



## Exercise Essentials

August, 2009

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### Memory keepers

You've just taken a great vacation, but can't remember the name of that Italian village you loved so much. Or maybe you took so many photographs that now that sit in a pile taunting you every time you sit at your desk. What should you do with the ticket stub from that amazing concert in Barcelona?

Frequently, we only do preplanning for our vacation that involves hotel reservations, plane flights and rental cars. But do you ever plan ahead for what to do with all of the memories you will accumulate *during* the trip?

If you are the type that likes to write lots of postcards during your vacation, why not take it one step further and buy a travel journal before you leave? There are hundreds of styles, from notebook size to binder size. Some even have pockets in them for you to deposit photos or small scraps of paper that go along with your narrative.

Local bookstores carry a large selection, but you can find a journal to fit your likes and budget online as well. One website we liked was "hellotraveler.com"; they have journals as well as photo albums, and scrapbooks. Best of all you save 10% on any order over \$20.

### Will you understand me if I speak louder & slower?

#### Maybe it's time to learn a new language

Traveling to a country in which the people don't speak English can be quite difficult. You have 2 choices: try to learn a few key phrases, or assume everyone will

### Best Fitness Gear

#### Health Magazine does the work for you.

*Health* magazine tested lots of workout gear and the results can be found in their Summer issue. They reviewed several fitness areas from shoes to apparel to the best pedometer. Their results are worth a look. Don't subscribe to *Health*?

That's okay. Click this link and you'll be taken right to it! [America's Healthiest Gear Awards](#)

### Better options for your sweet tooth

#### Lighten-up with these low-cal offerings

The 2.5 oz ice cream scoop at Baskin Robbins has about 170 calories & 9 grams of fat. Not very bikini friendly. But now they have introduced a line of ice cream, sorbet, and yogurt to satisfy your cool-treat needs without destroying your healthy diet.

BRight Choices is the name of their new line and we give it an A+ for both



speak English. The latter is the choice of most Americans, due no doubt to the fact that many European nations require their students to take English in school. Ergo, many nations have English speaking citizens, so you don't have to bother learning theirs.

But what if you actually did want to learn a second language, not just for travel, but so you could speak to friends or colleagues who converse in a language other than English? Do you look into home study courses? Maybe a college class? How about a private tutor?

One of the most popular home study programs is the **Rosetta Stone**. It is the choice of diplomats, travelers, and employers. The company promises to be the fastest & easiest way to learn another language.

**Rosetta Stone** has many things going for it: you can study at home, it comes with a microphone & headset so their program can evaluate your pronunciation, and there are no memorization drills. All this does not come cheaply however, buying Level 1 in any language will run you about \$230 at their online store. If this program sounds interesting, you might want to visit ebay.com which has many sellers unloading their copies of **Rosetta Stone** in various languages.

If you enjoy learning in a group, look into community college classes. They are frequently offered at night, so they don't interfere with your job schedule. College fees are on the rise, so you may find it cost prohibitive.

If money is not a concern look into hiring a private tutor. Search public bulletin boards such as craigslist.com to see if someone is offering your language. If not, make your own advertisement. Just make sure you vett any potential tutors that you do not know personally.

flavor and taste. Want lower fat & fewer calories? How about a scoop of Premium Churned Milk Chocolate? It will only cost you 130 calories (plus cone) and 4.5 grams of fat. Are you on a reduced sugar diet? Try a scoop of Pineapple Coconut--no sugar is added. Need dairy free? The Strawberry sorbet will fit the bill.

Maybe you don't like ice cream; how about a frozen coffee drink? Starbucks Coffee's Light Frappuccino menu is what you're looking for. Order a tall (12 ounces) of these flavors:

Coffee Frapp Light is 90 cal.  
Mocha Frapp Light is 110 cal.  
Carmel Frapp Light is 130 cal.  
Java Chip Frapp Light is 180 cal.

Just make sure you ask for no whipped cream!

### Vacation Schedule

"No Sweat" Fitness will be closed the following dates:

August 5th through August 9th  
September 7th through 20th

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