

Etiquette at the Gym

Well, we're into our second month of the new year, and I know that there are a lot of you who made a New Year's Resolution to work out more. I know this because most gyms report nearly an 80 to 100% increase in memberships in January each year.

What happens, however, is that we can sometimes become disenchanted with the idea of exercising every day, or we just don't feel comfortable at the gym. One thing I noticed is that you can tell when a newbie is on the floor because they don't seem to recognize the standard protocol of the gym. If you have been violating some of these "unwritten rules" you have probably felt the scorn of veteran gym members. Here are some tips to blend in and act less like a newbie:

- Check if there is a signup sheet for a particular piece of equipment rather than just jumping on.
- Wipe your sweat off a machine with *your* towel after you are done using it.
- Ask questions if you aren't sure.
- Don't use the instructor's bike without asking!
- Don't blare your music or talk loudly on your cellphone while working out.
- Pick up after yourself...towels, tissues, sweat, etc.

February Events

Feb. 2 – Groundhog Day



Feb. 7 – Birthday for Charles Dickens and Laura Ingalls Wilder

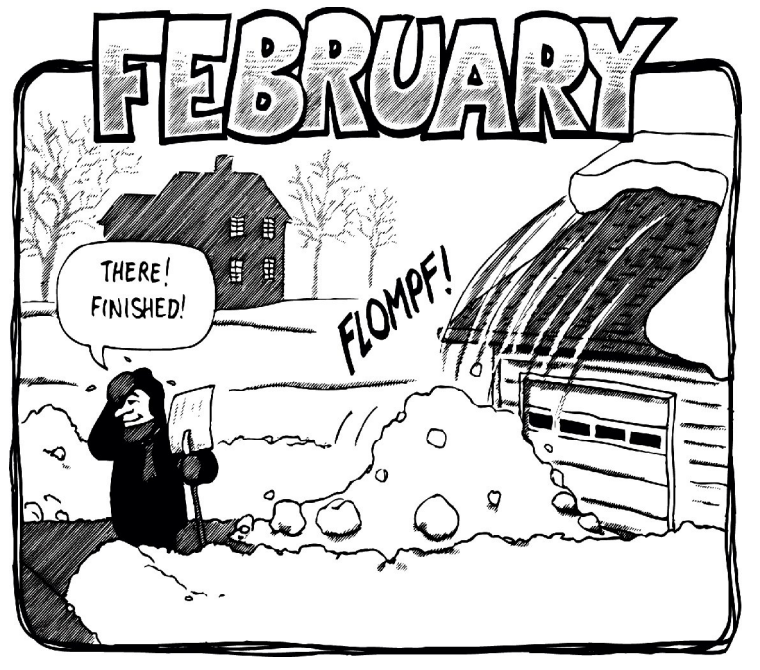


Feb. 14 – Valentine's Day

Feb. 21 – President's Day



February – National Wild Bird Feeding Month



The Benefits of Daydreaming

We've been scolded from the time we were young for staring out the window, daydreaming. Finally, we are vindicated. Recently researchers have proven that spending a little time actually energizes us. Taking a ten minute break to think about where you want to go for vacation, or about the fabulous cross-country skiing adventure you had last weekend. This can elevate the dopamine levels in your brain, that boosts both motivation and your mood. When you're physically tired from some difficult mental work, take a daydreaming break and see just how much better you feel afterward.



Earn \$10.00 CASH for your referrals. We will send you \$10.00 for each person you refer to us when they have work performed.

See Below For Details

Untold Story

by
Monica Ali



Not yet available, but this is a story by Monica Ali that explores the impact on the world Princess Diana might have had if she had not died in the car accident in Paris than August night in 1997. Diana would have turned 50 this year and she seemed to have been at a crossroads in her life at the time of her death. The book will be released in the UK just prior to Prince Williams wedding in April. "All my books are about identity, about what makes a person who they are," Ali tells London *Daily Mail*. According to Ali, Diana was, "a gorgeous bundle of trouble."

"Lincoln was not a type. He stands alone—no ancestors, no fellows, no successors."

~Robert G. Ingersoll

Referral Details

Please have the person being referred inform us on first visit who they were referred by. You may also write your name and address on the back of one of our business cards. We must have a valid address for the person making the referral, not sure call us 209-492-9090. Your referral must have work done and paid for in order to apply. Diagnostics with no additional work are not eligible. Past referrals not eligible
Payments are made at the end of each month

Did you know? Dark chocolate is *good* for you! Look for 60% cocoa (or more) for the best superfood antioxidant benefit. Only 6.7 grams a week have astounding heart health benefits. Do yourself and your loved ones a favor and have some chocolate tonight! You don't have to go to the bitter side, find one you really like and enjoy it!

Traveling With Your Pet

It may not surprise you to know that pet ownership in the U.S. is at an all-time high. What's even less surprising is that many of these pet owners want to take their pets with them when they travel. Here are a few tips to help make your trip with Fido or Fluffy easier on both of you:

- Do your research. You don't want to be surprised to find that the hotel you planned on using accepts dogs and not cats. This happened to a couple who were in the midst of moving, and the policy on the website states "pet friendly" but when they went to register and pay their pet fee, they found that cats were not allowed. A call to the establishment will clear up any uncertainties.
- Airlines will not ship pets in carriers during the hottest and coldest months of the year. This is for your pet's benefit. Some airlines allow small pets in the cabin area while others consign all animals to the baggage compartment.
- Don't sedate your pet unless you've tried it at home. They often have the opposite effect on your animal.
- Bring items from home to help your pet feel less anxious. Blankets, favorite toys, etc. will work wonders.

Tailoring Tips

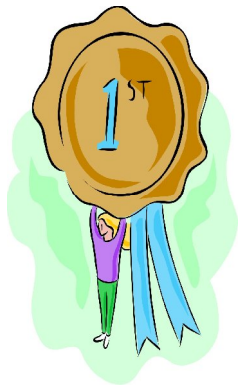
Ladies, to look your best, you need to have your clothing fitted to you. Don't wear your slacks half an inch too long or too short. A jacket that hangs too long on your hands makes you look like you're playing dress-up.

Yes, I'm talking about women getting their clothing altered, or tailored! When you purchase good quality clothing, especially if you plan on keeping it for a long time, you want it to fit well.

Get references from people, especially men, who frequently have their clothing tailored. Recommendations are the single best way to find a capable and talented tailor or alteration specialist. Have them do a small job first. If you're happy, bring in your more challenging clothing issues.



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Trivia Contest

Winner will receive a Cisco Valet M10 4 Port Wireless Router
\$90 Value

A drawing will be held from all correct answers submitted via RF Computers Feedback Form found at www.rfcomputer.biz:

Daydreaming does what?

- A. Makes you more creative.
- B. Reduces stress.
- C. Energizes you.
- D. All of the above.

**** Answer will be found among the news stories! ****

Congratulations to Dr Paul Fisher of Saenz Chiropractic for winning a set of Klip Xtreme Mini Speakers.

Last Months Winner

Pets as Therapists

Many people tell you how much they enjoy spending time with their pets, and research indicates that having pets is one of the best stress reducers around. But, did you know that your pet can be compared to a counselor?

Dr. Mary Stewart, of Glasgow University Veterinary School researches human-animal interactions. A good counselor is, "genuine, honest, empathic, nonjudgmental, able to listen, not talking too much, and ensuring total confidentiality." Dr. Stewart points out that these very characteristics are why people enjoy spending time with their pets.

Having a pet increases your self-esteem and your sense of well-being because they provide "unconditional positive regard" just as a good counselor would. This brings to mind a joke I heard...if you lock your dog and your wife in the trunk of your car for an hour, which one would be happy to see you when you let them out?

I'm not suggesting that you lock anyone in the trunk. The point is that your dog offers unconditional love and acceptance, despite all your "shortcomings". Wouldn't it be great if we could be the people our dog believes us to be! Tell your secrets and concerns to your dog. No one will ever find out!



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To:

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Bits & Bytes of News



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FEBRUARY