and cheese would be a yummy surprise
9. Use a thermos and send homemade soup or leftovers from dinner.
10. Don't forget a love note, whoever you know well enough to be packing a lunch for will enjoy getting a special note at lunch!

“It does not matter how slowly you go so long as you do not stop.”

- Confucius

“Twenty years from now you'll be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.”

- Mark Twain



Turn over for more terrific tips on....

- * How to get fit without breaking a sweat
- * 6 great gas saving tips
- * Fun trivia contest and more...

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How to Get in Shape Without Hitting the Gym!

Did you know the activity goal for the average person is 30 minutes per day 5x per week, or 20 minutes of vigorous activity 3x per week? It's true and as you plan your day, set a brisk pace for yourself to follow, and sneak in a few exercises when and where you are able.

You would be surprised how much exercise you can squeeze into your day. For example, when running your errands be certain to park at the far end of the parking lot and walk quickly to your destination. If you need to wait in line do some toe raises. Is there a counter or a wall nearby? If so you can do sneak in some wall push-ups while you wait.

Check out how many calories you can burn doing everyday activities:

- * Grocery Shopping = 120 calories burned per hour
- * Gardening = 300 calories per hour
- * Raking Leaves = 270 calories per hour
- * Cutting the lawn w/ rotary mower = 400 calories per hour
- * Washing the car = 225 calories per hour



(All caloric expenditures are estimated for a 150-pound person) - source:
www.getfitwhileyousit.com



6 Smart Tips To Cut Big Gasoline Bills

1. Organize activities and perform as many errands as possible in one trip.
2. If possible, avoid driving during rush-hour & other peak traffic periods.
3. Pack as little in your car as necessary so it has less weight to carry.
4. Keep tires properly inflated at all times. (Check pressure when cold).
5. Use air conditioning only when necessary. Try opening the window.
6. Use the lowest octane gas that won't make your engine knock.

Do You Want To Win "7 Secrets to Unlimited Traffic" ebook?

Take the trivia challenge and you just might!



Each month we'll give you a new trivia question. The first 10 people to email us with the right answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will win an ebook. Here is this month's trivia question:

Q. How many ounces of water do experts and doctors recommend you drink daily to stay healthy and help your body perform all of it's necessary functions?

- A) 8 oz
- B) 24 oz
- C) 64 oz
- D) a whole bunch

Send your answer along with your name to: trivia@presssuccess.com

Know someone who would enjoy this newsletter? Send your friends and colleagues a free subscription : postcard@presssuccess.com