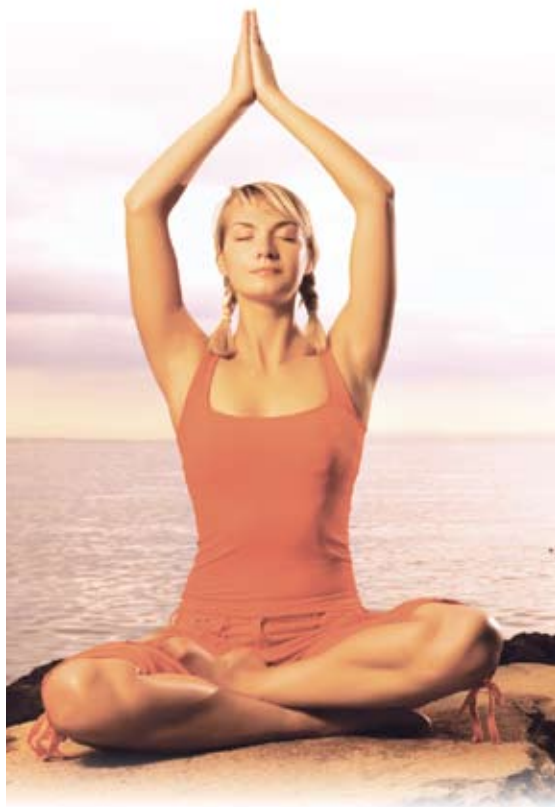


10 Tips for Healthy Living

Consider these 10 tips to help you live a happy, healthy, safe and balanced life.



1. Get Physical

Exercise not only helps you build muscle and lose weight, giving you more self-confidence, but it's vital in maintaining a healthy heart. And don't think you need to spend hours at the gym to achieve a new physical you. From strength training and cardio workouts, to walking the dog or taking the stairs – anything that gets your heart pumping will benefit your health.

2. Stress is a Mess

Over time, stress can lead to serious health issues such as obesity, depression and even death. When you start seeing red, instead think blue – as in blueberries. Antioxidants found in the tasty fruit fight stress hormones. Also, don't forget to breathe. Inhaling a deep breath for five seconds, then exhaling for another five seconds, can help clear your mind and enhance blood circulation.

3. LOL (Laugh Out Loud)

Build your immune system through laughter. Health-increasing hormones, such as endorphins, are released through your body when you laugh. Additionally, laughter works your abdominal muscles and boosts your state of mind. Web sites such as www.FunLOL.com can be a quick fix for a downer day.

4. Eat Healthy

We know we should eat healthy, and with new online tools it's a no-brainer. The new MyPyramid program, www.MyPyramid.gov, developed by the U.S. Department of Agriculture, allows you to choose the ideal proportions of foods and food groups to eat according to your body size and structure.

5. Get Plenty of Zzzzzz's

Between work, family and extra activities, it's sometimes difficult to get the necessary six to eight hours of sleep per night. Be sure to avoid caffeine or exercise right before bed. Instead try reading a book or meditating. Bath and body shops often carry aromatherapy sleep aids such as chamomile bath salts to aid in a good night's rest.

6. What's Up, Doc?

Going to the doctor only when you're sick isn't going to cut it. For both your physical and mental well-being, it's wise to have

a routine annual physical examination. Especially if your family has a history of health problems, such as heart disease, diabetes or high blood pressure, getting regular check-ups can help prevent or detect serious health issues.

7. Yoga

Yoga, an ancient practice of stretching and breathing techniques, has become a popular exercise for both men and women. In addition to releasing positive energy, yoga prevents injuries, promotes flexibility and can add relief to a stressful day.

8. S.O.S. - Save Our Skin

As the largest organ of the human body, your skin's health is vital. Luckily, caring for your protective layer can be easy and enjoyable. Try a trip to the spa, or even create a spa at home. There's no better way to start your day than with an invigorating, spa-like shower. Finish off your pampering shower with your favorite body cream to lock moisture in your skin.

9. Your Right for Recreation

You schedule meetings and appointments each week, so why not schedule time for recreation? Be sure to set aside time each week for activities you enjoy. Whether it's dinner with family and friends, or taking the phone off the hook and curling up with a good book, be sure to block out time on your calendar with activities that you enjoy and will rejuvenate you.

It doesn't take a radical change in your behavior to start living a healthier lifestyle. By following these simple tips, you'll be on the road to a happy, healthy, safe and balanced life.

10. Get a Grip on Safety

Think bath safety products are just for older generations? Think again. With wet, hard surfaces, the bathroom is your home's biggest danger zone. So, get a grip on safety by adding a few stylish and safe products to your ensemble, such as grab bars, tub grips, bathtub tread strips, shower chairs or transfer benches. HomeCare by Moen offers a wide assortment of stylish, stable and durable bath safety products. Visit homecare.moen.com for more information.

New Cable TV Show Invites Public as Audience Members

Sandra Agazzi Chimenti is the creator, producer, and host of the new empowerment cable show "Discover Your Power to Succeed!"

She interviews guests in front of a live studio audience on topics that range from achieving success in your personal and professional relationships to success in parenting, education, business, nutrition, and developing your skills and talents for your dream career!

Chimenti's next guests, arriving from Ventura, California, are Mariaemma Pelullo-Willis and Victoria Kindle Hodson, authors of several books, including *Discover Your Child's Learning Style...The Key to Every Child's Learning Success*. Visit their site at www.learningsuccesscoach.com.

Adults are invited to be studio-audience members at this next show on Saturday, January 10, 2009 from 9:45 a.m. – 12:00 p.m. Free refreshments will be provided by Nino Salvaggio.

Author Sandra A. Chimenti is the owner of Creative Books and Music -- a publishing company of books, music, and other family-friendly products and services. Through her books, music, and cable shows, she hopes to inspire people to remember that true success starts within ourselves.

"By being our real selves and sharing our gifts and talents, we share who we are with others and create success in all areas of our life," said Chimenti who will be giving autographed copies of her new book, *The Real Me: Awakening Your True Self*, to some lucky audience members.

Visit www.CreativeBooksAndMusic.com for more information and a map to the Community Media Network TV Studios in Troy (www.cmntv.org). Request your free event tickets via email at info@CreativeBooksAndMusic.com or call (586) 996-8660.

