

Tips and Trends

Fitness

- **Mix It Up** — It's important to make a fitness schedule and stick to it, but that doesn't mean doing the same routine over and over. To stay motivated, try changing your workout. From walking to running to cycling, you can always find a new activity to challenge yourself.

Manage Weight

- **Keep hydrated.** Feeling tired or hungry? You may just be thirsty. Make sure you get at least six glasses of water a day. Water helps your body transport nutrients and eliminate toxins. Add a cucumber or lemon slice to jazz up the taste.

Family

- **Create fun dinner table topics.** Play "high, low" around the dinner table by asking each person to share the "high" point of the day as well as the "low" point. This ensures you know what's happening in each other's lives and can be a great way to laugh, offer advice and support one another.

Smarter Driving & Better Gas Mileage

- **Avoid the highs and find the lows.** Speeding, rapid acceleration and braking can lower gasoline mileage by 5 percent at lower speeds and by 33 percent at highway speeds. You should assume that each 5 mph driven over 60 mph is like paying an additional \$.29 per gallon for gas.

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Cleaning

- **Don't forget to clean your dishwasher!** Remove trapped food particles from the bottom and around any moving parts. Pour a cup of vinegar into the empty dishwasher and run it to clean the inside.

Beauty

Hair — Regularly styling your hair with a blow dryer, flat iron or curling wand will likely lead to some split ends. Mend those locks with a deep conditioner. Apply to your hair and wrap in a warm towel while you apply your nightly moisturizer and brush your teeth. The warmth from the towel will help the conditioner penetrate your locks.

Less Party Waste

- **Save Your Skewers:** Kabobs are one of the easiest party appetizers to make, especially if you're grilling out. Instead of using disposable wooden skewers, purchase reusable stainless steel or wire ones that are dishwasher safe and better for the environment.

Beauty

- **Lips** — Spice up your look by trying a new trend like a deep burgundy lip. Keep lip color from bleeding by using a cotton swab to apply loose translucent powder along the outer edge of the lips. Smear clear gloss in the center of your mouth to help reflect lights

Family

- **Establish no tech hour.** Unplug from the digital world and reconnect. Take a cue from airlines and designate anything with an on/off switch as off limits for an hour — especially for mom and dad. During that hour, break out board games, read together or go for a family walk. Let everyone come up with fun things to do.

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