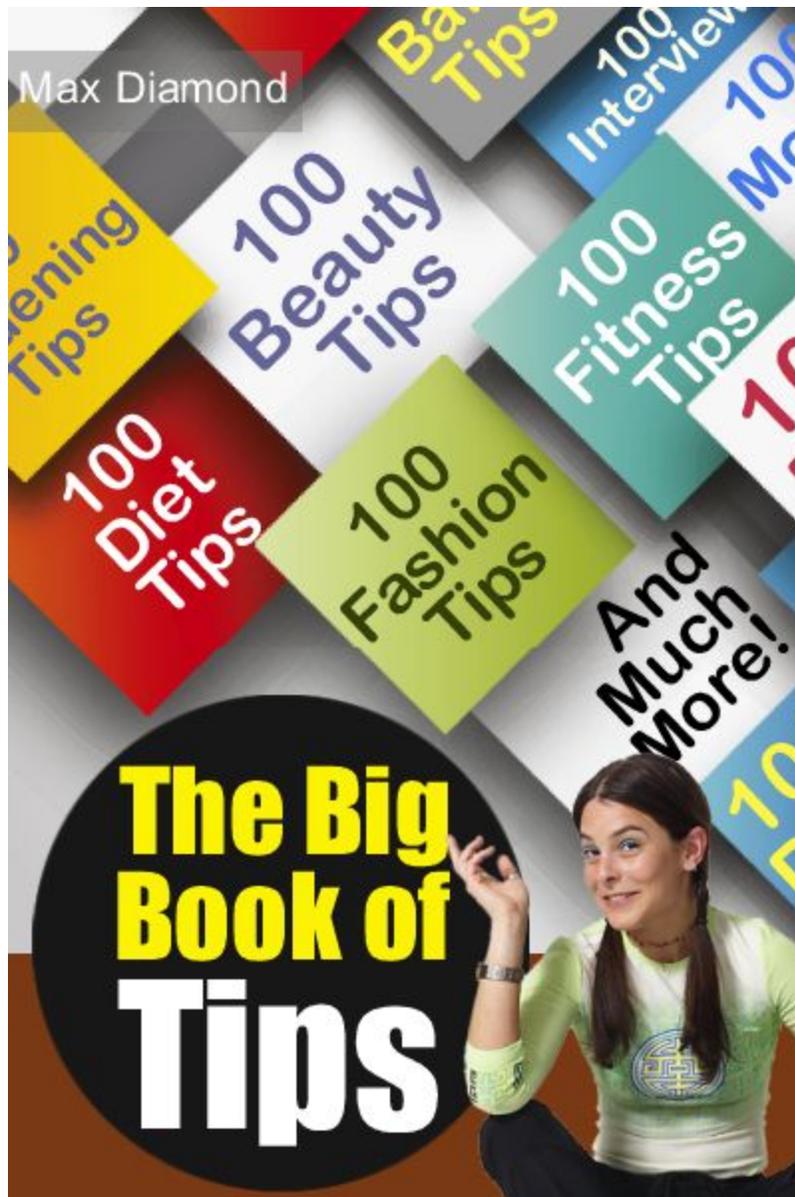


Max Diamond



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Beauty Tips

1. No more refined foods

One of the best ways to stay as beautiful as ever is to avoid eating refined or highly processed foods. Such types of foods can rob you of important nutrients that are needed by your body, and that could make your skin look dull. Aside from that, they can also get you constipated.

2. Raw food is better

Eating raw foods means not overcooking your meals. Such kind of practice will enhance your beauty, since raw foods are still filled with vitamins, enzymes, and other nutrients that can take care of your skin and hair. Aside from that, it has been proven that raw foods can make wrinkles and age spots less obvious.

3. First thing to do in the morning

It is best that when you wake up in the morning, you drink a glass of water, and eat a piece of your favourite fruit, like banana. This would ensure that your skin is properly hydrated, and the fruit would also help in maintaining its radiance. In addition, such a practice can also help you maintain your weight, or lose some.

4. Preventing grey hair

Making use of oil for your hair can help in preventing grey hair. However, to make it more effective, you can add a few drops of rosemary essential oil to it. Aside from that, you can also eat a teaspoon of curry leaf chutney at least every other day, since it has components, which can strengthen the cells that form the pigmentation from within.

5. Seal your nail polish

Having a nail polish that is shiny and glossy offers a beautiful sight to see. Thus, it is best that you prevent it from scratches and peeling by applying a top coat over your nail polish. By applying a top coat to seal the nail polish, you would be able to extend its beauty even for 7 days.

6. Practice a morning skin care routine

Following a skin care routine each morning can help a lot in maintaining your beauty. A typical routine that you can follow would involve removing all dirt from your skin with

the use of a deep cream cleanser, and rinsing it with water; applying a mild moisturizer; and, applying a small amount of face powder to control oil buildup.

7. Use cream as your skin cleanser

Cleaning your skin on a regular manner is essential in maintaining its beauty. However, it is best to make use of cream cleanser to do this, since it won't take away the natural oil from your skin, which protects it. Don't use anything that can dry out your skin, since it can become prone to bacteria and cellular damage.

8. Use rosewater as toner

Using rosewater as your toner provides lots of benefits. Aside from maintaining the radiant looks of your skin, rosewater actually contains substances, which can also maintain your skin's moisture. In addition, it is also a good solution that you can use if you have allergic skin or to treat sunburn.

9. Get enough sleep

Getting enough rest is one of the most important things to do, when it comes to maintaining your beauty. You need to have at least 7 to 8 hours of sleep each night; and, it is best that you are already asleep by 10 in the evening, so as to maximize the benefits from your beauty sleep.

10. Drink enough amounts of water

To maintain your beauty, you need to have a skin that has good moisture. To achieve that, you need to drink at least 8 glasses of water each day. Aside from flushing out harmful toxins from your body, it can also get rid of excess heat. In addition, enough amounts of water can also help you maintain your weight, and prevent constipation.

11. Drink milk each day

Drinking milk is one of the best things that you can do in order to maintain your beauty. When you drink milk each day, you would be providing your body with the essential nutrients to strengthen your hair and bones. Aside from that, it can also make your skin look younger, enhance your health and the looks of your eyes.

12. Refrigerate toners and floral waters during summer time

Toners and floral water can help you freshen up, especially during the warmer months. Thus, it is best that you keep them inside the refrigerator during the summer months, so that you can use them cold. To feel refreshed, you can always spray your face with it.

13. Never pick pimples

Having lots of pimples on your face can affect your beauty. Thus, you don't want it to multiply. Picking your pimples is actually one of the things that can make you have more of them. This is because pricking it can spread the infection further. Aside from that, it can also damage your skin tissue around the pimple.

14. Exfoliate your hands each week

Having hands that are soft and smooth would definitely add more to your already beautiful image. To achieve that, you should exfoliate your hands once a week, with the use of a natural exfoliating liquid. Use it in light circular movements, so as to gently massage your skin.

15. Fix your yellow nails

Yellow nails is not something that you can be proud of. Thus, if you have them, you can simply make use of a homemade whitening bath for it. All you need to do is to mix enough lemon juice and rose petals into a bowl of clean water, and dip your hands into it. After going through that process, apply a moisturizing lotion to enhance the results.

16. Replace candies and chocolates with fresh fruits

One of the many weaknesses of some people is to crave for sweets, which can affect their beauty. Thus, instead of eating candies, and other food items that are filled with sugar, you should eat fresh fruits. Foods that have high sugar content can enlarge your pores, aside from the fact that it can make you gain weight.

17. Have a facial once a month

Going through facial each month can provide you with lots of benefits. Some of which would include collagen and elastin recovery, improve the circulation of your blood vessels, even out your skin color, improve hydration, and improve skin tone. It can also make your skin soft and radiant.

18. Keep your makeup simple and light each day

It is always best to show people your natural beauty. You can achieve this by keeping your makeup as simple and light each day. When you do that, you would also prevent skin damage, which is one of the effects of using heavy makeup on a regular basis.

19. Using lip balm

Keep in mind that maintaining the condition of your lips can also enhance your beauty.

To do that, it is always best to carry a lip balm wherever you may go. Lip balm can prevent your lips from drying out. Because of that, it is one of the best ways to prevent or cure lip chapping. With the right kind of lip balm, it can also soften your lips.

20. Be gentle with your skin near your eyes

The skin under your eyes is one of the most sensitive parts of your body. Thus, it is best that you are gentle with it. You should not pull or stretch it, since it would definitely show, and affect your looks. With regular pulling and stretching in that part of your face, it can look wrinkled or saggy in no time.

21. Be conscious of your weight

One of the many things that can affect your beauty is your weight. Thus, it is best that you keep a close watch to it. Whether you gain or lose too much of it, you would start to have problems in properly fitting your clothes. Thus, it is best to maintain your weight at an ideal level, so that you would look fit and healthy all the time.

22. Don't visit the kitchen too often

If you want to prevent having bouts and bouts of acne infection, you should avoid going to the kitchen, especially when someone is cooking. You need to keep in mind that there is oil floating around your kitchen, when it is heated. Therefore, if you visit it lots of times in a day, then you would be accumulating oil on your skin, which is bad news.

23. Minimize stress

Whenever you are stressed out, it would actually show on your eyes, the expression of your face, as well as your skin. In fact, stress can also cause pimples. Therefore, you should minimize stress as much as possible. You can do that by taking deep breaths whenever you encounter stressful situations. Aside from that, it is also best to follow other healthy practices.

24. Avoid oily foods

When you eat foods that are filled with oil, it would eventually get accumulated, which can lead to weight gain. Gaining weight can alter your figure, aside from the fact that it can put you at risk to a number of diseases. In addition, oily foods is also one of the top causes of pimples.

25. Keep your hands off your face

If you want to prevent pimples to affect your image, then you should keep your hands off your face. You need to remember that there is always a tendency for your hands to

touch certain things, which may contain dirt and bacteria. When you touch your face on a regular basis, then you may irritate it. Thus, touch your face only when you need to, and only with a recently washed hand.

26. Keep away from the sun

Exposing yourself to the sun can irritate your skin, which can lead to having pimples. Aside from that, it can also cause dry skin. Therefore, it is best to stay in the shade in most parts of the day. If you really need to go out, then it is best to make use of a quality sunscreen product.

27. Get help with severe acne

There are times when acne can attack without warning. If you do have severe acne, you should not hesitate in getting help for it. Visit a dermatologist as soon as possible, so that you can finally put a stop to it, and live a life with healthy and acne free skin.

28. Try one product at a time

To cure acne or any other skin disorders, you may have a tendency to make use of different types of products all at once. Instead of doing that, you should try one product at a time, so as to give it a chance to work. Aside from that, it is best to focus on a reliable product, than applying different ones, since applying too many of them may irritate your skin further.

29. Wear the right clothes

You have to keep in mind that the way you dress up yourself can have a huge impact on the way you look. Therefore, make sure that you wear clothes that would fit your beauty. Aside from that, you should also wear comfortable clothing, so that you would be able to move freely, and be yourself.

30. Be mindful of what you apply on your hair

When you apply certain things on your hair, such as gel, hairspray, or mousse, you should do it sparingly. This is because, using it excessively can irritate your scalp. Aside from that, if you have a long hair, and it constantly rubs against your face, then it can also be the root cause for having acne infection.

31. Change your beauty routine for summer and spring

Being beautiful means that you are wearing the right types of clothing for the right season. Therefore, you have to become more familiar of the clothing trends for different seasons. Aside from that, unlike summer, during the spring season, your skin needs less

coverage; thus, it is best to wear lighter makeup for that time of the year.

32. Apply avocado or coconut oil on your hair during winter

During the winter months, due to the fact that it is too cold, it can leave your hair dry. Aside from that, it can also become brittle, which can lead to split ends. Thus, it is best to apply avocado or coconut oil on it, so that you can ensure that it has good moisture.

33. Check your makeup kit each year

Each and every year, you should open and check your makeup kit. Bring out all the things that it contains, so that you can see each and every item that you have. Checking it properly would allow you to throw away those items that are about to expire, and buy newer ones for you to use for the following year.

34. Take care of your hair brushes

You need to clean your hair brushes in a regular basis, in order to maintain the health of your hair. Keep in mind that whenever you use your hair brush while you are outside, or after going outside, it would accumulate dust or dirt. Therefore, if you won't clean it, then you might be returning back the dust it has collected when you use it after taking a bath, since your hair is wet.

35. Avoid shampooing or washing your hair everyday

Although washing your hair and shampooing it each day means that it would also smell great, it may not be good for your scalp. Frequent shampooing and washing can actually lead to dry scalp. When that happens, your hair would also appear dry, and it could even lead to dandruff.

36. Trim your hair every 6 to 8 weeks

It is always a good idea to trim your hair on a regular basis, such as every month, or at least every 6 to 8 weeks. Trimming it can ensure proper hair growth. Thus, it can enhance its shine, aside from preventing the occurrence of split ends.

37. How to condition greasy hair properly

When you apply a conditioner to your oily hair, it is best to avoid applying it directly to its roots. This is because, it can make your greasy hair more oily. Thus, it is best to apply conditioner around the point where your hair meets up with your ears, and up to its tips.

38. Avoid shampoo or hair products that are filled with sulfates

It is always best to check on the label of the shampoo that you are about to buy from the grocery store. This way, you can avoid products that are filled with sulfates. Sulfates can be harsh to your hair, which can dry up its cuticle.

39. Make it a practice to remove makeup before bedtime

Whenever you go to parties, and you find yourself too sleepy to remove your makeup before you sleep, then it is best not to apply makeup at all. Leaving makeup on your skin for the night can dry up your skin. Aside from that, it can also irritate it, which can lead to pimples.

40. Remove dead skin with the use of an exfoliate product

Accumulated dead skin can cause your skin to get irritated or dried up. Therefore, it is best to remove them, with the use of an exfoliate product. Just limit the process for 2 or 3 times in a week though, since some exfoliating products may also contain substances that can dry your skin.

41. Learn how to make your curls last longer

If you like to curl up your hair from time to time with the use of a curling iron, you probably want it to last longer. To achieve that, make sure that your hair is already dry when you are about to start the process. Don't use the curling iron for too long though, since it can dry out your hair.

42. Avoid allergenic substances to avoid antihistamines

If you are allergic to foundation, then you should not use it heavily during allergy seasons. You need to keep in mind that when you have allergic reactions, you need to take antihistamines to gain control over it. Antihistamines can actually dry out your skin, thus it is best to avoid allergenic items.

43. Using quality blotting papers in order to manage oil buildup

To avoid accumulating too much oil on your face, use quality blotting papers to manage it. Aside from being effective in managing oil buildup, blotting papers can also help you clean up your skin around your eyes and emphasize it.

44. Reapply sunscreens every two to three hours

When you purchase sunscreen lotions, you may come across products, which would indicate that it can last for the whole day. However, in most cases, they only last for 2 to 3 hours. Therefore, it is best to reapply it every 2 hours, especially if you are going to be

exposed to sunlight for the whole day.

45. Take care of pimple faster with tea tree oil

A good way to take care of pimples is to apply tea tree oil. It actually contains components, which can speed up the healing process. Aside from that, applying the said oil can also make you look like you don't have a zit. Thus, it can help you a lot if you are on your way to a party.

46. How to avoid flaky mascara

Using a flaky mascara is something that you don't want to go through. To avoid it, you should use mascara that you have just bought recently, since becoming flaky is usually caused by being too old. Aside from purchasing a new one, make sure to close it after using, so that it would retain its moisture.

47. What to do before blow drying your hair

To ensure that your hair achieves more body, you should apply a little amount of gel. By doing that, it would lift your hair to some extent to give it the look that you want. Put the blow dryer in medium level though, so that you won't dry out your hair too much and make it look dull.

48. If you have curly hair, use your fingers to brush out your curls

This is one of the best things that you can do in order to achieve a tousled look for your curly hair. Aside from that, it can also ensure that your curls would go together, which can enhance the shine and beauty of your locks. In addition, it would also make your curls bigger.

49. Measure two fingers from your nose when it comes to where you want to apply the blush on

In applying your blush on, it is best to keep it around two fingers apart from your nose. This is to ensure that your cheeks would get emphasized the way you want it to be. Aside from that, it would also accentuate other desirable features you have.

50. Use a conditioning treatment to prevent hair color from fading

One of the things that you don't want to happen is to see your hair color fading too fast, especially in summer months. To ensure that it won't happen, make use of a conditioning treatment after coloring your hair. Do it every week or at least every other month to ensure that it would take effect.

51. Keep your makeup at minimum levels during the summer months

During the summer months, although it is best to put more coverage on your skin, it is still best to keep it at minimal levels. Doing it that way would ensure that your skin won't get irritated easily. Aside from that, it would also enhance your looks, when it is sunny outside.

52. Keep your eyes cool

Keeping your eyes cool, especially during warmer months, can have lots of positive effects on your beauty. It can provide you relief from stress, aside from taking care of dark circles. To achieve that, make use of cotton pads that have been dipped in cucumber juice and place it on your eyes.

53. Choose the right kind of lipstick to match your hair, eyes, and skin

Choosing the right shade of lipstick would light up your skin, eyes, and your skin. Therefore, selection should be done properly, which may involve a series of trials and errors. Have a friend accompany you in buying your lipstick, so that she can also help you out with it.

54. How to revive curls at the middle of the day

If you love to have curls, then you want it to last longer than it should. The good news is that, you can do something to revive it. What you can do is to make use of pomade and apply it on your hair with the use of your palms. Scrunch just a little, in order to achieve the effects that you want.

55. How to properly use a flat iron to straighten your hair

In using a flat iron, you need to keep in mind that it makes use of heat to straighten your hair. Thus, the longer you use it, the more damaging it can be for your hair. To go around it, it is best to air dry your hair first, before you make use of the flat iron. You will be able to minimize exposing your hair to the heat this way.

56. Take a vitamin supplement that has biotin in it

Taking a vitamin supplement will enhance your health, as well as the beauty of your hair. However, if you want to make sure that you are taking something that can enhance hair growth, then choose one that contains biotin. Biotin makes hair grow faster and healthier.

57. How to cover split ends effectively

If you are already on your way to a party, when you just realized that you got split ends, there is something you can do to hide it. All you need to do is to straighten the ends with a flat iron, and apply a hair cream. Don't forget that cutting the ends is also another solution that you can consider.

58. How to choose the right kind of foundation

Choosing the right shade of foundation can be tricky to some women. All you actually need to do is to simply choose one that has a shade, nearest to your color. To make sure that it is, you can always apply some on your jaw line, and compare it to the color of your neck. This would provide you the guidance you need, whether you need to choose lighter or darker ones.

59. How to prevent fungal infection on your feet

Fungal infection on people's feet, which smell's bad, can be quite common during summer time. This is because the heat can make feet perspire more. To ensure that this does not happen to you, you should wash your feet on a regular basis, and make sure that they are really dry prior to wearing your shoes. It could also be better if you wear open shoes than close ones, during this time of the year.

60. How to properly choose organic beauty products

It is a good idea to purchase organic beauty products, since they are not loaded with toxic chemicals. However, you should also make sure that the product you are purchasing is really organic. To ensure that this is the case, choose only those that are certified by a government agency, as true organic.

61. What to do after using a hair conditioning mask

When you make use of a hair conditioning mask, it can actually open up the hair cuticles. To make sure that your hair cuticles are closed after using the said mask, all you need to do is to apply a cold water rinse. Cold water can actually close your skin pores, as well as the hair cuticles.

62. Make use of clarifying shampoo to maintain the health of your hair and scalp

It is not uncommon for a woman to make use of certain hair care products for the whole week, especially when reporting for work or attending parties. Because of that, these products can leave certain chemicals on your hair and scalp, which may eventually harm it. To clear your hair from such substances, make use of a clarifying shampoo at the end of the week.

63. What to do with a chipped nail polish

If your nail polish has been chipped, if you still have time, you can always visit the parlor to get it fixed. Since they are the experts, you can entrust your nail polish to them. However, if you don't have time for that, you can actually add glitter on top of it, in order to hide the chip from the public.

64. How to prevent undesirable eye bags

When the area just below your eyes appear puffed, you may not want to go out with your friends because of it. However, to make sure that it does not happen again, make sure that that area is always properly hydrated, and not often disturbed. Aside from that getting enough sleep can also prevent it effectively.

65. Exfoliate your ingrown hairs

Having ingrown hairs is not just unsightly, but it can also be painful. To fix it, you can actually exfoliate, so that you would be able to remove the dead cells. On top of that, it could also help the ingrown hair to finally go back to its normal growth.

66. When to apply creams

Creams can help you provide the moisture needed by your skin. However, it is best to apply them after taking a bath. This is because showering can actually wash out the natural oil from your skin. Therefore, when you apply the cream, it can help your skin in regaining back its natural oil and moisture.

67. How to keep hair color as vibrant as possible

Getting a new hair color can be expensive nowadays. Thus, it is best to maintain the vibrant of your hair color for as long as possible. To achieve that, you can simply make use of shampoos and conditioners, which are made for hair that has been colored. Just make sure to choose quality products, so that you would benefit from them.

68. Use a concealer to hide any imperfections

Whenever you have a pimple that you want to hide, you can always make use of a concealer for it. Aside from pimples though, you can also make use of it for any skin blemishes. Just choose a concealer that comes from a reputable company, so that you can be assured of its effectiveness.

69. Cleansers are better to use on face than soaps

When it comes to taking care of your face, it is better to use cleansers for it. Cleansers are actually gentler to your skin, and they can prevent breakouts. Thus, if you want to

have healthier skin, use cleansers for your face, and soap for your body.

70. Wearing sunglasses to prevent wrinkles on your face

If you are expecting to get exposed to the sun for the most parts of the day, then you should wear sunglasses. A good pair of sunglasses would not just take good care of your eyes, but it can also prevent wrinkles. This is because, without it, you would be squinting, which can cause wrinkles.

71. How to properly remove blackheads

Blackheads are unsightly, which is why it is a good idea to get rid of them. You need to make sure though that you are doing it properly, with the use of nose strips. Pinching it, or squeezing your skin to remove the blackheads, would just irritate that part of your face, which can make it appear red, or cause pimples.

72. Don't forget to clean your ears on a regular basis

It is always best to also maintain the cleanliness of your ears. However, you don't have to do it on a daily basis, since it can irritate your ear drums, whenever you use the q-tip. Just do it every 3 days, after taking a bath, to remove the ear wax.

73. Avoid skin products that contain lots of alcohol

When you make use of certain skin products, whether it would be for your face, your hands, or legs, avoid using those that contain lots of alcohol. This is because alcohol can dry out your skin, and make it look dull. Therefore, when you buy such products, make sure to check the labels before paying them.

74. Applying toothpaste on your pimples

When you have pimples, one of the best remedies for it is actually to apply toothpaste on your zits topically. Just make sure that the toothpaste is not something that is very strong. Toothpaste can dry out the pimple, which is why it can help in getting rid of it.

75. Visit your dentist regularly to have a great smile

Having a great smile is one of the essentials to look as beautiful as possible. Thus, you should visit your dentist regularly, in order to effectively maintain the health of your teeth. Aside from that, if there is something that needs to be done, your dentist would immediately tell you about it.

76. Apply teeth whitening products to enhance the color of your teeth

There are actually lots of products today, which you can make use of to improve the color of your teeth. Some of these whitening products are in the form of toothpastes, while others are in strips. Aside from that, there are also other procedures, which can provide you with the results in a faster manner.

77. Brush and floss your teeth regularly to maintain its health

When you brush your teeth on a regular basis, you would be able to ensure that it is free from food particles, which can cause it to decay. However, brushing may not be enough; therefore, it is best that aside from brushing, you should also floss your teeth regularly.

78. Use natural hair products to maintain the fullness of your hair

There are lots of natural hair products today, which can help you maintain the fullness of your hair. Some of them are filled with coconut oil, while some with Aloe Vera. Keep in mind though, that you can also have your own Aloe Vera plant in your house, so that you would simply make use of it instead of buying hair care products.

79. Ask for a hot oil treatment on a regular basis

Whether you get a hair cut every now and then or not, it is best to go through a hot oil treatment on a regular basis. Hot oil can actually enhance the fullness of your hair. Aside from that, it can also prevent dandruff, and maintain your scalp's moisture.

80. Never substitute conditioner for shampoo

Some people think that using a conditioner can be more beneficial than using a shampoo. On the contrary, it is actually the opposite, since using a conditioner without shampooing beforehand can make your hair look greasier. Thus, a conditioner should not be viewed as an alternative to shampoo.

81. Do not shampoo your hair for more than once in a day

Some people think that the more they clean their hair, the better it is, which is why they shampoo for more than once in a day. This is actually not a good practice, since it can dry out your hair and your scalp. When that happens, your hair would look dull, and it might even trigger dandruff.

82. Do not be hesitant in changing your hairstyle from time to time

Changing your hairstyle from time to time is actually good, since it provides people a glimpse of the different sides of you. Aside from that, it would also give you a chance to really identify the kind of hairstyle that would suit you best, in terms of comfort and

looks.

83. Use some hair dye if your hair is getting gray

If your hair is getting gray, there is no need to be ashamed in dyeing it. Dyeing your hair would make you look younger. However, you should choose something that is not too harsh for it. Aside from that, after applying the hair dye, you should apply conditioner, to help make up for the lost moisture and oil.

84. Wash off mousse, gel, or any other hair products before going to bed

Before you call it a day, it is always best to remove any kind of hair products that you have applied. This is because mousse, gels, or any other items that you use to style your hair, can get your scalp irritated when allowed to stay overnight. Aside from that, they can also cause pimples.

85. Trim your fingernails on a regular basis

Trimming your nails is good not just for your hygiene but also for your beauty. However, it is best that you trim it in consistent lengths. Aside from that, make sure that you know how to shape them nicely, so that they would look fashionable.

86. Wear gloves in the winter

During colder months, you may see that your hands would get dried out. To prevent dry and calloused hands, you should wear gloves, especially when you go out of your house. Aside from that, you can also soak your hands in warm water, which is filled with olive oil for 5 minutes.

87. Always wear clean socks

When you wear socks, it is best that you make sure that they are clean. Wearing dirty socks is not a good sight to see. Aside from that, they can also make your feet dirty. In addition, dirty socks can also trigger bad smell on your feet.

88. Choose clothes that fit you comfortably

Wearing clothes that are either too tight or too big for you is not a good idea. It can make you uncomfortable, which can affect the way you carry yourself. Thus, before going out of the house, make sure that you are wearing something that perfectly fits you.

89. Wash your clothes on a regular basis, but do it carefully

Washing your clothes after wearing them on a regular basis should be done, not just for hygiene, but also to ensure that they are maintained well. However, it is best to check the kind of materials they are made of, so that you can apply the right kind of washing. If you are not conscious about it, then you might end up with clothes that are cleaned, but are no longer in good shape.

90. Choose dress or shirts that complement with your skin tone

Make use of dress or shirts that have colors, which would flatter your skin tone. For example, if you have fair skin, then it may not be a good idea to wear an all black dress. Aside from that, when you combine certain colors, you should also make sure that they all match perfectly.

91. Highlight the color of your eyes by wearing the right color of shirts

Don't forget that you can also consider your eyes as a factor, when it comes to choosing the color you want to wear. For example, if you have blue eyes, then wearing something blue, may it be your shirt, pants, or socks, would surely highlight them.

92. If you want to have a pet dog, choose one that does not shed off its fur too much

Lots of people are allergic to animal dander, and if you are one of them, then it is best to choose a pet that does not shed too much fur. You can also prevent your clothes from looking like they have fur growing out from them, by having a lint roller.

93. Use products that are made for anti-aging, but choose carefully

There are lots of anti-aging skin care products that are available in the market today. Using them would prevent wrinkles, blemishes, and such. However, make sure to choose quality products, so that you are assured of their effectiveness as well as your safety.

94. Prevent bad breath by watching what you eat

Keep in mind that there are certain food items, which can cause someone to have bad breath, such as onions and garlic. Aside from bad breath, they can also have some negative effects on your body odor, and gas. Thus, it is best to eat lots of them only in times when you are staying at home.

95. Exercise on a regular basis

One of the best ways to prevent gaining weight is to get enough exercise. However, there is no need to go through strenuous ones. Just doing regular cardiovascular routines would already help a lot, such as swimming, jogging, biking, and walking. Just

make sure to combine it with an effective diet program, so that you can reach your goals.

96. Eat lots of fresh fruits and vegetables

Eating lots of fresh fruits and vegetables would ensure that your skin is well hydrated. Aside from that, since they are filled with dietary fiber, you can also maintain your weight more effectively. Fiber can actually suppress your appetite in a natural way, and it can also help your body in flushing out harmful toxins.

97. Eat more times in a day but in lesser portions

If you really need to lose weight, instead of eating only 3 times in day, increase it to 5 times, but be mindful of the portions. Eating more times can actually boost your metabolism, which can facilitate burning more fats and calories. You need to make sure that you are eating lesser amounts of foods each time though, so that you won't gain weight.

98. Increase your daily physical activities to lose weight

If you don't want to exercise, but you need to lose weight, there are actually other things that you can do to achieve your goal. Aside from dieting, you can lose weight by increasing your daily physical activities. Such activities can include walking towards the grocery store, parking your car blocks away from your office, using the stairs instead of the elevator, and such.

99. Follow a healthy diet

Having a healthy diet means that you would provide your body with the nutrients that it needs, such as protein, carbohydrates, vitamins, and minerals. When you have adequate amounts of these nutrients, you would be able to maintain a more radiant skin, better body figure, and healthier hair.

100. Eat slower

When you eat in a slower pace, you would end up with lesser amounts of food in your stomach. This is because, your body would take a certain amount of time to send a signal to your brain that it is already full. Thus, when you eat slower, you would already feel that you are already satisfied, even when you have not consumed the usual amount of foods that you eat yet.

101. Don't starve yourself to lose weight

In losing weight, there are certain diet programs, which are pretty restrictive, in which

they make you starve to achieve your goals. When you starve yourself, such as going through fasting, your body may go through a state, in which it would lower down your metabolism. Aside from that, even if you lose weight through it, you could look saggy for losing lots of moisture.

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Diet Tips

1. Getting started on a diet.

Prior to starting on a diet, you need to make sure that you are fully committed about it. In other words, you need to have the discipline and the determination to follow through it, in order to attain your fitness goals. Aside from that, you should also have the right motivation to stay on track.

2. Eliminate excuses.

Many people today are not able to start on their diets, since they think that they are not too overweight, or they put it off for another day. To eliminate your excuses, you should face your problem head on, and recognize the fact that dieting is one of the solutions for it. Keep in mind that excuses may also appear even when you have already started; thus, you need to be prepared for them.

3. Gather as much information as you can.

If you have fully decided that dieting is the way to go in order to lose weight, then you should gather as much information as you can. When you have the right information with you, you would receive the right guidance in starting on a diet. Aside from that, you can also become more familiar of the nutritional facts behind different food items.

4. Determine more reasons to go on a diet.

Different people have different reasons in going on a diet. Some people need to do it to improve their health conditions, while others simply want to fit into their small sized clothing. Whatever your reasons are, you should always remind yourself of them, so that you would become more motivated in going through your diet.

5. Get emotionally involved.

Sparkling your emotions to go on a diet is a good way to get started on it. This is because it can give your diet more purpose and meaning. Aside from that, it can also bring more passion and desire from you in losing weight. Therefore, you should constantly look at yourself on the mirror, and compare it to your pictures of yesteryears. By doing that, you would become more motivated in reaching your goals through your diet.

6. Don't view dieting as something difficult to do.

When you are about to start on your diet program, one thing that can stop you from doing it is your thoughts about how difficult it can be. Thus, you should view it as something that is easy to do. Challenge yourself, and take it one step of the time. Don't do it in an abrupt manner, so that you would be able stay on it long enough to see your desired results.

7. Choosing your diet program.

There are lots of programs about dieting that are available today. However, proper selection is one of the keys in attaining success on it. To choose the best one, you should avoid those that are too restrictive. Aside from that, you should also choose a program, which has received positive reviews from people who have already gone through it.

8. Positive affirmations.

If you are having difficulties in staying on a diet or getting started with one, you can actually use positive affirmations for it. Positive affirmations means that you are going to feed your subconscious mind with positive statements, about what you want to attain. By doing that, you can have the right mindset in starting on your diet, or in staying on it.

9. Get the support that you need.

There is no need to be alone when it comes to dieting. Although other members of your family may not follow a diet, they can actually support you on it, so that you would be able to attain your goals. To achieve that, you should tell them about your diet. By doing that, they can help you get started on your diet. Aside from that, they can also constantly remind you of the right foods to eat.

10. Make dieting easier for you to do.

Some people may find the first few days of dieting to be quite difficult. Thus, you should come up with a solution to make it easier for you. One of the things that you can do about it is to make sure that your refrigerator only contains the healthy foods that you can eat. Aside from that, you should also start with healthier foods that you really like.

11. Eat only if you are really hungry.

There are times when a person eats when he is not hungry. There are many possible reasons behind this, which can include stress, emotions, habit, and such. Thus, you should become more aware whether your urge to eat is dictated by your stomach or something else. If you are unsure, drink a glass of water instead, or if you really have to, then you should get a healthy snack.

12. MSG filled foods.

There are lots of food items that are filled with MSG these days. Most of the foods that contain this substance are those that are highly processed. Aside from the fact that such a substance can harm your body, it can also add more fat to it. Thus, you should avoid eating food items that contain MSG as much as you can.

13. Get enough rest.

When you are well rested, your body would be able to do its work in repairing damage tissues, and such. However, if you do the opposite, then it can make you gain more weight. This is because lack of rest can slow down your metabolism. Aside from that, it can also boost your appetite to some extent, when your body is trying to compensate for the lack of sleep.

14. Focus on fiber.

In coming up with your own diet program, you should eat foods that are loaded with fiber. Fiber can help in flushing out dangerous toxins from your body. Aside from that, it can also suppress your appetite naturally by prolonging the digestion process. Additionally, it can also lower down your blood cholesterol levels.

15. Find a more personalized program.

If you want to follow a certain diet program to lose weight, it is best to find one that is going to be created just for you. There are many experts in this field, who are more than willing to help out people in losing weight. Find these experts, and have them assess your present situation, so that they can come up with a diet program, which is specifically made just for you.

16. Become more conscious of calories.

In achieving weight loss, you need to provide your body with lesser amounts of calories, and burning more of it. One of the things you can do is to check the food items you purchase from the grocery for its caloric content. Aside from that, you can also do some research about how much calories you could be burning on a day to day basis.

17. Avoid soda drinks.

Sodas are loaded with calories, which can result to faster weight gain. Although there are diet sodas available, they are actually still loaded with empty calories and chemicals, which are not good for your health. Thus, it is best to simply avoid them. Focus more on drinking fresh water, or natural fruit juices.

18. Eat to survive, and not the other way around.

Eating should be done in order for you to live. In other words, you should view eating, as something that you need to do, in order to provide your body with adequate amounts of nutrients in order for it to maintain its health. You should avoid thinking that you are living to eat, since that can get you to gain weight in no time.

19. Avoid fast food chains.

Whenever you go to work, you may find yourself frequenting fast food chains on a regular basis, since you don't have enough time to go home for lunch. If you check the types of foods that are served in these outlets, in most cases, they are usually filled with fats and oil. Aside from that, they are also highly processed. Thus, it is time that you cook your own lunch and bring it with you at the office.

20. Eat foods that are low in calorie and are harder to process.

Foods like apples, celery, and other fruits and vegetables, are usually low in caloric content. Aside from that, they are also harder to process. Because of that, you would actually be feeding your body with lesser amounts of calories. Aside from that, your body would also need to burn more of it, in order to process them. Thus, eat more of these types of foods to lose weight.

21. Eat slower.

When you eat fast, the tendency is that, you would be able to consume more foods than you really need. Thus, it is best to eat at a slower rate. When you do this, you would actually feel that you are already full, when you have not been able to consume a whole plate of food yet. This is because, it usually takes a certain period of time, for your stomach to send a signal to your brain that it already has enough food in it.

22. Don't skip breakfast.

Breakfast is actually the most important meal of the day. Because of that, you should not skip it. Skipping breakfast is one of the best ways to become overweight. This is because, it can encourage binge eating for the reason that you would already feel too hungry when lunch time comes. Aside from that, it can also lower down your metabolism.

23. Don't drink a lot of water or other drinks with a meal.

Drinking liquids with a meal can actually make you feel bloated. When you get used to it, you may let your stomach be able to adjust to it, which can result to binge eating. Thus, it is best to minimize your liquid intake during meal times. Drinking a glass of water should be done, only after 10 to 15 minutes of eating.

24. Chew your foods properly.

When you eat, it is best that you chew your foods thoroughly. This can ensure proper digestion and assimilation of nutrients in your body. Aside from that, it can also make you eat slower than usual, which is a good thing. Chew your foods as much as you can, to achieve your goals soon.

25. Eating prior to going to bed.

If it is your usual practice to eat before going to bed, you should make sure that you do it 3 hours before. This is because, when you sleep, your body would actually have a slower metabolic rate. In other words, if you eat lots of foods just before you sleep, then your body would be able to accumulate lots of excess nutrients from it, and convert it to stored fats.

26. Clear your cupboard of unhealthy foods.

When you see chips and other unhealthy foods that you like, you will be tempted to eat them. Thus, it is best if you won't see them at all. With that, it is time that you clear your cupboard of

these unhealthy food items. Aside from that, you should replace them with foods that are recommended in your diet.

27. Having protein drinks.

If you like having protein drinks in order to provide your body with adequate amounts of protein, you should carefully select it. Choose those that contain whey protein instead of soy protein. This is because whey protein is easier for your body to absorb. Aside from that, it is also a healthier source of protein.

28. Eat more spicy foods.

There is a good reason why one would start to perspire when he eats spicy foods. Spicy foods can actually boost up your metabolism. In other words, it can help your body in burning more fats and calories to reduce weight. Thus, it is best if you add more pepper into some of your recipes, so that you can make them taste better, aside from helping you lose weight.

29. Eating fruits and vegetables.

Eating fruits and vegetables is one of the best things to do to lose weight since they are filled with vitamins and minerals, as well as enzymes. However, it is best if you consume them in their raw form. This is because processing or cooking them would kill the essential nutrients and enzymes.

30. Purchase healthier snack items.

There may be times when you want to munch on something, especially when you are not doing anything. To ensure that it won't make you gain more weight, you should purchase and stock healthier snack items like yogurt, nuts, fruits, and such. By doing that, you are assured that you won't be providing your body with unnecessary calories when you eat your snacks.

31. Go organic.

Although fruits and vegetables are food items that you want to include in your diet, you should still be more cautious in purchasing them. This is because some farmers may have used lots of chemicals like fertilizers and insecticides in growing them. To avoid having to experience negative side effects from it, always purchase those that were grown organically.

32. Avoid simple carbohydrates.

Foods that have simple carbohydrates are high in glycemic content. Thus, it is best to go with food items that have complex carbohydrates. By doing that, you are ensuring that your body is able to maintain healthier blood cholesterol levels. Aside from that, foods that are good sources of complex carbohydrates are also harder to process, which can result to more calories and fats burned.

33. Eat at your dining table.

When you eat elsewhere around your house, there may be a tendency that you could eat more than you should. This is because playing on your computer, or watching the television may distract your brain from accepting the signal from your stomach that it is already full. Therefore, if you want to lose weight, you should eat at your dining table.

34. Eat before visiting the grocery store.

When you shop for grocery items, it is best that you eat beforehand. This is because going inside a grocery store, when you are feeling hungry can make you purchase more food items than you need. In fact, it can even make you purchase foods that are not healthy. Thus, it is best to grab a snack before you go to the store. This way, you can stick to your list of items you want to buy.

35. Minimize eating at restaurants.

When you are on a diet, eating at a restaurant can actually get you off track. This is because most foods that are served in restaurants are cooked with lots of oil. Aside from that, some can also serve foods that are highly processed. Thus, it is best that you set a limit in eating out. Instead of doing it two or three times a week, bring it down to one, or once in every two weeks.

36. Be aware of the things that can trigger you to eat.

There are certain factors, which can make you eat more foods than you need. Some of which would include bad relationships, stress, work conflict, and many more. Thus, it is best that you become more aware of them. By doing that, you would be able to control your hunger pangs by preventing such things to affect you.

37. Proper records keeping.

In following a diet, in most cases, you are doing it to lose weight. When it comes to that, it is best if you keep a record on how much weight you are able to shed off as the weeks go by. By doing that, you would see if there are certain adjustments you need to make. Aside from that, it can also ensure that you are motivated in keeping up with it.

38. Controlling your portion.

To make sure that you stay on track with your diet, one of the things you need to do is to control your food intake. To achieve that, what you can do is to use a smaller plate when you eat. Doing that would ensure that you can limit your food intake, since you won't be able to put more food than it can accommodate.

39. What to include in every meal.

To ensure that your body is provided with its needed vitamins and minerals in every meal, you should make it a practice to include fruits and vegetables. This would ensure that your body does not only get its needed vitamins and minerals, but fiber as well. When you do that, it can effectively suppress your appetite to a certain degree, due to their high fiber content.

40. Enjoy your meal.

Enjoying your food does not necessarily mean that you eat it as fast as you can. It means that you should savor it more. Try to appreciate its looks, smell, taste, and texture. When you do that, you would have a more pleasant experience in eating. Aside from that, it can also make you eat slower, which is a good thing to do to achieve weight loss.

41. Cut your cravings for chocolates.

Many people, especially women love to eat chocolates. However, if you want to achieve your fitness goals, then you should cut your cravings for it. Always remember that chocolates are filled with a lot of fats and calories, which can make you gain more weight. Therefore, you should not include them in your grocery list.

42. Learn more about your BMI.

If you want to stay on your diet, you should become more familiar about BMI. BMI or Body Mass Index actually helps you determine whether you are underweight, fit, overweight, or obese. By calculating your BMI, you would know where you stand, as far as achieving better health is concerned.

43. Reward yourself from time to time.

Whenever you achieve your short term goals, such as losing 5 to 10 pounds in a week or two through dieting, you should come up with a way to reward yourself. One example is to purchase a smaller shirt or a smaller sized pants. By doing that, you will become more motivated in achieving more.

44. Purchase a log book.

Use a log book or even a simple notebook to note down the foods that you have eaten for the day. Aside from that, it should also contain the foods that you are planning to eat for the following days. By doing that, you can prevent unconscious eating, and be on your way to better health with your diet.

45. Hide your TV's remote control.

When you are on a diet, it is also best if you do other things that can help in achieving your goals. One of which is to increase your daily physical activities such as hiding the TV remote control. By doing this, you will need to stand up in order to change the channel.

46. Burn more calories while riding a bus.

When you are riding a bus, there are certain things that you can do to burn more calories. One of which is to answer a crossword puzzle, or to get involved with any kind of mind boggling games. This would help in sharpening your mind, as well as get you nearer to your goals by

burning more calories.

47. Purchase smaller dining and kitchen utensils.

If one of your problems in achieving your weight loss goals is to control your food intake, then it is time to purchase smaller dining and kitchen utensils. When you have such things, you would be cooking lesser amounts of foods. Aside from that, it would also help in limiting your portions.

48. Sign up with an online diet forum.

There are lots of people around the world who are involved in certain types of diet programs. To connect to them, all you need to do is to sign up with online diet forums. When you do that, you can share your experiences to them, as well as learn from theirs. Aside from that, it can also get you motivated more in aiming for your goals.

49. Use the weighing scale, but not too often.

To properly monitor your progress in getting involved with your chosen diet program, it is best if you use a weighing scale for it. However, you should not use it too often. When you step on the weighing scale every day, you actually would not be able to appreciate your drop in weight. Thus, it is best if you do it on a weekly basis instead, so that you can see a larger difference.

50. Steer clear of coffee shops to stay on top of things.

If you are on a diet, it is best that you avoid visiting your favorite coffee shops. This is because, most of the time, when you step inside a coffee shop, you may end up ordering not just a cup of coffee, but also a piece or two of their delicious pastries. Aside from that, iced coffees can also be loaded with calories that you don't want.

51. Think positive.

Thinking positive is not just all about personal development. It can also be applied in losing weight through your diet. For example, if you are not so sure that you can follow your diet for a long time, then thinking positive about it should help. When you convince yourself that you can do it through positive thinking, you will eventually have the drive to keep up with your diet program to achieve your dreams.

52. Time between your food intakes.

When it comes to the way that you eat, you should not go for more than 3 hours without eating. This is because, when you prolong the intervals between having a meals and snacks, it can actually encourage binge eating. Thus, you should make it a practice to grab something healthy to munch on every 2 to 3 hours.

53. List down the risks of becoming overweight.

Make a list of all the risks that you are putting yourself into in becoming overweight. Once your

list is done, place it on the door of your refrigerator. By doing that, you will be reminded of the consequences of eating too much, each time you attempt to open your refrigerator. Thus, it can help you to stay on track.

54. Include a good source of protein in every meal.

Each time you eat, you should include a good source of protein such as eggs, chicken, fish, lean meat, and such. By doing that, you can ensure that you are providing your body with more muscle building nutrients. Aside from that, it can also suppress your appetite, since proteins are usually harder to digest.

55. Bring a home cooked meal at the office.

When you are at work, you may be tempted to visit the nearby fast food chain to grab lunch. Since eating at fast food chains may encourage you to eat unhealthy foods, then it is best to bring your own meal. By doing that, you won't just be making sure that you stick to your diet, but it can also help you save money.

56. Eat eggs during breakfast.

When you eat your breakfast, it is best if you include eggs in it. This is because eggs are filled with quality protein called albumin. Aside from that, it can also provide you with energy giving nutrients. Thus, it can help you attain higher metabolism, and would make you more energetic throughout the day.

57. Avoid alcohol.

If you are fond of drinking beers with your friends, then you may have to minimize it. This is because, beers are actually loaded with lots of calories. Therefore, it is not a good thing to do, when you are on a diet, since it may prevent you from achieving your goals.

58. Follow the diet program that works for you.

Keep in mind that not every diet program can work to everyone else. Therefore, you should stick to something, which you believe works for you. By doing that, you won't have to force yourself into doing things that you don't want. Aside from that, it can also make your goals more achievable.

59. Develop a strong desire to lose weight.

When you have a very strong desire or passion to lose weight, then each time you wake up in the morning, you would already be thinking of the ways on how to achieve it. Thus, it is best if you think of ways to really make you want to lose weight. One example of it is to dream of looking fitter when you see yourself at the mirror. Aside from that, you can also boost up your motivation by trying to fit into your smaller clothes.

60. Set short term goals to achieve the long term one.

If your long term goal is to lose ten pounds in 5 weeks or so, and you see it as something that is a bit difficult to achieve, then you should set short term goals for it. With that example, you can actually establish a goal of losing 2 pounds per week, which is more achievable. Since the short term goals are easier to achieve, you should focus more on it, so that you can eventually attain the other one.

61. Take pictures of yourself.

Prior to starting your diet program, you should take a picture of yourself. By doing this, you would have a picture that you can compare yourself to, after weeks of losing weight. This can make you more motivated, and ensure that you stay on track.

62. Watch models on TV.

There are certain TV channels that feature models sporting the newest fashion trends. Since these models look fit, you would become more motivated in using a diet, so that you can attain a figure just like them. Do it on a regular basis, so that you would not lose your focus in achieving your dreams.

63. Build muscles while you are on a diet.

If you want to lose weight, which is why you are on a diet, you should also workout to build more muscles. This is because muscles require more calories to maintain. In other words, the more muscles you are able to build, the more calories your body would be able to burn, which can result to losing weight.

64. Find yourself a partner.

Dieting would be more fun, if you can find yourself a partner in doing it. You can do it with your spouse or a close friend. When you do that, each of you would be able to help each other out on being on track. Aside from that, you can also discuss your progress on a regular basis, to keep each one of you motivated in losing weight.

65. Make it a competition.

If you can find someone you can go through a diet program together, then you should make it a competition. Doing that means that you can both compare your progress on a weekly basis. Aside from that, you can also set a certain goal, and provide a reward to the winner who has attained it.

66. Think about your goals before going to sleep.

When you lie down on your bed, think about how good you would feel and look like, once you have lost a certain amount of your bodyweight. By doing that, you would become more excited in doing the things you need to do in order to attain your dreams. With that, you would be looking forward to eating healthier types of foods, and getting

enough exercise.

67. Before eating an unhealthy food, think twice.

When you are about to munch on junk food, chocolate, or ice cream, you should think first. You should think deeply if eating an unhealthy food would be worth it, when you have already gone through lots of things to lose weight. By doing that, you may be able to get rid of your cravings, and prefer a healthier snack.

68. Drink cold water.

When you are thirsty, you should drink an ice cold glass of water. Cold water can actually boost up your body's metabolic rate. With that, you would be able to burn more fats and calories and eventually lose weight. Thus, you should prepare some ice cubes or put some water in a container and place it inside your refrigerator.

69. Be selective about your snacks.

One of the things that can get you off track is eating snacks items that are unhealthy, especially during nighttime. Thus, if you simply need to eat a few hours before going to bed, then you should choose something that won't provide you with lots of calories. A good example would be pack of cookies that only contains a hundred calories.

70. Enjoy your favorite foods.

Even when you are on a diet, you should still enjoy foods that you consider your favorites. However, you should do it in moderation. When you eat small amounts of your favorite foods, you would not feel that your diet is too difficult to keep up with. Because of that, you would be able to follow it for a long period of time.

71. Use cinnamon on yoghurt.

Eating yoghurt is actually one of the best things that you can do in order to lose weight. However, to make it better than it is, you can actually sprinkle cinnamon on it. Doing that would not just improve the taste of yoghurt. It can actually boost up your metabolism and help you burn more fats.

72. Carrot juice.

If you are thirsty and you are longing for something other than water, then you should drink a glass of carrot juice instead. Carrot juice is actually filled with fiber, which can help you not just burn more fats, but also suppress your appetite. Thus, you should make it a regular thing to complement with your diet.

73. Take calcium supplement.

Taking a calcium supplement on a regular basis can actually help you burn more fats. This is because it can make you become more energetic. Calcium, when combined with phosphorus and vitamin D3 can actually boost your energy levels, which can help you perform more physical activities on a daily basis.

74. Manage your stress at work.

One of the things that can cause lots of people to overeat is the stress they encounter at work. Thus, it is best if you know how to manage it. A technique that can help you with it is to practice deep breathing, whenever you feel stressed out at work. This can help you calm down, and control your hunger pangs.

75. Eat banana when you wake up.

When you wake up in the morning, eat a piece of banana, and combine it with a glass of water. This can provide you the energy that you need to face the day better. Aside from that, it can also help in suppressing your appetite for the rest of the day.

76. Eating the best snack items.

When you eat in between meals, you should make sure that the food you intake is healthy as well. One example of a healthy snack would be a slice of chicken breast. Since chicken is a good source of protein, it can help your body in building more muscles. Aside from that, protein is actually harder to digest, which can help you in controlling your portion when meal time comes.

77. Using soy sauce to suppress appetite.

When you use soy sauce on your dish, it can actually do more things than make it taste better. According to recent studies, soy proteins from soy sauce can actually interact with your brain receptors. Their interaction with these receptors would result to making a person feel full sooner than usual.

78. Combining eggs with melon.

If you are trying to come up with a breakfast for your diet, then you should try eating melon and eggs. It is best if you eat the melon first, and then the eggs. Melons are filled with vitamins, as well as fiber and water, which can give you the feeling of being full. When you eat eggs after, it will help in breaking down the carbohydrates from the melon, aside from providing you with your needed protein.

79. Drink a glass of wine each day.

Drinking a glass of wine each day, preferably during dinner time, can help you in attaining your fitness goals. This is because it contains resveratrol from the grapes, which can prevent the development of fat cells, especially around your belly. Aside from that, it can also help in boosting your body's metabolism.

80. Including pomegranates in your diet.

You would probably think that eating this fruit can even make you gain more weight, because of its taste. On the contrary, due to the fact that it is so sweet, eating pomegranates can actually help you in curbing your appetite for sugar-filled snacks. Aside from that, seeds of this fruit can reduce the ability of your body to store fats.

81. Eating BBQ.

If you like to eat meat, especially during the weekends, then you should eat more barbeque. When you barbeque meat, you would actually be burning off more of its fat content, while you are cooking it. Thus, it is time to fire up your barbeque grill, so that you can enjoy your favorite meat without having to worry about getting fat.

82. Eating more spinach.

When you are at the grocery store to buy more green leafy vegetables, you should prioritize spinach more than the other ones. This is because it contains more fiber than the other kinds. With more fiber intake, you would be helping your body in burning more fats, as well as in curbing your appetite.

83. Choosing the best kind of cheese.

If you are one of the many people who love cheese, instead of the regular kind, you should purchase the one that is made out of the goat's milk. This is because cheese products that are made from goat's milk are actually lower in calories, than those made out of the cow's milk by 40 percent. Thus, try to search for this kind of cheese to lose weight.

84. Eat more good fats to get rid of bad fats.

Eating the good kind of fats is one of the best ways to get rid of the other kind. Some of the best sources for good fats would include walnuts, rapeseed oil, and eggs. Aside from helping your body in burning off fats, they can also reduce your risk to heart diseases.

85. Eating oats for breakfast.

Many people today eat cooked oats for breakfast in the attempt to lose weight. This can

actually help you lose weight, since oats are filled with lots of fiber. When you have a breakfast meal that is loaded with fiber, it would make you feel full even when it is almost lunch time. Thus, it can help you control your portions.

86. Eating an apple few minutes before a meal.

An apple a day would not just keep the doctor away, but it can also keep fats away from your body. All you have to do is to eat an apple around 15 minutes before meal time. It can suppress your appetite effectively, which can help you consume lesser amounts of calories.

87. Using olive oil on your salad.

If you think that eating salads won't make you fat, it is actually true, only if you are conscious about the amount that you intake. Thus, it is best if you gain control of the portion of salad that you would eat. One thing you can do is to use olive oil on it, which has good fatty acids that can tell your body that it is already full.

88. Eat more times in a day.

Instead of eating only 2 or 3 times in a day, you should eat 5 to 6 times to lose weight. Just be mindful of your portions though, so that you won't gain more. Eating in between meals can help in boosting your metabolism, since your body would constantly process the foods that you introduce to it.

89. Fill up your sandwiches with tomatoes.

When you make a sandwich for breakfast or for a snack, put some tomatoes on it. This would ensure that you would feel full a lot longer. Aside from that, tomatoes also has components, which can suppress the production of the hormone called ghrelin. With that, it would help you control your hunger pangs.

90. Eating pineapples.

Eating pineapples is actually one of the best ways of losing weight. This is because, apart from having good amounts of fiber, it can also boost your metabolism when you eat it during snack times. Aside from that, it also has bromolina, which can help your body in breaking down proteins.

91. Eat oranges.

Eating more oranges can help you lose weight, due to its high vitamin C content. Vitamin C is actually one of the substances, which can help your body in converting fats into energy. Thus, when you eat more oranges, you are actually helping your body in utilizing

your stored fats as sources of energy. On top of that, oranges are also good sources of fiber, which can help suppress your appetite effectively.

92. Enjoy eating with a friend.

Research shows that when people eat with their friends or other individuals, they tend to match their intake to others. Thus, you should eat with a friend who does not eat too much food. If you are a guy, then eat with a lady friend, so that you can consume lesser amount of foods than your usual ration.

93. Drinking energy drinks.

Although some people would tell you to drink energy drinks to boost your energy levels, they are actually bad news when it comes to losing weight. This is because such drinks release their energy too quickly. When that happens, your body won't be able to utilize them, which can prompt it to store excess energy as fats.

94. Swapping your regular milk with skimmed milk.

Drinking milk is a healthy practice, especially if you go with the skimmed type. This is because skimmed milk actually contains half the amount of calories that regular milk products have. Aside from that, they also contain more phosphorus and calcium, which can help your body in breaking down fats.

95. Adding vinegar to your sauces and salads.

Food dressings that contain vinegar can actually help you in burning more fats. This is because they contain acetic acid, which can speed up your body's ability of processing calories and fats. Thus, it is time that you go with vinegar based sauces and dressings, so that you can lose weight soon.

96. Don't go with diet programs that are too restrictive.

When it comes to choosing your diet programs, it is best not to go with those that are too restrictive. This is because, such kinds of programs can prevent your body from absorbing nutrients that it needs. When that happens, your body could go on a survival mode, in which it would try to save all its stored fats and calories, and slow down your metabolic rate.

97. Try to have at least one or two bowel movements per day.

When you try to have at least one or two bowel movements each day, you would become more conscious on the foods that you eat. Aside from that, it can also help you become more conscious on the amount of water you drink. Because of that, it can help

you observe healthy practices.

98. Make your own fruit juice.

Drinking a cup of fruit juice that you made from fresh fruits is actually better than drinking powdered or artificial fruit juice products. Fruit juices are filled with vitamins and minerals that your body needs. Aside from that, it can also help you suppress your appetite, since it can make you feel fuller.

99. Drink green tea to burn fats.

Green tea can help you lose weight along with a diet, since it can burn fats fast. Aside from that, it can also boost your energy levels, which can help you perform more physical activities. Moreover, it can also boost your immune system.

100. Don't set your expectations too high.

When you start on your diet program, you should not set expectations that are too high. This is because, it can get you discouraged if you are not able to attain your goals as fast as you have expected. Therefore, you need to set goals that are more achievable, so that you can maintain good motivation when you are able to attain them.

101. Understanding portion sizes better.

When you do your research about dieting and read about controlling the amount of food you intake, you may not have an idea, when it comes to the right portion size. In relation to that, you can actually use your fist as your reference for it. Thus, whenever you try to fill up your plate with food, make sure that it does not go beyond the size of your fist.

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Getting Pregnant Tips

1. What to think about prior to getting pregnant.

Before even thinking of getting pregnant, you should recognize the fact that raising a child is a huge responsibility. Aside from that, there are also things that you may have to give up for it. Thus, prior to getting pregnant, you must have the commitment and the discipline to go through it properly, so that it would be a pleasant experience for you.

2. Plan for pregnancy carefully.

It is best if you and your spouse can plan for pregnancy carefully, so that you would be able to cover all the bases. See to it that you both would have the time to take care of the baby, once he or she is born. Aside from that, you should also make sure that proper steps are taken, so that you would have a healthy pregnancy and be safe in your delivery.

3. You must have the desire to have a child.

In order to get pregnant, you and your partner should have the desire to have a child. In other words, both of you should know what you want, so that you would also be more motivated in taking the steps towards it. By having the desire to have a child, you and your partner would be able to do the right things at the right time and be able to conceive a baby very soon.

4. See your doctor.

Prior to getting pregnant, you should visit your doctor first. This way, you can ask him if you are in shape to get pregnant soon. It is important that you do this, since there are times when a doctor would not advise a particular person to get pregnant for being out of shape. Aside from making sure that you are on the safe side, your doctor can also provide you tips on how to get pregnant fast.

5. You must tell your spouse about it.

If you have the desire to get pregnant soon, then the first thing that you have to do for it is to inform your partner about it. Without telling your spouse that you want to get pregnant, then he would not be able to play his part to get you what you want. Always remember that both of you play an important role in conceiving a child. Thus, both of you should be on the same page, in order to do what you need to do to get pregnant.

6. Become more familiar of simple facts about your menstrual cycle.

To get pregnant very soon, one of the things that you can do to achieve it is to become more familiar of facts regarding your menstrual cycle. By doing that, you would know what days in the month you would be most fertile. Do your research about it and share the information with your spouse.

7. Know the best sex positions for getting pregnant.

Keep in mind that in order for you to get pregnant, sperm should be deposited as close to your cervix as possible, when you make love with your partner. A couple of sex positions that would allow your partner to have better access, would be the missionary and the rear entry. By performing sex in these kinds of positions, you would be improving your chances of getting pregnant soon.

8. Get pregnant early.

Getting pregnant early is actually a good idea. Thus, if you have just gotten married and you are thinking about getting pregnant, then let your spouse know about it soon. The sooner you put action into it, the better chances you have in getting pregnant. This is because, women's fertility goes down as they age. Thus, the younger you are, the better it is for you to get pregnant.

9. Never give up.

Always remember that some people get pregnant easily, while others do not. Thus, if you and your spouse have already tried a lot of times to get achieve it and you are still not successful, then you should not give up. If you have having a hard time in getting pregnant, then see your doctor, so that he can recommend solutions for your issues.

10. Relax.

In order to get pregnant, you should not get yourself overly excited it about. Aside from that, you should also avoid becoming tensed. You should know how to relax, so that you can gain relief from stress. The more relax you become, the more you would be able to enjoy the activities you need to go through in order to have a baby in your womb.

11. Stop taking your pills.

If you are taking pills as your contraceptive, then it is time to stop using them. Always keep in mind that your body would need time to revert back to its natural state, before you get pregnant. Thus, you should stop taking pills as early as possible, so that you won't have to wait for a long time to become fertile and pregnant.

12. Make love with your spouse more.

The more times you make love in a week, the better chances you have in getting pregnant very soon. Thus, you should try to have sex with your spouse as many times as you can in a week. Doing it more would greatly improve your chances of getting pregnant. However, make sure that you both have ample rest, so that your body would be in good shape.

13. Don't try to get pregnant, just to fulfill another person's wish.

It is very possible for someone to be pressured in having a baby by her relatives. With that, you need to think about what you are trying to achieve for a good amount of time, so that you can check if it is really you who want to have babies or someone else. If you just want to get pregnant because of being pressured by someone of having kids, then it is best not to proceed with it.

14. Make sure that you enjoy sex.

Without semen, you can never get pregnant; thus, you have to make sure that you and your spouse are enjoying what you do when you are both in bed. In other words, make your love making as enjoyable as possible, so that you can get pregnant soon. This is important, since you both need to be completely aroused, in order for the semen to enter the egg.

15. Stay away from coffee.

Staying away from intoxicants such as coffee, can improve your chances of getting pregnant. This is because, both you and your spouse's hormones would be transported in an easier manner, if your blood is free of such substances. Thus, you both should avoid drinking coffee hours before making love, so that you would get pregnant soon.

16. Be aware of the symptoms of pregnancy.

Before you become pregnant, you should become more aware of the symptoms of pregnancy. This is because, being pregnant is not a joke. You need to have professional help when you are pregnant, since you want to have a more pleasant delivery. Thus, the moment you observe symptoms of it, then you can immediately take a test and visit your doctor.

17. Talk about sex more often.

To increase your chances of getting pregnant, you need to become more aware of sex. With that, it is best if you can talk with your spouse about sex more often. The more you talk about it, the more you get excited in doing it. By becoming more excited, you would desire to have sex with your spouse more, which can result to getting pregnant fast.

18. Fix your schedules.

There are couples that could not have sex as many times as they want, due to their hectic schedules. Aside from that, some of them also are not able to do it as often as they want due to their different schedules. Thus, you have to find a way to match each others schedules. Aside from that, see to it that you can have more bonding time, so that you would have a chance to make love more.

19. Your menstrual cycle.

If you have regular menstrual cycle, such as going through it every 28 days, then it is easy to determine your ovulation period. All you have to do is to count 14 days starting from the first day of your period to achieve that. However, if you have irregular menstrual cycle, then the best thing that you can do is to obtain an ovulation kit for it.

20. Take a pregnancy test.

Pregnancy tests kits are available in many supermarkets and pharmacies nowadays. Thus, you can make use of it whenever you want to. It is best to take a pregnancy test first, once you observe symptoms of being pregnant. If you get a positive result, then that would be the time to tell your spouse about it, and visit your doctor.

21. Be prepared of the changes.

Before you become pregnant, you should keep in mind that you would go through certain changes with it. One of which is the fact that your image would change. You should be prepared in going through these changes, so that they won't get your bothered, once you experience them.

22. Get enough rest.

In order for you to become more effective in getting pregnant fast, you should provide your body with enough rest. Thus, you should get at least 8 hours of sleep each night. By doing that, not only would you ensure that you are in good condition, but it would also make you more energetic the next day, which would help you when it comes to lovemaking.

23. Always think positive.

Keep in mind that in order to get pregnant, you should be convinced that you have the ability to achieve it. In other words, you should always think positive, so that you would see yourself becoming pregnant soon. By thinking positive, you would encourage a more positive atmosphere between you and your spouse, which would greatly help in conceiving a baby soon.

24. Have sex before your ovulation period.

Knowing your ovulation time would greatly help in getting pregnant. However, you may be confused on when to have sex in relation to it. It is actually best to start making love days before the day that you would ovulate. By doing this, you are increasing your chances of becoming pregnant, since your partner's sperm can last longer than your egg.

25. The calendar method of predicting ovulation.

Some couples rely on the calendar method in order to predict ovulation. However, you need to keep in mind that this method assumes that you undergo the regular 28 day cycle. In other words, since lots of women actually do not have regular cycles, then the said method can become ineffective. With that, it is still best to make use of ovulation predicting kits, since they are more accurate.

26. Throw your contraceptives away.

If you and your spouse have been used to making use of contraceptives, such as condoms in having sex, then it is time to throw them all away. This is because, he might accidentally make use of one, even when you are trying to get pregnant. By throwing them away, you no longer have to worry about forgetting what you want to achieve, and enjoy having sex more.

27. Don't see sex as a job you need to do to get pregnant.

There are some people who have sex just to ensure that they get pregnant. However, this is actually not the most effective way of getting pregnant. It is best that you and your partner enjoy sex, so that you can conceive a child soon. Enjoy sex as much as you can by planning it, so that you would become more effective.

28. Better orgasm.

Keep in mind that the more you attain orgasm, the more chances you have in getting pregnant. This is because, when a woman attains orgasm, her movements would pull the semen into the uterus more. In other words, it increases the chances of the sperm to fertilize the egg. Thus, you should work with your spouse as a team, so that you would be able to achieve more orgasms, and increase your chances of getting pregnant.

29. Avoid the woman on top position.

Although lots of women enjoy the woman on top position, this should not be practiced, especially when your partner is about to attain orgasm. This is because, in this position,

gravity would pull the sperm back towards the ground, which can prevent it from penetrating the egg. With that, it decreases the chances of you getting pregnant.

30. Have more sex to improve your husband's ability to get you pregnant.

Having more sex can actually improve your spouse's ability in getting you pregnant. This is because, the more times that you do it, the better your husband's sperm becomes, when it comes to quality. Thus, it is time to do it as frequently as you can, so that you would be able to hit your goal soon.

31. Limit movement after having sex.

Going through lots of different movements after making love with your spouse can have a negative effect in getting yourself pregnant. This is because, certain movements, such as standing up, can actually make the sperm leak out. Thus, wait for 15 to 20 minutes first, before you get up and start moving around, to ensure that this is not the case.

32. Make love making special.

The more you enjoy sex, the better it would be when it comes to getting pregnant. Thus, you need to do certain things, in order to make it special. For example, you can make your room more romantic, by lighting candles inside of it. Aside from that, you can also do positions that your partner really likes. Always remember that the more your husband enjoys sex, the higher number of sperm would be ejaculated. Thus, it improves the chances of getting your egg fertilized.

33. What the husband can do.

One of the things that your husband can do when it comes to getting you pregnant, is to limit his masturbation, especially a day or two before the date when you are planning to make love. This is because, this would greatly help in increasing his sperm count. Aside from that, it would also get him more excited in making love with you.

34. Take prenatal vitamins.

Prenatal vitamins can actually help you if you are trying to conceive. This is because, it can actually boost your fertility. Aside from that, it also ensures that you already have the necessary nutrients, in order to go through the first trimester of your pregnancy in your best shape.

35. Never douche after making love with your partner.

When you douche after having sex with your spouse, it can actually decrease your chances of getting conceived. This is because, such an activity can wash out the sperm,

which has just entered your body. Thus, never douche yourself after having intercourse, so that you can get pregnant soon.

36. Avoid oral sex prior to making love.

Lots of experts advice their friends not to engage into oral sex before having sex with their partners. This is because, there are some bacteria in the mouth, which can stick to the organ and damage the sperm upon ejaculation. Thus, it is best to prevent going through oral sex, so that you can ensure optimum sperm quality.

37. Picture yourself as being pregnant.

In order to effectively convince yourself that you can get pregnant, you should picture yourself as being one. This is because, it can help you in believing in yourself that you can do it. This would result to making you more motivated in achieving your dream. With that, it is best to picture yourself as being pregnant, so that you can achieve it soon.

38. Forget anal sex for a while.

If you both like to experiment, and one of the things that you enjoy is having anal sex, then it is best to forget it for a while. This is because, if you do it either before making love or at the middle of it, bacteria from the anus can stick to your partner's organ and be carried into your vagina. Not only would this practice affect the quality of your partner's semen, but it can also put you at risk for infection.

39. Make your relationship spark.

One of the best ways to get pregnant fast is to make your relationship spark some more. In other words, you should go on dates more frequently. Eat out in romantic restaurants, go for walks in the park, and watch more movies. By doing all these things, you would be building up both your sexual desires, which can make both of you more effective in bed.

40. Watch films that are suspense or thrillers.

Lots of people can attest that watching movies or films that are suspense or thrillers can make them have more desire to have sex. In other words, rent out or purchase DVDs that are suspense, so that you can watch them together with your spouse. Turn off the lights, while you are watching it, so that you can immediately make love after.

41. Go on a vacation.

It is very possible that your daily work stress can affect your chances of getting

pregnant. Thus, it is a good idea to go on a vacation with your spouse, so that you can relax. Pick a very romantic place, preferably near the sea or at the mountains, so that it would boost your desire to make love more.

42. Watch your weight carefully.

Always keep in mind that if you become overweight, your fertility would drop. In other words, it is best to watch your weight carefully. Not only would this increase your chances of getting pregnant, but it would also ensure that you are at your best health.

43. Your cervical mucus.

When you take off your underwear, and you notice a slippery stuff on it, then that would be your cervical mucus. It is said that when you have cervical mucus, you are fertile. Thus, if you are observant enough, then you would be able to know the best days to make love with your partner. Watch out for your cervical mucus, so that your efforts would pay off soon.

44. No more lubricants.

There is no need to make use of lubricants when it comes to getting pregnant. This is because, certain brands of lubricants can actually damage sperm. Aside from that, it can also lower down sperm count. Thus, it is best to avoid lubricants as much as you can when you make love with your spouse. If you really need to make use of it, then make sure that it is sperm friendly.

45. Don't overcomplicate things.

There are times when couples overcomplicate things in trying to conceive. In other words, some may want to abstain from having sex, so that they would be able to do it at the right time of the month. However, one of the best things to do is actually just to have more sex. Thus, it is time to simply make love with your spouse more, and make sure that you enjoy it.

46. Quickies can also help.

Quickies can actually help when it comes to getting pregnant. This is true, especially when you do it early in the morning. This is because, men's hormonal levels are pretty high in the morning. In other words, if you go through morning quickies, then it increases your chance of conceiving a baby.

47. When to see a specialist.

There are couples that are thinking of visiting a specialist when they are not able to

conceive after a certain period of time. This is actually a good idea, but some are confused about when is the best time to do it. In general, it is best to visit a fertility specialist when you have already tried for a year and are not successful in it. However, if you are already in your mid-thirties, then it is best to visit one after six months of trying.

48. Your husband's weight.

You should make your husband aware that his weight can also affect your chances of getting pregnant. This is because, when he becomes overweight or underweight, it would actually affect his sperm count negatively. It is best that he maintains his ideal weight, so that he would have better sperm count, which is a factor that can affect your chances of conceiving.

49. Avoid soy products for now.

Lower sperm count can occur, if your spouse eats more soy foods. Thus, it is best to avoid soy products for now, so that you can ensure that your man is well capable in getting you pregnant. Make him aware of it, so that he can also watch what he eats, when he is at work.

50. Keep your husband away from his cell phone.

Cell phone emissions have been found to affect the quality of the sperm, as well as a person's sperm count. With that, you have to make sure that your husband's phone is not near his scrotum most of the time, so that his sperm would not get affected. Aside from mobile phones though, laptops can also have the same effects on sperm.

51. Gain more knowledge.

Gathering more information about pregnancy is one of the best things that you can do in order to get pregnant. Not only would you be able to learn about the techniques that you can follow to become pregnant, but it can also help you have a healthy pregnancy. Enhancing your knowledge about pregnancy can be done by asking your friends as well as professionals in the field. On top of that, you can also do your research online.

52. Make sure your husband takes a supplement that is loaded with zinc.

Attaining good sperm count or high testosterone levels should be one of the things your man has to focus on. In order for him to achieve that, it is best that he takes a supplement that is loaded with zinc. This is because, zinc deficiency can lower down his sperm count. Make sure to choose a supplement made by a reputable company, so that you are assured of the quality.

53. Eat citrus fruits.

Citrus fruits, as well as green leafy vegetables are usually loaded with vitamin C. It is a good idea if you eat lots and lots of them, since they can help reduce the stress on your egg cell. Aside from that, vitamin C is also known to increase sperm mobility.

54. Make healthy lifestyle changes.

Many couples today are not able to conceive due to their unhealthy practices. Some people stay out for most of the nights, which results to constantly lacking sleep. Aside from that, many are also used to eating processed foods, which is unhealthy. See to it that you cut down on these bad habits, so that you would become healthier, and get pregnant soon.

55. Eat more and more vegetables.

Vegetables should be one of the main food groups that you put your focus on, when it comes to your diet. This is because, they are mostly filled with lots of nutrients needed by your body to improve its condition. With better body condition, you would also become more fertile, which results to getting pregnant easier.

56. Get enough exercise.

If you want to get pregnant, you should condition your body for it. One of the things to do is to get enough exercise. There is no need to go through intensive forms of workout routines. Just keep it light, as long as it can control your fats. It is best to keep your body fat down, since excessive amounts of it can disturb your reproductive cycle.

57. Buy a book about pregnancy.

Buying a book about pregnancy is one of the things that you should be doing soon, if you want to get pregnant. The book would not just educate you on the things that you can do to conceive a child, but it would also tell you more about the things that you can experience when you become pregnant. By doing that, you would be well educated about it, which can also make you more aware of what you are trying to accomplish.

58. Become motivated in making healthy changes.

If you have committed yourself to make healthy changes in your life in order to become pregnant, you should have the motivation for it. To achieve that, you should request your spouse to join you in making the changes. When you do it together, making healthy changes would become easier to attain. Aside from that, it would also strengthen your relationship.

59. Kiss and makeup.

Although it is not a good idea to pick a fight with your spouse when you try to get pregnant, one advantage of it is when you reconcile. Kiss and makeup as soon as you can after a fight, so that you can increase your chances of conceiving a baby. One of the best things about making love after a fight is that, you and your spouse would usually be more passionate about it.

60. Talk about getting pregnant with your spouse.

Talking about getting pregnant with your partner is not a bad idea. This is because, it can open up discussions about the things that you want to do in order to achieve your dream of having a child. With that, you would both become more excited in making your plans into reality, which would be beneficial for both of you.

61. Smoke cessation.

Smoke cessation is a vital step that you need to take, in order to get pregnant. This is because substances in cigarettes can decrease your fertility levels. Aside from that, if you get pregnant, your baby may not have the best health while developing in your womb if you still smoke. Thus, it is time to put a stop to your smoking habit, so that you can get pregnant soon.

62. Do not forget to take prenatal vitamin.

Even before getting pregnant, it is also a good idea to take prenatal vitamins for it. This is because, it does not only ensure that your baby would become healthy. When you take a prenatal supplement, especially one that is loaded with folic acid, your health would not just be boosted, but also your fertility.

63. Track or monitor your cycles.

Tracking or monitoring your menstrual cycles is a good way to follow in order to get pregnant. This is because, it can help you determine the dates when you ovulate. Aside from that, it can also help you determine the date of being conceived. Thus, when you track it, it would not just help in getting you pregnant, but also help in determining accurate due dates.

64. Finding a new practitioner.

Even if you are not pregnant yet, if you know that you need to find a new practitioner, then it is best if you can do your search really soon. This is because, your practitioner, can help by giving you tips in getting pregnant. Aside from that, if you find one before getting pregnant, then by the time that you are, you would already be comfortable in working with her.

65. Talk to friends about pregnancy.

Talking to your friends about pregnancy, giving birth, as well as becoming a parent. This way, you would be able to learn a lot of facts about it. By learning more about these things, you would have a better way of deciding whether you really want to get pregnant soon or not.

66. Be aware of harmful chemicals.

There are certain chemicals that may be harmful to you and your baby. These substances can be found at your place or at work. It is best to know what types of chemicals are in your surroundings, and see if they can harm you or your baby. If they can, then it is best to avoid any contact with them, so that you would be safe as well as your baby.

67. Brush your teeth more frequently.

When you get pregnant, it is very possible that your teeth could get weakened, especially if you are not able to supplement your body with lots of calcium. Thus, it is best to take good care of it, while you are not pregnant yet. With that, if you and your spouse are trying to conceive a baby today, then it is best to see your dentist, and practice good oral hygiene.

68. Stop drinking alcohol.

Drinking alcohol can actually bring down your fertility levels by 50 percent according to recent studies. Thus, you should stop drinking alcoholic beverages as soon as possible. This should not be practiced by you alone, but your spouse should also be aware of it.

69. Tell medical professionals about your goals.

It is best to tell any medical professional that you come across with that you are trying to get pregnant. This is because, if one is not aware, then he may subject you to tests and chemicals, which can harm the baby. By telling the medical professional of the possibility that you are pregnant, you are ensuring that your baby would be safe.

70. Load up on calcium.

Make sure that your vitamin-mineral supplement is loaded with calcium. This is because, once you have a child inside your body, he or she will make use of your calcium supply in order to get his skeletal system developed well. Thus, if you lack calcium, then your bones and teeth may suffer once you get pregnant.

71. Think that you are pregnant.

Act like you are pregnant, if you want to get pregnant. This is because, it is very possible that you are already carrying a child in your womb without knowing it yet. Thus, if you think that you are already pregnant, then you would be able to avoid certain things like drinking alcohol and smoking easier.

72. Make sure your vitamin supplement contains phosphorus and vitamin D.

Calcium is actually one of the nutrients that would be needed by your body once you get pregnant. However, your body needs adequate amounts of phosphorus and the sunlight vitamin, in order to absorb calcium well. Thus, you must see to it that your supplement contains these nutrients, so that your body can utilize calcium.

73. Make a calendar of activities.

You and your spouse should come up with a calendar of activities, in order for you to get pregnant. This will allow you to properly plan out every step that you want to take into becoming a pregnant woman. Aside from that, by making a calendar for the things that you want to do, it would serve as your guidance, in order to achieve what you want.

74. Start your own blog about pregnancy.

If you want to become more motivated in getting pregnant, then you can actually start a free blog about pregnancy for it. When you create a blog, it is very possible for likeminded individuals to post their comments on it, which can help you attain your goals. Aside from that, you can also ask some of them for questions, in order for you to become pregnant soon.

75. Avoid eating processed foods.

Processed foods are usually loaded with toxins as well as empty calories, which can make you fat as well as put your health at risk. Thus, it is best to check out your refrigerator, and see to it that you don't have processed foods left. Focus more on natural foods, so that you would become healthier, which can help you in getting pregnant fast.

76. Drink 8 glasses of water each day.

Drinking adequate amounts of water each day ensures that you are well hydrated. Aside from that, it also helps in flushing out free radicals from your body. In other words, drinking 8 glasses per day would boost your health; and, with better body condition, you should be able to get pregnant very soon.

77. Having sex every day.

Some people think that having sex every day can reduce the chances of getting pregnant. However, this is actually untrue. The reason for that is, men can actually replenish their whole supply of sperm in a 24 hour period. In other words, if you make love to your spouse every day, then he is well equipped with good sperm count that can get you pregnant soon.

78. Don't go on a strict diet.

There are certain diet programs today that are strict and can make you consume lesser amounts of calories than you need. This is actually not a good program to follow when you try to get pregnant. This is because, eating lesser amounts of calories can actually lower down your body's metabolism; and, when that happens, you may no longer have enough energy to have sex with your partner as often as you want.

79. Go natural.

Whenever you feel heartburn, constipated, or nausea, it is always best to go with natural remedies for it. This is because, natural means of solving these problems would not lower down your fertility levels. Aside from that, you don't want to take any kind of medication when you want to get pregnant, since it is also possible that you are already pregnant without being aware of it.

80. Wake up early in the morning.

Waking up early each morning can increase your chances of getting pregnant. This is because, when you do it, you can have more time to get in shape by walking or jogging at the park prior to reporting for work. Aside from that, if you have the urge, you can also get your partner convinced for a little lovemaking just before breakfast.

81. Men should ejaculate regularly.

If you and your spouse could not make love at least once in every 48 hours, then your husband should see to it that he ejaculates every 2 to 3 days. This is actually a good practice, which can help in maintaining optimum sperm supply. Aside from that, it would also boost his immune system.

82. Eliminate stress.

Stress is one of the biggest factors that can affect your chances of getting pregnant. Thus, it is a good idea to find out ways to eliminate it. There are lots of things that you can do in order to achieve that. You can go to a spa to get a massage, watch a movie, or

listen to good music. Do these activities together with your partner, so that it would become more meaningful.

83. Keep your husband's testicles cool.

Experts say that a man's testicles is placed outside the body in order to keep them at desirable temperatures most of the time. In other words, it is not a good idea to expose them to heat, since it can result to dead sperms; thereby, affecting overall sperm count. Let your husband wear boxer shorts, so that his testicles would be cool.

84. Elevate your hips after making love.

When you lie down on your bed to relax after having intercourse with your partner, it is best that you elevate your hips. You can do this by placing a pillow under your hips, to get it elevated. This would prevent sperm leakage, and increase the sperm's chances in fertilizing the egg.

85. Baby sit your friend's baby.

Baby sitting your friends baby can increase your desire in having one. Aside from that, it would also help you learn more about caring for a newborn baby. Moreover, it can also give you a chance to chat with your friend about how they were able to get conceived, and maybe even get a lot of tips from her.

86. Eat more fish.

Including fish into your daily meals can help a lot when it comes to getting pregnant. This is because, fish is loaded with protein that is not associated with fats. On top of that, it also contains omega 3 fatty acids, which can help you boost your immunity levels, as well as your fertility.

87. Let your husband eat more eggs.

Eating at least an egg a day can greatly help your husband in getting your pregnant. This is because, it would boost his energy levels in making love to you, due to its nutrients. On top of that, it also contains the rare protein called albumin. Furthermore, the egg yolk contains essential fatty acids, which can boost his testosterone levels.

88. Cut down your caffeine intake.

Drinking coffee while you are trying to get pregnant is not a good idea. This is because, it can reduce your body's ability to absorb iron properly. Aside from that, if you have a habit to drink coffee even at nights, then it can also prevent you from getting enough rest. Thus, it is time to avoid coffee, as

well as other drinks that contain caffeine in it.

89. Purchase something that would make you and your spouse enjoy sex more.

Purchasing something that would increase both you and your spouse's urge to have sex is not a bad idea. All you have to do is buy something sexy, such as a skimpy nightgown. By doing that, you would both enjoy having sex, without even thinking about getting pregnant.

90. Read stories of people who were successful in getting pregnant.

Reading stories of people who were successful in getting pregnant is one of the things that you can do to achieve your dream. This is because, such stories may offer valuable tips that you can follow. Aside from that, it would also inspire you more, and help you do the necessary things to get pregnant.

91. Let your friends know that you are trying to get pregnant.

When you want to get pregnant, keeping it a secret would not help you in achieving it. With that, it is best if you can let some of your closest friends know that you are trying to conceive. By doing that, they would be able to give you their support and encouragement. Aside from that, they may also give you some pointers in attaining your goal.

92. Eat yogurt.

Eating yogurt can boost your body's immunity levels. This is because, yogurt can increase your body's level of good bacteria, which means that the bad bacteria would not be able to disturb your system. Aside from that, it can also boost your fertility, which is why eating more yogurt is good when you are trying to get pregnant.

93. Grapeseed extract.

Vitamin C should be taken in order for your body to become more fertile. To ensure that vitamin C would become more effective though, it is best if you also make use of grapeseed extract. Aside from improving the effectiveness of the said vitamin, it can also give support and protection to the sperm.

94. Making use of evening primrose oil.

Having cervical mucus is one of the things you need to achieve to increase your chances of getting pregnant. One of the things that you can do in order for that to happen is to make use of evening primrose oil. Aside from making your body more capable of producing cervical mucus, it also ensures that the mucus would improve in terms of its

quality.

95. Body basal temperature.

You would notice that you have ovulated if your body's basal temperature has increased. Thus, this is a good sign to watch, in order to determine your ovulation period. One of the best things about this method of determining ovulation though is that, it is easy to do, and you only need to have a thermometer for it.

96. Breast tenderness.

There may be times when you notice that your breast would feel tender. This is actually a sign that your hormones are working to get ready for a chance to get pregnant. In other words, it is a sign of ovulation. Thus, when you feel breast tenderness, it is time to tell your spouse to make love to you more often.

97. Read mature magazines with your spouse.

There are magazines available in the market today, which are filled with sexy stories that you and your spouse can enjoy. You should buy a good number of these magazines and read them together with your spouse. By doing that, you would increase both your urge to have sex, which would improve your chances of getting pregnant.

98. Laugh with your partner often.

Laughing with your spouse more often can actually improve your relationship. Aside from that, if you share jokes, especially those that are related to sex, then you become more aware of it. The more closer you are with your spouse, and the more you enjoy sexy jokes, the more you would want to make love.

99. Let your spouse know what you want.

One of the issues of women when it comes to having sex is achieving orgasm. Achieving orgasm can actually increase the chances of getting pregnant. Thus, it is time that you tell your spouse what you want him to do while making love, so that he can ensure that you would be able to achieve it.

100. Never hesitate to get help.

If you and your spouse have been trying for a while, and still you are unsuccessful in getting pregnant, you should not hesitate to get help. Do not think that it is hopeless, since lots of couples are able to gain success in it even after a year or so. Ask your close relatives and friends for help. On top of that, you should also approach a professional for it.

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Hair Growth Tips

1. Be healthy for your hair.

When you become healthier, it follows that your hair would have improvements on its health as well. In other words, your hair would also grow faster than usual. Thus, it is best to follow healthy practices, if you want to grow your hair fast, as well as if you want it to look really beautiful.

2. Treat your hair well to make it grow faster.

If you want your hair to grow faster, you have to make sure that it is healthy as well. With that, you have to treat it well, so that it would become as healthy as possible. Treating it well means not using harmful products on it, and caring for it as much as you can each day.

3. Use products that are moisturizing.

Hair that is dry becomes brittle easily, which can also hinder hair growth. Thus, you have to make sure that your hair is full of moisture at all times. With that, you should make sure that you are using moisturizing hair products, such as your shampoos, conditioners, and such.

4. Trim your hair regularly.

You may think that this is counterproductive to hair growth, but, it can really help in speeding up its growth. Trimming means that you cut only about a quarter to a half of an inch of your hair every six weeks or so. By doing this, you can prevent your hair from becoming dry and dull, as well as prevent split ends, which all hinder its growth.

5. Control your stress levels.

Higher stress levels can prevent your hair from growing fast. Thus, it is best to find out ways of relieving yourself from stress. You can do it by getting enough exercise, sleeping well, as well as eating a well balanced diet. Aside from that, going through relaxing activities can also help you out with it.

6. Brushing your hair properly.

Brushing your hair as often as possible can have positive effects on it, especially on its growth. However, there is no need to overdo it, such as the common practice of brushing it for a hundred strokes per night. This is because, this practice can sometimes irritate your scalp, which can result to certain issues, which can prevent proper hair

growth.

7. Protect the ends of your hair.

You have to keep in mind that the tips of your hair are the oldest part of it. In other words, the tips are the ones that can get dried out first, which can result to split ends. Thus, you should see to it that the tips are often protected from elements that can put your hair's health at risk. Do not expose it often to the sun, and prevent it from rubbing against the car seat, clothing, and other things that can cause friction.

8. Selecting the right tools for your hair.

Once your hair becomes long enough to style, you may want to make use of certain tools and accessories for it. It is true that these things can make your hair look even more beautiful. However, you should choose those that are gentle to your hair, so that your hair would retain its health and natural texture.

9. Choosing the right hair styles.

There are hairstyles that necessitate the use of curling iron or a flat iron. These hair styles should be avoided as much as possible, since applying heat on your hair often is not a good idea, when it comes to its health. Choose styles that use simpler methods like twists and wraps, so that you won't put your hair's health at risk.

10. Conditioning your hair.

To ensure that your hair is properly conditioned, whether you are styling it often or not, you should apply a leave on conditioner on it regularly. This type of conditioner will not just make your hair healthier, but it can also protect it from harsh elements. Choose a leave on conditioner that is made by a reputable company to ensure its quality.

11. Don't let heat risk the health of your hair.

It is best to stay away from it as much as you can, for the welfare of your hair. This is because, heat can make your hair dry and brittle, which can prevent it from growing fast. With that, it is best to prevent it from being exposed to the heat of the sun. Aside from that, you should also minimize the use of hair styling tools that give off heat.

12. Protect your hair even at nighttime.

Keep in mind that it is also necessary to protect your hair, even at nighttime. This is because, it is possible that you are rubbing your hair against a pillowcase that can risk its health whenever you are sleeping. To prevent that from happening, you can use a hair cover for it, or make sure that your pillowcase is made out of silk or satin.

13. Use shampoo but not too often.

Using shampoo to your hair is indeed one of the best practices to maintain its health. However, using it too often can actually make it dry, which can result to split ends. Thus, it is best not to shampoo your hair on a daily basis, and do it every other day, so that you can maintain its moisture.

14. Use natural hair care products.

There are lots of hair care products these days, which are loaded with synthetic substances that can harm your locks. With that, it is best to stay away from them, and focus more on using products that are made out of natural substances. Natural hair care products do not contain harmful ingredients, and they are also loaded with vitamins and minerals.

15. Essential fatty acids and zinc.

If you are wondering about what substances can help when it comes to hair growth, then you should take note of zinc and the essential fatty acids. This is because, these substances can prevent dry scalp and dandruff. Thus, by eating foods that contain lots of zinc and fatty acids, you are making your hair healthier, which can encourage its growth.

16. Eating flaxseed.

Flaxseed contain lots of substances that can promote the growth of your hair. Aside from that, it can also make it as shiny as possible. With that, you can add organically milled flax into your daily breakfast meals, such as oatmeal, in order to gain from the benefits that it can offer to you.

17. Swimming pools.

If you love to swim, then you should make use of a hair cap, so that your hair's health won't be at risk. This is because, swimming pools are usually loaded with a lot of chlorine, which can make it unhealthy and dry. There are lots of hair caps that are available today, which can provide adequate protection to your hair. However, it is still best to apply conditioner after every swim, to replenish its lost moisture.

18. Massaging your scalp.

It is true that massaging your scalp on a regular basis can help you achieve faster hair growth. This is because, it can actually stimulate your hair follicles. You can massage your hair while applying conditioner, or just before brushing or styling it, so that you can make it look more beautiful.

19. Eating more fish.

Eating fish is not just healthy, but it can also stimulate hair growth. This is because, fish contains lots of proteins and essential fatty acids, which can improve the health of your hair. With that, it is time that you include fish into your daily meals, so that you can make your hair healthier and grow faster.

20. Shaving your hair.

Some men think that shaving can actually speed up the growth of their hair. However, it actually does not have any effect on hair growth, since hair is just made up of keratin and protein. Thus, shaving it would not make it grow faster. What you can do instead is care for your hair properly, to make it healthier and enhance its growth.

21. Wearing tight hats.

It is not true that tight hats can make you lose lots of hair. However, since a tight hat can increase the temperature around your hair and scalp, wearing it can actually cause damage and breakage to your hair. Thus, if you want to have healthier hair, then make sure that your hat is not too tight. Wear a comfortable one, so that you won't put your hair's health at risk.

22. Dandruff and hair growth.

Dandruff can hinder proper hair growth, since it is caused by a certain type of fungus, which can feed on the oil of your scalp, when it grows out of control. Thus, you should see to it that you follow good hair care methods, which can prevent dandruff. If you have it, then make use of a product that can get rid of it as soon as you can.

23. Withdraw scalp residue.

Withdrawing scalp residue can go a long way, as far as achieving proper hair growth is concerned. This is because, scalp residue can actually clog the hair follicle, which can interfere with the normal growth rate of your hair. To get rid of scalp residue, you can use warm water to wash your scalp, or use apple cider vinegar for it.

24. Warmer climates can result to faster hair growth.

Warmer and humid climates can cause your hair to grow faster. This is because, warm weather can actually help your body produce more oil in your scalp; and, when hair follicles have more natural oils, it can result to faster growth rate. It is best to take note of this, so that you won't try too hard to make your hair grow fast, if you are living in a place that is cold.

25. Increasing blood flow and circulation.

Keep in mind that there are no muscles in between your skull and your scalp. Therefore, blood flow is not as good as the other parts of your body. Increasing the blood flow and circulation in your scalp can stimulate hair growth; and, one of the things you can do for that is to flip your head on each side for 2 to 4 minutes each day.

26. Using rosemary water.

Using rosemary water in washing your hair can stimulate its growth. This is because, it has substances that can stimulate your hair follicles. Aside from that, it also has silicon that can prevent hair loss. Aside from washing your hair with rosemary water though, you can also use it for massaging your scalp.

27. Prevent hair damage to enhance its growth.

If you want to make your hair grow faster, then you should prevent your hair from getting damaged. With that, you should take note of some factors that can cause hair damage. Some of which would be overexposure to the sun, rainwater, dust, certain types of medicines, and such.

28. Drinking rosemary tea.

To promote hair growth, you need to have good blood circulation in your body. Drinking rosemary tea can actually result to proper blood flow. Thus, you can achieve proper hair growth when you drink it. With better blood circulation, your hair would be able to absorb the nutrients it needs to grow.

29. Coloring your hair.

Changing the color of your hair can actually hinder its growth. This is because, hair colors contain substances that can dry out your hair as well as your scalp. Therefore, you should not color your hair often. Aside from damaging your hair, hair colors can also contain toxins, which can also put your health at risk.

30. Using hair gel.

It is true that using hair gel allows you to style your hair according to how you want it to look like. Aside from that, it can also make it shine. However, hair gel is actually sticky, which can result to the accumulation of dust and dirt in your scalp. With that, it can result to dried out hair and scalp in no time, which can prevent your hair from achieving optimum health.

31. Eating eggs.

Eating eggs is one of the best practices, which can enhance the growth of your hair. This is because, eggs are filled with quality protein. Aside from that, they also contain essential B vitamins, iron, zinc, as well as fatty acids, which would all contribute to a healthier hair.

32. Aloe Vera.

The use of Aloe Vera is one of the most popular methods of enhancing the health and growth of hair. You can use it in two ways. First, you can buy hair care products that contain Aloe Vera. On the other hand, you can also obtain an Aloe Vera plant, and apply its juice directly on your scalp.

33. Using Lavender Oil.

Using Lavender Oil on your scalp is one of the best things that you can do in order to boost the health of your hair, and make it grow faster. Massaging your hair with lavender oil would stimulate hair follicles. For maximum results, let the oil stay on your scalp for 30 minutes, before washing it off.

34. Boiling celery leaves and lemon juice.

Applying boiled celery leaves and lemon juice on your scalp can make your hair grow fast. This is because, they contain essential nutrients that can offer that result. Use this mixture after you are done shampooing your hair for a result that you can see in just a matter of weeks.

35. Consume more protein.

Protein is the building blocks of the body, which is why it is essential for proper hair growth and development. With that, it is a good idea to consume foods that are high in protein, so that you can have longer hair in no time. Choose protein sources that are also loaded with other essential nutrients to gain more benefits from it.

36. Taking a vitamin-mineral supplement.

One of the best ways to ensure that you are providing your body with its needed vitamins and minerals is to take a supplement for it. Lots of vitamins and minerals are actually needed by your hair for its proper growth. Thus, make sure that the supplement you are buying is complete, so that you can also enhance the growth of your hair.

37. Eating shrimps.

Shrimps are actually loaded with protein, which can help your hair when it comes to its development. Aside from that, they also contain iron, zinc, and vitamin B12, for proper hair nourishment and prevent hair loss. Thus, aside from tasting good, shrimps can also help you in having beautiful long hair in no time.

38. Don't change shampoos within six months.

Some people make it a practice to constantly change shampoos and conditioners from time to time. However, this is actually not a good idea, since it can make your hair brittle and dry, due to being introduced to different substances. Thus, it is best not to change shampoos within the six month period to prevent hair damage.

39. Eat whole grain products.

Whole grain products like brown rice contain essential nutrients, which can help your hair. More importantly, these products contain nutrients that are not lost due to processing, which ensures that your body can absorb it. Thus, it is best to choose them, over other types of food items.

40. Consuming yogurt and skimmed milk.

Low fat dairy products contain lots of nutrients like calcium, zinc, protein, as well as essential fatty acids, which are all beneficial for your hair. Thus, it is best to buy more of them, if you want to achieve healthier and longer hair in no time. Some examples of it would be yogurt and skimmed milk.

41. Iron deficiency.

Discoloration of the hair, hair fall, dry hair, and abnormal hair growth rate can be caused by iron deficiency. Thus, you need to make sure that you consume foods that are loaded with this nutrient. Some food items for that would be red meat, green vegetables, and prunes.

42. Consuming more fruits and vegetables.

Eating more fruits and vegetables can help in achieving proper hair growth. This is because, they are rich in antioxidants, which can flush out free radicals or toxins out of your body. When this happens cell damage is actually prevented, which can result to faster hair growth.

43. Grape seed oil.

Using grape seed oil on your hair can result to faster hair growth, in mere weeks. All you have to do is to make use of it, whenever you are massaging your scalp. For maximum

results though, it is best to use just before you go to bed, so that your scalp can absorb it to the fullest.

44. Making use of pepper shampoo.

There are pepper shampoo products that you can purchase in grocery stores these days. These types of shampoos actually contain nutrients, which can stimulate the growth of your hair, and enhance its health. Follow the directions to the letter, in order to benefit from it more.

45. The use of prenatal supplements.

One of the reasons why pregnant women have hair that grow faster is the use of prenatal supplements. This because, these types of supplements actually contain lots of nutrients, which can contribute to hair growth. Thus, if you really need to grow your hair long faster, then you should use such supplements soon.

46. Adding minced onion to your shampoo.

Adding minced onion into your shampoo can result to faster hair growth. All you have to do is to add it into the bottle of shampoo, and let it stand for 15 to 30 minutes, before using it. Aside from accelerating the growth of your hair, this method can also make your hair shine more.

47. Mixing lemon juice with onion.

Lemon juice and onion contain essential nutrients, which can stimulate your hair follicles. To benefit from it, you can mix equal proportions of onion and lemon juice in a bowl. Use the solution when you massage your scalp, and leave it there for 30 minutes, before rinsing it with water.

48. Tying your hair with braids.

After washing your hair at night, make use of braids to tie you hair with. Tie in two braids, while your hair is still wet, and do not remove it, even when you are already going to bed. When you do this, you can see that your hair has grown longer even in just a matter of days.

49. Mix honey and Aloe Vera for faster hair growth.

If you have an Aloe Vera plant, you can make use of it together with honey to enhance your hair's growth. All you have to do is to cut out a small branch of Aloe Vera, and scrape off its gel. Mix the gel with honey thoroughly, and apply it to your scalp. Let it stay for 20 minutes, and rinse it with clean water after.

50. Potatoes.

Potatoes contain lots of nutrients, which can result to faster growth of your hair. Aside from eating lots of it though, you can also use the water that you have used in cooking it. To accelerate hair growth, let the water cool down first, and use it to wash your hair.

51. Cactus leaves.

Cut out some cactus leaves, and leave its small pieces into a small pail of water for the night. In the morning, apply the water to your hair, and let it stay for as long as you want. This method can make your hair grow fast, since cactus leaves impart many of its essential nutrients to the water when you soak it overnight.

52. The mixture of garlic, onions, and cinnamon sticks.

Mixing two cinnamon sticks, four cloves of garlic, and a red onion that is cut in half can help when it comes to enhancing the health of your hair. Boil the mixture for 15 minutes, and let it cool down before applying it to your scalp. Use this solution for a period of four consecutive days for maximum results.

53. Adding birth control pills to your shampoo.

Birth control pills contain substances that can actually make your hair shine and grow faster. To take advantage of it, grind about 3 to 5 birth control pills, and mix it into your bottle of shampoo. Use your shampoo regularly, to see the results in just a few days.

54. If you don't like to eat eggs.

Eating eggs is one of the best ways to enhance the growth of your hair. However, if you don't like to eat eggs, you can still make use of it for your hair. What you can do is to mix one egg with 2 tablespoons of honey and a trickle of olive oil; and, apply the mixture to your scalp. Let it stay for 30 minutes while covering your hair with towel, before washing it with water.

55. Eat more green peas.

Green peas do not contain large amounts of antioxidants. However, they actually have high iron and zinc content, which are substances that are essential for your hair's health. On top of that, green peas are also loaded with B vitamins, which can all contribute to the growth and health of your locks.

56. Your hair is fragile.

You have to take note that as your hair grows longer, it also becomes more fragile. Thus,

you have to take care of it, like it is a fine old lace. With that, you need to make sure that you practice proper hair handling procedures. On top of that, you should also avoid any unnecessary combing, brushing, and styling.

57. The use of hot water.

Using warm water from time to time is not bad. However, when you use hot water, it is actually not good for your hair, since it can make it brittle. This practice can result to split ends, aside from the fact that it can hinder proper hair growth. Thus, you should not wash your hair with hot water since it does not bring any kind of good to it.

58. Hot oil treatments.

Going through hot oil treatments is beneficial to your hair. This is because, aside from stimulating hair follicles, it also maintains proper moisture in your scalp, which can prevent dryness and even dandruff. Thus, make having oil treatments a regular practice, so that your hair would grow faster.

59. Blow drying hair.

Some people think that blow drying hair does not result to any kind of damage to it. However, since you are applying heat to your locks, it can actually make it brittle and dry. Thus, if you blow dry your hair often, then your hair follicle might get damaged. With that, it is better to towel or air dry your hair, so that you won't be hindering its growth.

60. Choosing the right brush and using it well.

The use of brushes is another important factor that can affect the growth of your hair. Choose a brush that has rounded tips, so that it won't put too much pressure on your hair and scalp. Aside from using the right kind of brush, you should also use it properly, by starting at the bottom and being gentle.

61. Hormonal problems.

Hormonal problems can cause hair loss as well as slowing the growth of hair. This does not pertain to women only, since males can also get affected by it. Aside from thyroid problems, there are also other things that can affect your hormones. It is best to correct this imbalance to ensure proper hair development.

62. Fungal infections.

There are lots of things that can affect hair growth, and one of which is fungal infection. Fungal infection can cause dandruff and other scalp related problems. Thus, if you see

signs of it, then it is best to treat it immediately. You can use antifungal medication for it, which can be found in pharmacies.

63. Taking beta carotene supplements.

There are certain types of dietary supplements that are loaded with beta carotene; and, taking them is actually a good idea for faster growth of your hair. This is because, this substance is needed by your hair, in order to maintain the health of the follicles. Aside from that, it also enhances the shine of your hair, which would make it more attractive.

64. Creating a hair mask.

There are lots of things that you can use as hair mask. Some of which would include eggs, essential oils, powdered herbs, clay, and henna. You can combine these substances or use them on their own if you want to. By creating a hair mask from these things, you can tame curls, enhance shine, increase its strength, which can all contribute to its health and growth rate.

65. Do not forget to check the labels.

There are certain types of shampoos, which may contain substances that can do more harm than good. Because of that, you should never forget reading the labels of the shampoos that you are about to purchase. Make sure that it does not contain too many artificial ingredients, since most of them can hinder hair growth.

66. When to brush your hair.

Although it can be tempting to brush hair after getting a shower, many experts actually advise not to do it. This is because, hair is at its weakest when it is wet. Therefore, you should properly air dry or towel dry your hair first, before brushing, so that you can avoid breakage and help it grow faster.

67. Select your hair stylist properly.

Lots of hair stylists may apply different types of hair care accessories, gels, and other substances on your locks just to style it, without considering the effects of the things that they have used. Thus, it is important to properly select your hair stylist. Go for a stylist who is conscious about the dangerous effects of synthetic substances, and is promoting the use of natural products.

68. Towel drying your hair.

Although drying your hair with the use of a towel is better than using a hot blower for it, you should still take note of how it is done properly. If you make use of a towel and rub

it against your hair vigorously to dry it off, then you can cause damage to your hair, and hinder it from growing fast. The best way to towel dry your hair is to pat it first, and then stroke your hair in accordance to its growing direction, so that you won't be applying too much friction on it.

69. Relaxing with a hot shower.

Taking a hot shower is indeed relaxing. However, if you are going to include your hair with it, then you may be rubbing it off with its essential oil and moisture, which can lead to dryness. With that, it is best not to wet your hair with the use of hot water, so that you won't be damaging it. Use cool water on your hair, so that it won't be brittle and dry.

70. Eat yogurt.

Yogurts are filled with good bacteria or pro-biotic, which can promote good health. Aside from that, it can also prevent the development of dandruff and other fungal infections on your scalp. Thus, it is best to eat more yogurt starting today, so as to see the results on your hair.

71. Exfoliate your scalp weekly.

One of the best ways to maintain the health of your scalp is to exfoliate it on a regular basis. Exfoliating your scalp will ensure that dirt would be removed from it, as well as dead skin cells. All you need to do is to make use of an exfoliating scrub for it, which is gentle to your scalp.

72. Lubricating your hair.

When you apply a moisturizer, you would be lubricating your hair, which is essential to prevent split ends. Aside from that, it can also prevent breakage, as well as promote the hair's growth. Thus, it is best to lubricate your hair with a good moisturizer, but do not overdo it, since it can make your locks oily.

73. Recognize scalp problems and how they can be treated.

There are lots of different scalp problems, which can affect the growth of your hair. Some of which would be dandruff, seborrheic dermatitis, dry scalp, scalp psoriasis, and scalp acne. It is important to know the signs that indicate these problems. Aside from that, you should also learn how to treat them, so that you can fix the problem as soon as you spot it.

74. Avoid chemical processes.

It is true that certain chemical processes, can enhance the looks of a person, such as relaxing the hair. However, these chemicals are used to change the natural state of your hair, which can damage it. Thus, it is best to avoid them. If you really need to change your looks, then go with proper styling, instead of going through certain chemical processes.

75. Proper wearing of hats.

Lots of men love to wear hat; and, there is nothing wrong with it, as long as you know how to wear it properly. Proper wearing of hat means that you need to be mindful of its size, so that it would not be too tight and prevent proper blood circulation in your scalp. Aside from that, you should not wear it for too long, so that it would not accumulate heat in your hair, which can be damaging.

76. Choose a shampoo according to your hair type.

When you are at a grocery store, you may get confused of all the different shampoos that you can choose from. To narrow down your choices, you can choose one that is made for the type of hair that you have. Some of the options available are shampoos for dry hair and oily hair. Aside from that, there are also those for people who have dandruff.

77. Load up with L-carnitine.

L-carnitine has been found to provide beneficial effects to hair growth, according to recent studies about it. Thus, it is best to take supplements that can offer you good levels of it. Aside from that, you can also eat foods that are high in it, such as red meat.

78. Choosing the best hair conditioner.

If you are in the process of selecting among many hair conditioning products available in the market today, then you should do your research first, before finalizing your decision about it. Doing your research can now be done on the internet. You only have to view reviews about certain products, in order to see if other people found it to be effective and safe.

79. Drinking green tea.

There are lots of benefits you can derive when you drink green tea. One of which is proper health growth, since it increases blood circulation. There are certain compounds that are found in green tea, which facilitate this effect, due to its ability to relax blood vessels; and, with better circulation, your hair would be able to receive the nourishment that it needs.

80. Laugh as much as you can.

Laughing can benefit your health, according to recent studies. Thus, you should laugh more, instead of having chronic negative moods, which can make your body's systems to slow down or become sluggish. Laughter can improve your circulatory system, which can improve your hair's health and result to faster growth.

81. Get enough rest.

Sleeping for 8 hours each night applies not just on your general health. It can also have beneficial effects on the growth of your hair, since it ensures that your hormones are in balanced proportions. When this happens, your hair would not have interrupted growth and would become healthier.

82. Eating foods that are high in iron content.

Iron is a mineral that is needed by your body in order to have proper hair growth. Aside from that, it can also prevent hair loss. With that, it is best to eat foods that are high in iron content, so that your hair would grow faster. Some of the foods that you can eat for it would be liver, beans, red meat, egg yolks, and spinach.

83. Quit smoking.

Although some people may think that smoking and hair growth are not related, this habit can actually hinder proper hair growth. This is because, smoking causes a lot of stress to your body. Aside from that, it can also reduce the blood circulation in your scalp. Thus, if you want to have proper hair growth, then it is best to stop smoking as soon as possible.

84. Taking folic acid supplements.

Folic acid is actually one of the B vitamins, and it can help in making your hair healthier. It can help the body in producing cells that are healthy, which would contribute to having long healthy hair fast. This is actually one of the reasons why pregnant women have beautiful hair, since folic acid is one of the supplements that are often recommended to them by their doctors.

85. Stop drinking alcoholic beverages.

Drinking alcohol will not just affect your health in general, but it can also prevent your hair from growing properly. This is because, alcohol can decrease the level of zinc that your body has, and this substance is actually needed in order for your hair to grow fast. Aside from eating up zinc, it can also cause hormone imbalance, which is another culprit behind the improper growth of hair.

86. Walk in the park each morning.

Walking in the park every morning would not just improve your health, but it can also enhance the growth of your hair. This is because, when you walk in the park, you would be able to absorb the sun vitamin, which can provide benefits to your hair. Aside from that, it can also improve your blood circulation and ensure that your hair receives the nourishment that it needs.

87. Eat a healthy breakfast.

Eating a full and healthy breakfast meal can enhance the growth of your hair, aside from ensuring that your body would work efficiently. A good recipe for it though would consist of equal parts of honey, brewers yeast, soy lecithin, wheat germ, and yogurt.

88. Applying Emu oil on your scalp.

Emu oil can rejuvenate hair cells, which is why it is good to use in order to promote hair growth. With that, it is best to use it on your scalp, so that your hair would grow fast and become healthier. To use it, you can massage your hair with the Emu oil, and rinse it after 30 minutes. Do it twice a week for faster results.

89. Honey as hair moisturizer.

Aside from drinking honey, you can also use it as a hair moisturizer. This is because, honey is actually a good antibacterial agent. On top of that, it can also retain water, which is beneficial to your hair. Thus, it is time to make use of it, so that you can maintain the right moisture of your hair, and enhance its growth.

90. Coconut oil.

One of the culprits behind improper hair growth is the dryness of the scalp. To prevent that from happening, you can actually use coconut in massaging your scalp. Aside from promoting the growth cells in your hair, coconut oil can also minimize protein loss in your locks, as well as prevent lice accumulation.

91. Bubbly shampoos.

Contrary to popular belief, shampoos that can create foamy bubbles when you apply it on your hair are usually not the best products to use for proper hair growth. This is because, in most cases, these shampoos are filled with sodium lauryl sulfate, which is really not good for your hair. It can strip hair moisture and damage follicles, which is why you should read the label of your shampoo.

92. Be careful in following fad diets.

Fad diets that are said to help people in losing weight usually do not contain enough calories. Aside from that, it is also very possible for them to make you eat foods that cannot offer the nutrients that your hair needs. Thus, you should be careful in choosing the diet program that you want to follow. Make sure that you are providing your body with the nutrients that it needs, so that you can promote your hair's growth.

93. Aromatherapy.

Going through aromatherapy on a regular basis, can lead to proper hair growth, aside from promoting your overall wellness. Recent studies show that there is a direct link between hair growth and aromatherapy. Because of that, it is best to indulge it, to promote the health of your hair.

94. Do not forget to eat healthy snacks.

Eating between meals can have beneficial effects on the growth and development of your hair. This is because, it ensures that you are constantly providing your body with the necessary nutrients for your locks. Some of the foods that you should eat are cashews, almonds, yogurt, as well as hard boiled eggs.

95. Drink 8 glasses of water each day.

Drinking at least 8 glasses of water each day will improve the health of your skin. Aside from that, it can also properly maintain the moisture of your hair, which is why it is best to practice it. When you drink enough water, it can also help your body in flushing out toxins, which can also result to healthier hair.

96. Using elastic bands.

When you make use of elastic bands, it can apply friction to your hair, which can damage it or make it brittle. Aside from that, it can also pull your hair more. With that, it is best to prevent the use of elastic bands. If you really need to, make sure that it is covered with fabric.

97. Applying hair care treatments.

There are lots of different hair care treatments that you can use to enhance the health of your hair. However, you need to make sure that prior to applying any of them, your hair is properly washed and cleaned. This is to ensure that your hair won't get irritated with dirt, after applying a particular treatment on it.

98. Consider the kind of hair that you have in caring for it.

In general, there are only two different types of hair and they are the curly and the straight hair. When it comes to caring for straight hair, it does not require lots of work until it becomes quite long. However, if you have curly hair, you need to invest more time and effort in caring for it, especially if you want to grow it long.

99. Be as patient as you can.

On the average, most people experience hair growth rate of half an inch to an inch every month. With that, you have to be patient in waiting for it to grow. Aside from that, don't go through unnatural processes just to see if it can make your hair grow faster, since it can damage it and make it unhealthy.

100. Practice good hair hygiene and do not be tensed.

Make sure to keep your hair as clean as possible. However, since it needs its natural oils to grow fast and properly, you can actually go for a day or two without washing it. Aside from good hair hygiene though, you should also become more loose, instead of being tensed, since being stressed out can slow down its growth rate.

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Lawn Care Tips

1. Know the costs of caring for your lawn.

Caring for your lawn can cost you some money. You may need to purchase equipment for it, as well as other things necessary to make your lawn healthy and beautiful. Check out the prices of the equipment or tools that you need, so that you know how much money you may need to spend for it.

2. Take care of your lawn mower.

A mower is one of the most important tools that you need in caring for your lawn. Thus, it is important to take good care of it. With that, you need to make sure that you follow proper operational procedures in using it. Aside from that, you should also practice proper maintenance, so that its quality would not decline.

3. Read more books about lawn care.

Gathering more information about lawn care is essential in order to become more effective in it. One of the things that you can do to achieve that is to read more books about lawn care. There are lots of books that you can purchase for it, aside from the fact that you may also be able to borrow some of them from your friends.

4. Learn new things everyday.

Caring for your lawn is not as difficult as you may think it is. This is true, especially if you are going to try and learn as much as you can about it. Learning new things about it each day can actually be done by simply reading magazines about caring for your lawn. On top of that, you can also visit blogs and websites through the internet, which showcase countless tips on lawn care.

5. Think about your lawn just before going to bed.

If you have just started setting up your lawn, it is best if you can think about it just before you get some sleep. This would make you more motivated in doing the necessary things to care for it the following day. With that, you would be happy to wake up early, and start working on your lawn in the morning.

6. Prepare all the things that you need.

You may not be able to take care of your lawn properly, without preparing the things that you need for it. Thus, it is very important that you have the necessary things that can help you in caring for your lawn. Aside from that, make sure that they are all

situated in one place in your garage, so that you can easily find them.

7. Don't hesitate to tell your family about what you are trying to achieve.

In trying to have a beautiful lawn, you should not hesitate in making your family aware of what you are trying to achieve. This is because, they may be able to help you out with it. Aside from that, it would also ensure that they would be more careful each time they visit your lawn.

8. Buying a lawn mower.

There is no need to purchase the most expensive lawn mower that you can find in the market. Since lawn mowers vary not just in prices, but also in terms of their sizes, you have to consider the size of your lawn in order to come up with a sound decision. Choose a mower that would be best for the kind of lawn that you have, instead of looking at the prices.

9. Learn how to improve the condition of your soil.

Always keep in mind that one of the biggest factors that can affect the beauty of your lawn is the health of the soil. Thus, you have to find out ways on how to improve its condition. On top of that, you can also hire an expert who can check the soil's present condition, so that you would know what to do to improve it.

10. Planting new grass.

Planting new grass into your lawn is not a very difficult procedure. One of the things that you need to do for it is to loosen up the soil. To achieve that, you can make use of a dirt rake, and rake the part of the lawn where you want to plant your new grass into. Spread the grass evenly to make it look good and balance.

11. Drink coffee in front of your lawn.

After eating breakfast, you should allocate some time in drinking coffee while sitting in front of your lawn.

When you do this, you would be able to appreciate the work and time that you have invested into it. Aside from that, it would also inspire you more to make it even more beautiful than it is.

12. Get your spouse involved.

Make caring for your lawn more fun and exciting by getting your spouse involved with it. For sure, your spouse gives her full support on your newfound hobby, and will do what

she can to help you with it. With that, you can make caring for your lawn an activity that you can always share, which can bring you closer to each other, aside from improving the condition of your lawn.

13. Test your lawn's soil for its pH.

The ideal pH level of a lawn is between 6.5 to 7.0, which means that it is slightly acidic. If it is higher than that though, then you need to control its pH level by sprinkling lime onto the soil. On the other hand, if your soil is not acidic enough, then you can use sulfur for it. Purchase a pH tester soon, so that you can check it out.

14. Loamy soils.

Loamy soil can help you have a very attractive lawn in just a short period of time. This is because, it is the most ideal type of soil. You would know if you have loamy soil if you can see that it has a good mixture of silt, clay, and sand. It is not too compact, which allows better air and nutrient flow.

15. Compacted soil.

If your soil has too much clay in it, then it can become compact in no time, especially after a few days of raining. This will prevent better assimilation of nutrients into the plants, which is not good for the lawn. With that, if you found out that there is too much clay, then you should approach an expert about it, so that you can apply the right solution.

16. Water appropriately.

If you have just planted new seeds into the ground, you need to make sure that you water it appropriately.

It is best if the soil around the seeds is kept moist with water. However, you should be careful not to apply too much water, since the seeds can drown because of it.

17. The process of aeration.

Aeration of the soil is usually done prior to fertilizing as well as top dressing. This process can also be applied for compacted soils. This method involves lifting small plugs of turf from the soil in order to improve its condition. To do that, you can hire someone for it, or just simply rent an aerator.

18. Don't choose grass that is not locally grown in your location.

You need to choose a type of grass that is locally grown in your area, if you want to have

a healthy lawn. This is because, grasses vary in terms of the climate that they prefer. Aside from that, different grasses also require different amounts of water, as well as nutrients. Thus, make sure that you plant grass that is suited for your environment, so that you won't get disappointed.

19. Compost and grass clippings.

Compost and grass clippings are organic matters, which can improve the condition of your soil. It lightens your soil if it is heavy due to clay. Aside from that, if your soil is sandy, it can also build humus. With that, it is best to compost and disperse grass clippings in different areas of your lawn, to make soil healthier.

20. Take care of the weeds.

To start taking care of your lawn, you have to get rid of weeds first. This is to make sure that your lawn would only have grass that you want to have in it. Aside from that, it can also ensure that your grass would grow healthy, since there are no other species that would try to compete with it.

21. See that there are no holes or low spots.

Holes in your lawn, as well as low spots, can cause drainage problems. Aside from that, they can also accumulate water, which can attract mosquitoes towards your place. Thus, before replanting, you should see to it that you fill up any low spots or holes in your lawn. This may only take you a couple of hours, and it is not a very hard thing to achieve.

22. Choosing the right grass.

When it comes to choosing the grass for your lawn, there are certain things that you need to consider for it. Apart from making sure that the grass can easily adapt in your place, you should also think about the shade in your lawn, how you are going to use it, how much work you can invest in it, and such. Do this, so that you can have the right grass in your lawn.

23. Avoid cheap blends of seed.

There may be times when you can see very affordable blends of seed in certain garden stores. However, you need to take note that in most cases, such types of seeds may no longer be in good quality. Thus, choose those that are regularly priced, since they can provide you with better quality grass.

24. You need to seed at the right rate.

When it comes to seeding, you should make sure to read and follow the instructions for it. You do not want to place too many seeds in one spot, since it can make seedlings compete with each other for the nutrients that they can derive from the soil. It is better to seed lesser than the recommended rate, instead of going beyond it.

25. Mowing.

Mowing should be done regularly, since it can help in maintaining the health of your grass. However, it is not recommended to cut your grasses too short. This is because, it can expose the surface roots, which is not good. Aside from that, it can also make the soil dry faster.

26. Watering.

Watering your lawn thoroughly is a good idea, since it can develop root systems that are deep. Aside from that, it can also help in making your lawn drought resistant. Just make sure that you water the lawn once it has already dried out, so that you won't be doing it excessively.

27. When to water your lawn.

If you notice, most lawns are watered early in the morning. This is because, this is the time of the day, when less water is lost due to evaporation. In other words, your grass would be able to absorb most of the water that you provide to them. Watering in the afternoon is also ideal, but it would be better to do it in the morning.

28. Thatch buildup should be controlled.

It is important to control the buildup of thatch in your lawn. Thatch is actually the above-soil runner accumulation, which is propagated by the lawn's grass. The layer of the thatch should not go beyond half an inch. It is important to control it, since thatch can become a barrier between the grass roots and the nutrients.

29. Know your grass.

There are certain types of grass that need frequent watering, while others can go for several days without hydration. Thus, you need to know the needs of your grass. For example, if you have Kentucky bluegrass, you have to make sure that you can water it in 5 to 7 days. On the other hand, if you have carpet grass, it can actually thrive without water for 8 to 12 days.

30. The benefits of a reel mower.

Reel mowers are used by lots of people these days, because of the benefits that it can

offer. These types of mowers actually shear grass instead of tearing them. On top of that, they are also quite, which means that you won't be disturbing your neighbors when you use it. Moreover, it does not pollute the environment and is more affordable to maintain.

31. There is no need to clean grass clippings in your lawn.

When you cut the grass or mow it, there is no need to take the grass clippings from your lawn. You can simply leave it on your lawn, since they can provide lots of nutrients such as nitrogen, water, and phosphorus. It is an organic fertilizer and it would not cause thatch.

32. Know the weeds.

The growth of different weeds in your lawn can indicate different things. For example, if you can see clover and medic, then you should take it as a sign that your soil lacks nitrogen. On the other hand, if you see dandelions, then it means that your soil is too acidic. By taking note of these facts, you can properly adjust the condition of your soil.

33. Make sure that your mower's blades are sharp.

The sharpness of your mower blades can actually affect the health of your lawn. It is important that the blades are sharp, so that the grasses are cut effectively. Dull blades can cause the tips of the grass to become brown and ragged, which is not good. Thus, sharpen your blades to make your lawn more beautiful.

34. Fertilizing your lawn.

When it comes to fertilizing your lawn, you have to consider that there are lots of different fertilizers available in the market today. Thus, you have to make sure that you are using the right one for the type of lawn that you have. With that, when you are at the shop, tell the representative what you need a fertilizer for, so that he can recommend to you the best ones for the type of grass that you have.

35. Make use of your lawn.

It is best to make use of your lawn once you are able to make it grow and develop. There are lots of things that you can do on your lawn. You can use it for playing for your kids, having a picnic, or having a barbecue with. Whatever it is that you like to do, you should make use of your lawn since you have worked hard for it.

36. What to do if you don't have much time to take care of your lawn.

If you work from morning until night, then you may not have a lot of time to take care of

your lawn. To go around it though, you can always choose a grass that is not too fragile, so that it would not require lots of work from you. Choose a grass that is disease and pest resistant, as well as one that do not require pampering, so that you can still have a beautiful lawn without having to work very hard for it.

37. Fertilize your lawn once in each year.

Once your grass has grown, there is no need to frequently apply fertilizer on it. You can simply fertilize your lawn either once or twice in a year. Just make sure that you have the right kind of fertilizer, so that you can maintain the beauty of your lawn.

38. Do not burn your lawn with your fertilizer.

There are certain types of fertilizers that contain too much nitrogen. These types of fertilizers can burn your lawn due to excessive nitrogen, which is why it is best to avoid them. Choose a fertilizer that has time released nitrogen, which is water soluble, so that the roots of your grass can only absorb the amount of nitrogen that it needs.

39. Ask how to apply the fertilizer.

When you purchase a bag of fertilizer from the shop, make sure to ask the attendant about how to apply it. Let him demonstrate it for you if it is possible, so that you can really see how it should be applied. It is best if you know how to apply the fertilizer, so that your investment would be worth it.

40. Check out beautiful lawns online.

There are lots of pictures of beautiful lawns that you can see through the internet. Viewing these pictures can actually inspire you to work harder for your lawn to become more attractive and beautiful. Check out the pictures soon, so that you would have the motivation to improve the condition of your lawn.

41. Making use of corn gluten.

Corn gluten is actually a corn processing byproduct, which is not toxic. When you make use of it in your lawn, it can kill seedlings of weed in just a matter of days. Thus, it is a good idea to apply it today, so that you can get rid of weeds in your lawn permanently.

42. Using eco-lawn seed.

Eco-lawn seed is preferred by lots of people today, especially those who do not have enough time to spend for their lawns. This is actually a grass seed that is resistant to drought, and it is a combination of grasses, which require no pampering. In other words, if you make use of it, then you can see healthy grass without constant mowing, and

even without fertilizing.

43. Using of pesticide.

When you make use of pesticide, you can negatively affect the health of your soil. This is because, pesticides, can kill not just the harmful organisms, but also those that can provide benefits to the plants. Thus, try to control the use of pesticides, so that your lawn would be naturally healthy.

44. Check out online videos about lawn care.

If you want to see certain types of processes when it comes to taking care of the lawn, you can actually check out videos about it through the internet. These videos are usually made by experts in the field. When you watch these videos, you can gain important information from them without stepping out of your house.

45. Buying the nutrients your soil needs.

When it comes to buying the nutrients for the needs of your soil, such as phosphorus, nitrogen, and sulfur, you can always visit any garden shop for it. However, prior to purchasing these nutrients, you should know what your soil needs first. To achieve that, you can always get your soil tested by a professional or do it yourself.

46. Spot treating the weeds.

When you see weeds, you may be tempted to make use of herbicide for them. However, since herbicides can also affect the grass and the soil negatively, its usage should be kept to a minimum. To do that, you can actually make use of vinegar to spot treat the weeds. When you do this, there is no need to make use of herbicide, in making your lawn weed free.

47. Reseeding.

Once the grass in your lawn has grown, you may be able to see bald spots in it. Aside from that, there may also be parts of your lawn where the grass is thin. To make sure that the lawn would look perfect, you can always reseed in those spots. Practice proper reseeding procedure, so that you can expect its growth to be perfect.

48. Hand raking.

Hand raking can be done whenever there are clippings in your lawn that are just too long. When you do this, there are actually lots of benefits you can derive from it. Hand raking can give you the exercise that you need. Aside from that, the clippings can be added on to your compost to convert them into something more useful.

49. Focus on organic lawn caring.

It is always best to veer away from non-organic products in caring for your lawn. This is because, organic items can improve the health of your lawn better. Aside from that, organic lawn caring ensures that your lawn is free from toxins, which can harm other creatures in the environment.

50. Visit your friends lawn.

Visiting a friend who has a very beautiful lawn can offer you a lot of benefits. When you check out his lawn, it would inspire you more in taking care of yours. Aside from that, when you talk about lawn care, he may be able to help you out by giving you more tips about it.

51. Planting grass seeds shallow.

You need to consider the fact that grass seed is smaller than other plant seeds. Because of that, you need to plant it shallow. It should only be partially covered by moist soil, so that it can grow faster. If you plant it too deep, then it may not be able to absorb sunlight and may fail to grow.

52. Making use of mechanical spreader.

If you want to spread the grass seeds by hand, then that can also be done. However, if you want it to be spread evenly, then it is better to make use of a mechanical spreader for it. This will ensure that seeds are divided evenly aside from the fact that it would prevent missed spots.

53. What if your lawn has a slope.

If your lawn has a slope, you need to be careful in watering the soil after planting the seeds. This is because, if you apply too much water and pressure, you may wash out the seeds from the ground. This would prevent them from being planted evenly, which would not be good once they begin to grow.

54. Natural rainfall.

Natural rainfall is the best water for your grass as well as your seeds. Thus, if your grass has begun to grow and it rains, then there is no need to water them for the day. If the weather is not cooperating, then that is the time that you water the plants yourself. Make use of a misty spray, so that you won't form puddles in your lawn.

55. What happens when seedlings get washed out.

Seedlings can get washed out due to the angle or slope in your lawn. When they get washed out, aside from making them uneven when it comes to how they are spread in the lawn, they can also get exposed to the sun. Too much sunlight can prevent the seeds to grow, since it can rob them of their moisture.

56. The best time to plant grass seed in your lawn.

It is a known fact that the best time to plant grass seed in your lawn is during autumn. With that, if you have the luxury of time, then you can wait for the best season to plant. However, if you want to start planting during spring, then you should do it once the ground or the soil thaws.

57. Get your family involved.

Getting your family involved in taking care of your lawn is a good idea. Aside from providing an opportunity to bond with each other, you can also assign each one of your kids as well as your spouse specific assignments. You can all work as a team, which would result to a healthier lawn in just a short span of time.

58. Benefits of a healthy lawn.

If you have a healthy lawn, you would be able to enjoy a lot of benefits from it. For instance, a green lawn would offer a very welcoming atmosphere for your guests. On top of that, lots of passersby would also enjoy looking at it. Moreover, when you are going to celebrate something, you can always do it at your lawn.

59. Having a healthy lawn during summertime.

Lots of people are actually not aware of it; but, healthy grass can actually help in lowering the surface temperature. Thus, if you have a healthy lawn during summertime, then it would help in making you feel cool during the hot weather. With that, you should make sure that your lawn is healthy when summertime is just around the corner.

60. The blades of your mower.

The blades of your mower need to be maintained properly, so that your mowing activities would be more beneficial for the grass. With that, you have to sharpen it on a regular basis. Aside from that, if you need to replace them, you should do it the soonest time possible, so that your grass won't suffer from the dull blades.

61. The best time to mow your lawn.

It is not a good idea to mow your lawn at night, since your mower can give off a very noisy sound, which can disturb your neighbors. The best time to mow your lawn would

be at the morning, when most people would be out of their houses, for their work or in taking their kids to school. Take time in mowing your lawn though, so that you can do it properly.

62. Keep seeds moist.

Once you have planted your grass seeds, you have to keep in mind that they need to be kept moist all the time. This is because, when they dry out, they may not be able to emerge for the lack of moisture. Thus, water them frequently, but only in moderate amounts, so that you won't get them drowned.

63. When you want to fertilize.

Timing the application of fertilizer properly should be done, in order to make the seedlings healthy. With that, it is best to apply fertilizer after about 4 to 5 weeks after seeding. This would ensure that the shoot density would be better. On top of that, it also increases the ability of the seedlings to be resistant to certain types of diseases.

64. The first time to mow.

When it comes to mowing your lawn for the first time, it is best to do it once the grass reaches about 60 percent of the recommended height for mowing. Mowing earlier for the first time actually offers lots of benefits to the grass. It increases the density of the grass aside from making the turf win over the weeds.

65. What happens if the blade of your mower is dull.

If your mower blade is dull, it is very important that you sharpen it immediately. This is because, you would just be wasting your time and effort if you continue to use it. Aside from that, it can also pull out young seedlings from the soil, which would make you go back to square one.

66. When to use weed control products.

If you want to make use of weed control products, you need to time it properly. This is because, it is actually not a good idea to utilize them at the early stages of the lawn. In other words, if you have young seedlings, then you would put them at risk to injury when you make use of a product to control the weeds. Make use of them only after you have mowed the lawn a couple of times.

67. Make use of pro-biotics.

Pro-biotics are beneficial microorganisms that are present in the surroundings. There are products in the market that contain them. When you apply pro-biotics in your lawn,

you would be increasing the volume of good bacteria in it. This would result to making your grass more resistant to diseases, which would ensure that they are in good health at all times.

68. Research.

If you have just relocated, and you want to plant more grass in your lawn, then you should do your research. Do your research about the best grass to plant in your area. Select grass that are suited in your place in terms of the weather, sunlight, and more. On top of that, it is also best to become more familiar of the kind of climate your location has.

69. Mowing when the grass is wet.

If you are planning to mow your lawn after a heavy rainfall, then you should think again. This is because, it is not a good idea to mow the lawn when the grass is wet. When you do that, in most cases, the mower blade would just slide through the grass. Thus, it is best if you mow the lawn when the grass is dry.

70. What to feed your lawn.

Whenever a person thinks about feeding his lawn, he may put his attention to fertilizers. However, one of the best things that you can feed your lawn with is actually grass clippings. Grass clippings can actually decompose easily into the soil, and provide your lawn with the nutrients that it needs.

71. The amount of water needed by your lawn.

In most cases, lawns only need about one half to one and one half inches of water each week. Thus, if you are using a home sprinkling system, then doing it for 10 to 15 minutes would be sufficient enough. Do not over water your grass, since they won't be able to utilize the excess amount of moisture provided to them.

72. Focus on root growth more.

There are certain times of the year when it is best to apply fertilizer, especially when it comes to making the root grow deeper. This would depend on your location and weather. If you can focus more on root growth instead of top growth, then your grass would become more disease resistant and healthy.

73. Do not overuse fertilizers.

It is always best to make use of fertilizers sparingly. This is because, overusing it can cause a lot of ill effects to your grass. For example, with excessive use of fertilizers, it

can actually result to having more insects in your lawn as well as diseases. When that happens, your maintenance cost would certainly go up.

74. If you have compost, then there is no need to make use of fertilizers.

Compost is actually the best alternative for fertilizers. This is because, they contain organic material, which ensures that your lawn would not be filled with synthetic substances. On top of that, compost actually releases nutrients to the soil gradually, which is more beneficial to the grass.

75. When in need of a lawn care service provider.

If you are trying to make your lawn better and it seems that you are not getting anywhere with it, then it may be time to hire a lawn care service provider for it. To choose the best one, ask your friends and relatives for their recommendations. On top of that, try to check whether the company has history of violations.

76. Be physically fit.

Keep in mind that caring for your lawn can be physically demanding, especially if you are still at the initial stages of it. Thus, prior to getting started in setting up your lawn, you need to make sure that you are physically fit for it. Get enough exercise, so that you can perform all the work required in caring for your lawn.

77. When to start over.

When it comes to caring for a lawn, you have to keep an open mind about starting all over again. One of the signs that you need to start over again is when you see that your lawn has more weeds than grass. However, you can always tackle certain portions of your lawn first, so that it won't become too overwhelming.

78. Set up your lawn properly.

Before getting started with the activities in caring for your lawn, you should make sure that you set it up properly. When you set up your lawn correctly, then it would become more inviting for your guests. Aside from that, it can also help you in working on it more conveniently.

79. What to do with dense patches of weeds.

If you see dense patches of weeds in certain parts of your lawn, you can always use an organic herbicide for them. If you don't want to do that, then you can also just cover them with black plastic. When you cover them, they would just die after a while; and, once they do, then that is the time to reseed.

80. Choosing the right kind of fertilizer for your lawn.

One of the issues that you may encounter in caring for your lawn is choosing the right kind of fertilizer for it. To get around it, all you actually have to do is to have someone test your soil, so that you would know what you need to supplement it with. Once you get the results, then you can simply take note of it, and go to the nearest garden shop to purchase your fertilizer.

81. Watch TV shows about gardening and lawn care.

There are TV programs that tackle lawn care and gardening these days. Watching such television shows can help a lot. This is because, they are usually offering a lot of tips and facts about the topics. On top of that, they can also show you how certain things are done so that it would be easier to follow.

82. Know more about your soil's calcium to magnesium ratio.

The ideal ratio of calcium to magnesium is 7 is to 1. When this is attained, then your lawn would be looking great. If not, then it can cause lots of lawn weeds to get you bothered in no time. When this happens, it is time to spread high calcium lime onto your lawn, to bring up its calcium level. Have the soil tested again, so that you can see that it took effect.

83. How much compost to apply.

You may have heard a lot of experts tell you to add compost to your lawn. However, they may always seem to miss telling you how much is needed. To make your lawn happy with the nutrients it can derive from compost, you only have to add about a half of an inch over it. Rake it, so that it would be absorbed by the grass better.

84. Caring for your lawn in the spring.

During springtime, it is necessary to keep off the lawn for a certain span of time. This is because, it is usually during early spring when the ground still has a lot of moisture. Thus, it is best to wait for it to get dried out so that it would be firm enough to walk on.

85. Things to do in early spring.

When it is early spring, you can expect a lot of dead grass, leaves, debris, and a lot of things on your lawn. You have to clean them, with the use of the rake. Make sure that you get them all out from the lawn, and take them to your compost, so that your lawn would look better, and you can continue caring for it.

86. Aerating your lawn.

It is actually necessary to aerate your lawn at certain parts of the year. In fact, it is best to aerate it on a yearly basis, especially in parts of the lawn that is frequently visited by lots of people in your house. For areas that are not high traffic, aerating them every other year would be good enough.

87. Watering during dry conditions.

Watering heavily even just once a week is a good thing to do during dry season. This is even better to do than sprinkling the lawn with water once a day. This is because, daily sprinkling during hot weather conditions can actually result to shallow roots; and, when that happens, the roots can burn easily.

88. It is not a good idea to water at night.

Some people think that it is better to water at night than on daytime. However, this is actually untrue, since watering at night can encourage the development of fungus. The best time to water is early in the morning, so that you won't encourage fungus to develop, aside from minimizing water loss due to evaporation.

89. Taking care of crabgrass.

Crabgrass can be a problem in your lawn, which is why it is best if you know to get rid of it. One of the best ways to do it is to make use of pre-emergent herbicide. However, if you want something natural to use, then you should buy corn gluten instead. Crabgrass needs sunlight to grow, which is why it should not be a problem in shaded parts of your lawn.

90. Preventing crabgrass to become a problem again.

One of the best things to do if you had to deal with crabgrass last year, is to prevent it from developing. There are actually fertilizer products available in the market today, which also contain substances to prevent crabgrass. If you can find it in one of the local stores in your area, then make use of it, so that you no longer have to deal with the same problem this year.

91. Proper fertilizer application.

When it comes to applying fertilizer on your lawn, you need to read its full instructions first. Aside from that, you should also remove everything that you are see on the lawn such as toys, debris, and such. Make use of a reliable spreader, so that you can apply the fertilizer evenly.

92. What kinds of fertilizers to avoid.

When you are choosing between a lot of fertilizers for your lawn, one of the things that you need to remember about is to avoid those that have high levels of nitrogen. This is because, this kind of fertilizer can make your grass grow quickly. When that happens, it would actually attract lots of insects, which is bad news.

93. What to do if you have pets.

If you have pets, then most likely, you want them to enjoy your lawn as well. To make sure that they are safe though, it is best if you make use of pesticides that are made out of food grade substances. By doing this, you won't have to worry if your pets always love to play around in your lawn.

94. Pulling up weeds.

Some people may become quite hesitant in pulling up weeds for some reasons. However, it is actually a good thing to do, especially when you see them just right after a night of rain. Pulling them up when the ground is moist would be very easy to do, which is why you should do it more often.

95. Activities best done during fall.

After summer, your lawn may have damaged or bald areas due to the heat. Thus, one of the best things to do during fall is to reseed. With that, just before summer ends, it is best if you already prepare your grass seeds. Follow proper seeding procedure, so that they would develop well.

96. Let your grass grow more.

You may want your grass to be short so that your lawn would look neat. However, it is actually better to let them grow more. Let them reach the height of 3 to 3 and a half inches, and maintain that for months. This would actually provide more shade for the soil during summer, which minimizes evaporation. On top of that, it would also block weed seeds.

97. Make sure you wear a hat.

One of the things that can discourage you to work on your lawn for long periods of time is the heat. Thus, it is important that you wear comfortable hat when you go to your lawn. Even if you are weeding, it should help you extend the time you spend on your lawn, since it provides you with comfort.

98. Do not underestimate the heat of the sun.

When you are working on your lawn, you should not underestimate the heat of the sun. This is because, the heat can get you dehydrated. With that, it is important that you bring a bottle of water with you each time you go out. On top of that, wear comfortable clothing, so that you won't have difficulties in working at your lawn.

99. Have the right tools.

If you have the right tools when you are working at your lawn, then you would make things easier. Some of the tools you can include in your list would be kneeling pad, gloves, weeder, and such. You can even make use of a basket when you are weeding, so that you can simply put all the weeds in it,

100. Spend time in your lawn.

You should spend some time in your lawn on a daily basis. When you do that, you would be able to enjoy it more, especially if the grass has become very healthy. On top of that, when you spend time on your lawn, it would also help you determine things that you can work on, as well as spot potential problems.

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Make Up Tips

1. Choose your makeup well.

When you buy your makeup kit, make sure to choose something that is known for its quality. This way, you can be assured that you would be able to achieve the kind of effect that you are looking for. Aside from that, you can also ensure that you won't experience any kind of side effects on your skin with its use.

2. Consider your skin.

In applying makeup, you need to make certain considerations to be on the safe side. For one, if your skin is allergic to certain types of makeup, then you should carefully select the makeup products you would apply on it. Aside from that, you should also consider your skin tone so that you can enhance your beauty with your makeup.

3. Consider your eyes.

When you apply makeup, you should also consider your eyes. Keep in mind that there are certain makeup techniques used for women with deep set eyes as well as for those with regularly set eyes. By considering your eyes, you would be able to come up with a technique that can enhance it more.

4. Taking care of your makeup.

There are certain makeup items, which should not be exposed to open air for a long period of time, since it can become brittle or are reduced in terms of quality. Therefore, you should make sure to close your makeup kit once you are done with it. Aside from that, you should store it in a place that is not too cold nor too hot.

5. Keeping your makeup brushes.

In most cases, when you are in a rush, you might end up leaving the brush you made use for your makeup by the mirror, or somewhere else. When you do this, you could experience having to look for it for hours the next time you want to use it. Thus, you should put it at the same place where you are usually keeping it, so that you can easily get it anytime you want.

6. Saving money with makeup.

If you want to make use of different shades of lipstick, manicures, pedicures, mascaras, and such, there is no need for you to buy them all. What you can do about it is to simply check out the makeup items of your friend. If you find something that you want to try,

offer to swap it with yours or borrow it. You can also let her borrow some of yours to return the favor.

7. Don't let your kids play with your makeup.

When you find that your daughters are playing with your makeup, you may find it amusing. However, you should not let them play with it, since you might end up with no makeup to use at all. Thus, you should keep your makeup items where your kids would not be able to reach it. Only let them use it, if you are around to monitor them.

8. Learning to apply makeup through the internet.

If you have just begun applying makeup, there are actually lots of things you can do for it. One of which is to search for the information that you need through the internet. All you have to do is to use your favorite search engine for it. Through the web, you can check out eBooks about the right way of applying makeup. Aside from that, videos are also available for you to access for free.

9. Hiring a makeup artist for your wedding.

If you are in the process of hiring a makeup artist for your wedding, you need to see if she is really competent enough. One of the ways to do that is to check out her ideas about the makeup techniques she would use for you. It is very important that she comes up with a style that is fitted for your wedding theme, so that it would blend well with the whole get up.

10. Finding the best makeup artists.

To find the best makeup artists, one of the best ways to do it is through recommendations. You can actually call your friends, relatives, and even your colleagues to ask them about it. Once you have gathered enough names and contact details, try calling some of them, and choose the one that you are most comfortable working with.

11. Have fun.

To become more effective in applying makeup on your face, you should see it as a fun activity. Don't put yourself down just because you are not able to perfect it on your first few attempts. Practice more, and be excited on the outcome, so that you will eventually improve your makeup skills.

12. Apply makeup on your kids.

To practice more in applying makeup, you should get your daughters involved in it. Try applying makeup on them, on certain occasions, so that you can also see your own

progress. By doing that, you would be able to practice more, since you would be applying on someone else's face and not just yours.

13. Observe makeup artists practice their skills.

Whenever you visit the parlor, you should try to observe how various makeup artists apply their skills on their customers, in order to enhance their features. By doing this, you would be able to learn more about which shades go with what skin tones. Do this more frequently, and apply what you learn to yourself.

14. Establish your goals well.

In applying makeup, it is not just something that you have to do, simply because everyone is doing it. You need to have certain goals in mind, when you apply makeup. For instance, you should try to decide if you are applying makeup to enhance your eyes, nose, lips, or all of them. With certain goals on your mind, you can properly apply the right techniques in order to achieve them.

15. Visit your friends.

Whenever you don't have anything to do on weekends, you should visit your friends, and practice applying makeup. Aside from providing you a chance to enhance your skills in it, you and your friends can also exchange ideas and tips about applying make up. Try it out this weekend, so that you can have some fun.

16. Use your imagination.

If you are trying to design on the kind of style that you want to have in applying makeup, you should use your imagination for it. It is a good idea to not just stick on the basic techniques that you have learned through books and magazines. Try to explore new possibilities, since it may help you come up with newer techniques.

17. Read magazines.

To learn more about various makeup techniques, you can always read more magazines for it. This does not mean that you should limit yourself to reading the articles about applying makeup. You should also check out pictures of celebrities and see how their makeup experts enhanced their beautiful faces. By doing that, you can learn more about the various techniques that you can use on yourself.

18. Ask questions.

When you are in need of more information about applying makeup, you should ask more and more questions about it. There is no need to ask only one or two persons

regarding this. You can ask your friends and relatives about it. Aside from that, whenever you visit a beauty salon and you are seated next to a makeup artist while waiting for your turn, then ask her questions, so that you can satisfy your hunger for information.

19. Check out blogs.

Gone are the days when you need to step out of your place to acquire important information about applying makeup. You can simply do it by accessing the internet, and checking out blogs about it. Lots of blogs are launched with topics related to makeup. Aside from offering informative articles, you can also post your questions on these blogs, which may be answered by the person behind it, or by other people who are visiting the site.

20. Start with light makeup.

To be on the safer side, it is best that for your first few tries of applying makeup on yourself, you should do it lightly. With that, you won't have redo everything, when it comes out not the way you want it to be. Aside from that, it would also be easy to correct, since you won't be dealing with heavy makeup.

21. Applying stage makeup.

If you are tasked to apply makeup on yourself for a stage play, you should keep in mind that it is entirely different to applying makeup for parties. For a stage play, your makeup should be something that can stand the hot lights, and be visible to people that are seated at the farthest row from the stage. However, you should also control it so that you won't look like a clown for people seated at the front row.

22. Makeup for sensitive skin.

If you have sensitive skin, then it may take you some time to choose the makeup that won't get your skin irritated. Having allergic reactions from makeup is not something that you want to experience. To go around it though, you can always do a spot test prior to purchasing a product. This can be done by applying a small amount of the makeup on your skin. Wait 24 hours and see if you have any allergic reactions, before making up your mind.

23. Applying makeup for men.

There is nothing wrong if a guy wants to apply makeup, especially if he only wants to cover certain imperfections. To do this, you can actually make use of the very basic makeup items. For example, to cover imperfections, you can use a concealer for that, and choose one that is a shade lighter than your skin.

24. Storing your makeup in the bathroom.

Storing your makeup inside the bathroom is not a good idea. This is because the bathroom is usually filled with a lot of moisture, which could be floating around midair. With this moisture would be bacteria and other germs, which can eventually get to your makeup, and affect its quality.

25. Using sponges.

If you like to use sponges in applying makeup, you should also take good care of it, aside from taking care of your other makeup items. The sponge should be washed clean every couple of times that you use it. If you want to make sure that you have a sponge that is top in quality every time you apply makeup though, you can always use a new one after using the sponge twice.

26. Washing your hands.

It is important that you wash your hands thoroughly prior to using your makeup. This is to ensure that you won't get dirt on your makeup, as well as your face. If you find it such a hassle to go to the kitchen or bathroom to wash your hands though, you can always have a bottle of antibacterial lotion at the place where you are going to apply your makeup.

27. Store makeup testers.

If you want to see if the color of the makeup would match your skin tone, or if you are allergic to it or not, you should avoid using the testers found in the stores. This is because they can harbor different types of diseases, and you might get affected of them just by trying them out. The best way to test a makeup is to visit a friend for it, or contact your makeup artist.

28. Makeup hygiene.

It is very important that you practice good makeup hygiene, since your makeup can make you visit your doctor soon. Some of the things that you need to take note of when it comes to this would be the proper storage of your makeup items, cleaning the brushes and sponges regularly, and many more. By practicing good makeup hygiene, you can prolong the life of your makeup items, and avoid going to the doctor due to it.

29. Infected makeup.

If you do get infected with a sort of disease, which you suspect came from your makeup, you should not be ashamed of it. You should still visit your doctor as soon as you can. If

you experience allergic reactions, then take antihistamine, or call your doctor, so that you can take something that can provide you with immediate relief.

30. Using the concealer.

When you want to make use of a concealer to hide blemishes, pimples, or any other imperfections, there are things that you can do, in order to prolong its effects. One of which is to apply a light dusting on your face with loose powder. By doing that, you would be ensuring that the effects of the concealer would last for the whole night.

31. Using a lip balm.

Lip balm can be used by both men and women, although some males hesitate using it, by thinking that it is unmanly. However, using a lip balm can actually help you in hydrating your lips. Therefore, when you use it in adequate amounts, you can prevent or take care of cracked lips.

32. Enhancing your lashes.

If you are a guy and you want to look like a rocker or a hipster, then you should consider using an eyeliner. A black eyeliner pencil can help you a lot in achieving the looks that you want, by using it to line your upper and lower eyelashes. Choose a pencil that is really dark, so that you can really emphasize your lashes.

33. Using a concealer for a guy.

Aside from making sure that the concealer you are using is of the right shade, it is also important to apply it at the right amount. If you don't want to look like you are indeed wearing makeup, then you should not apply too much of it. Aside from that, you should also make sure that you are applying it well so that you won't look like a pancake.

34. Choosing the right makeup.

If you have experienced allergic reactions to some of your makeup items, one of the best ways to pinpoint the product that is causing it, is to check its labels. In most cases, one or some of your makeup items may contain allergenic ingredients. Once you are able to identify them, you should replace them with products that are safer to use, to avoid experiencing it again.

35. Applying makeup on your kid, for her school play.

When applying makeup on your daughter for her school play, start with a cream foundation, which has the same shade as her skin tone, or slightly darker. It should be paired up with blush on the cheeks. More importantly, use makeup items that are

gentler on the skin, since your kid's skin is still very fragile.

36. The loose face powder.

Having a loose face powder on hand is important in applying makeup. One of its functions is to ensure that your makeup would stay in place longer. Aside from that, it can also ensure that the makeup won't melt in warmer temperatures. All you need to do is to apply it as a light dusting.

37. Shopping for makeup for your kids.

If you like applying makeup to your kids, then it is always best to go with milder items. To achieve that, when you shop around the malls, you should keep an eye out for makeup items that are hypo-allergenic, or at least fragrance free. By doing this, you can ensure that your kids' skin won't get irritated.

38. Organic makeup.

When you have sensitive skin, it is always best to wear makeup that won't irritate it, such as those that are made from organic ingredients. More and more products today are produced using organic materials, and these does not exclude makeup items. With an organic makeup, you can be assured that it is free from skin irritants like talc and dyes.

39. Lifespan of your foundation.

The lifespan of your foundation can actually depend on the way that you use it. In most cases, if you use it with a pump, it can last for 8 months. However, if you are using it by dipping your fingers into the bottle, then you cannot expect it to go beyond the 6-month period.

40. Going natural.

Going for makeup kits that are made out of natural ingredients is actually a good idea, especially if you have sensitive skin. Aside from the fact that it can prevent skin irritation, it can also help in maintaining the health of your skin. This is because natural products do not contain synthetic ingredients, which are usually harmful to one's skin or body.

41. Pimples and makeup.

When you have pimples, using a concealer, especially something that has lighter shade than your skin can effectively hide it. To prevent pimples though, choose makeup items that are gentler on your skin. Such items usually do not contain substances that can clog

up your pores and cause pimples.

42. Makeup for healthier skin.

Keep in mind that your skin also needs minerals in order to remain as healthy as possible. With that, you should opt for mineral based makeup kits. By doing that, you are not just enhancing the beautiful features of your face, but, it can also improve the condition of your skin.

43. Applying eye makeup for the first time.

If it is going to be your first time to apply makeup on your eyes, then the best way to go about it is to use a pencil eyeliner. This is because a pencil eyeliner is easier to work with, than the other kinds. Just make sure that you have a steady hand, so that you can do it perfectly.

44. Starting out fresh.

When you are just starting to put makeup on your face, it is best to go with the basics first. A light foundation should help you a lot, but you should not apply it heavily at first. Aside from using a foundation, you can also utilize a concealer to hide the blemishes. Once you have gained more experience, then don't hesitate in exploring other makeup items.

45. Makeup for the bride.

Since it is going to be one of your most memorable days, you want everything to be perfect, including your makeup. Therefore, for your bridal makeup, you should not follow the trends, since they usually come and go, and you may not be sure if it would suit you best. Go for a more classic look, so that you would smile every time you check out your photos years after.

46. Makeup colors for your wedding.

To decide on the color of makeup you want to wear on your wedding, one of the things that you need to consider is your wedding theme. However, if you want to achieve that elegant look, stick with colors like pinks, browns, and plums, since they are soft to the eyes. Discuss this with your makeup artist, so that you would look your best on the big day.

47. Makeup tips in attending a wedding.

Knowing the wedding theme should be one of the first things that you should know before applying makeup on. This would ensure that you would be wearing the right

dress and makeup color in attending the event. Aside from that, when you apply makeup, try to think about keeping your skin shine free, but glowing.

48. Wearing a makeup.

Whatever kind of occasion your are attending to, you should make sure that you are wearing makeup that you are comfortable with. To achieve that, you should stick to makeup styles that are not too heavy. Aside from that, you should also choose makeup items that are non-allergenic.

49. Wearing makeup at work.

When you wear makeup at work, you should stick to neutral colors, when it comes to your eyes. Earth tone eye shadows would look great with your office attire. For your eyeliner, you can choose one that has a gray or brown color to achieve that beautiful and professional look.

50. Enhancing the looks of your lips.

When it comes to your lips in reporting to work, you should stick to lighter shades of pink or red. This is because such colors are more professional than the other ones. Aside from that, you should avoid using lipsticks that are frost or have glittery effects. This can also apply to wearing lip gloss.

51. Lifespan of your eye shadow.

When you purchase an eye shadow, you should choose one that is made by a reputable manufacturer. If you are able to do that, then you can expect it to last for a couple of years. However, you should also make sure that you store it properly, in which it is situated in a place that is not full of draft or moisture.

52. Lifespan of your mascara.

Mascara is pretty much the same with a liquid liner, when it comes to its lifespan, which runs for only four months. Thus, it is best that you purchase a mascara wisely. If you can choose something that is a bit small, then you should stick to it, especially if you don't use mascara that much. Just make sure to close its container tightly, so that it won't get bad before consuming it all.

53. Lifespan of lip products.

In most cases, most lip products, such as lipsticks and lip glosses can last for about 1 to 2 years. Storing it properly can ensure that it stays well until you use it all up. However, you should always try to check its smell. This is because, when it starts to have a rancid

smell, then it is time to toss it out.

54. Open your make up purse every six months.

If you make it a point to open up our makeup purse once in every six months, in which you would take out all its contents, then you ensure that your makeup items are all fresh. This is because it can give you a chance to see which items are already done for, or are nearing their expiry dates.

55. Achieving that natural makeup look.

To achieve that radiant look, wherein people may mistake you for not wearing makeup, one of the best things you can do is to use a tinted moisturizer instead of using a foundation. This is because the tinted moisturizer will provide you with a less heavier look. Use it in conjunction with a concealer to hide imperfections.

56. A good way to use blush.

If you use blush that is very close to your natural flush, then it can help you achieve the radiant look that you want. Aside from that, it can also make you look like you are not wearing any makeup at all. You can also use the blush to highlight your cheekbones to have that glowing look.

57. When to wear neutral makeup.

Neutral makeup simply means wearing light blushes, eye shadows that are in natural color, as well as neutral lip shades. This style of applying makeup is best worn for school or work. It is also the kind of makeup that you want to wear, if you are going to meet the parents of your boyfriend for the first time.

58. When to wear dramatic makeup.

Dramatic makeup means that you would be wearing red lips, smokey eyes, or simply dramatic combination of colors. This would be great for parties, as well as going out with your friends to discos or bars. Just make sure that you won't overdo it, so that people can still see your face.

59. Wearing wakeup near your eyes.

When you wear makeup just below your eyes, you need to be gentle with it. This is because the skin under your eye area is very sensitive. Thus, if you apply too much pressure on it, it can appear wrinkled or saggy. Just apply a little amount of makeup on it though if you want to, as long as you are conscious on how you are doing it.

60. Wearing mascara and eyeliner on summer months.

If you want to wear mascara during summer, you should consider the fact that the heat can easily melt down your makeup. With that, it is best if you choose a waterproof mascara and eyeliner for your summertime look, so that you won't have to deal with smudges on the skin near your eyes.

61. The best way to start in applying eye makeup.

The best way to apply eye makeup is to start with a clean skin. What you can do about it is to apply cold compress on your eyes for about 10 minutes. Doing this can actually reduce the puffiness of your eyes. After that, apply a light moisturizer so that the skin around your eyes, won't get dried up because of the makeup.

62. Styling your eyebrows.

Some people tend to forget that one of the most important features of a person's face is her eyebrows. Therefore, you should assess it properly, so that you can apply the kind of style that would suit you best. One of the tools to style your brows is called the clipped-angle brush. Before using it though, determine the style that you want first, so that you can easily proceed.

63. The eye shadow compact.

Before making use of your eye shadow compact, make sure that you have already applied the foundation, or concealer to hide imperfections. If your eye shadow compact offers you three or four different shades, keep in mind that they are made that way, since you can actually use them together. Practice blending them though, before you attend parties so that you are assured that you are doing it right.

64. Applying the mascara.

Using mascara can accentuate your eyelashes, especially if you are doing it the right way. To ensure that it is the case, when you apply mascara, you should slightly tilt your chin towards the top and lift your eyebrows. By following this position, you would be able to apply mascara without smearing.

65. Moisturizing your lips.

Unless your lipstick is made to provide the needed moisture of your lips, you should make use of a lip balm prior to applying color on them. This practice can actually prevent chapped lips. Having chapped lips is not a pleasant experience, since it can become painful, especially if you are not able to take care of it immediately.

67. Applying makeup while having pimples.

If you have pimples and you want to apply makeup, it is actually fine. However, it is best if you go with gentler types of makeup items. This way, you won't be irritating your skin further. Aside from that, you should refrain from picking your pimples while using makeup, since it can worsen the situation.

68. Caring for your skin.

If you are the type of person who usually wears makeup almost everyday, then you should take care of your skin properly. One of the things you can do is to get a facial once a month. By doing this, your skin would be revitalized and purified. When that is achieved, it would become more radiant and won't get easily irritated with certain makeup items.

69. Your daily makeup.

Wear a daily makeup that is simple and light, so that you won't put too much chemicals on your skin. Keep in mind that most makeup products are loaded with synthetic substances, which can harm your skin. Thus, it is best to stay on the safe side, and just use heavy makeup, when you are attending a party or going out with your friends.

70. Applying foundation.

When applying mineral or liquid foundation, it is best that you make use of a foundation brush. This way, you can ensure that you can balance the tones of your neck and your face. Choose a foundation brush that is made in good quality, and has flat and long bristles, so that you can apply foundation with ease.

71. Using the right face brushes.

It is important that you make use of the right types of brushes for every makeup item that is intended for your face. For example, a concealer brush is used for the concealer, so that you can properly hide pimples, and other imperfections. Aside from that, the blusher brush is used to color the cheeks. Use the proper brush, so that you can apply your face makeup properly.

72. Applying makeup for the eyes.

The eyes are the windows of your soul; thus, you have to apply the right kind of makeup for it, so that it would help you express your feelings. You need to consider the color of your eyes, when it comes to choosing the shade of your makeup, so that you would be able to effectively enhance it.

73. Different makeup brushes.

There are lots of different makeup brushes that you have to acquire in order to complete your makeup kit. These brushes are usually categorized depending on the part of the face they would be applied to. Some of them would be the face brushes, the lip brushes, the eye brushes, and some are called special brushes.

74. Choosing the best concealer.

Aside from making sure that you are using the concealer that is lighter than your skin tone, there are other things that you need to consider for it. For instance, you should consider its brand, since there are certain brands that certainly stand out from the rest. Aside from the brands, you should also consider the type of concealer that you want.

75. The advantages of the powder concealer.

There are lots of advantages in using a concealer that is in powdered form. For instance, it looks natural even at the end of the day. Aside from that, it would still provide you the effect that you want, even after you lay on a powder foundation. Moreover, it is also lightweight.

76. Using the liquid concealer.

If you want to hide some bad circles that are present under your eyes, then you want to make use of a liquid concealer. A liquid concealer is very easy to apply, since you can even use your fingers for it. Aside from that, it is very effective in hiding even the darker blemishes.

77. Choosing the right eyeshadow for your eyes.

When choosing the color of your eyeshadow, you should consider the color of your eyes. Thus, if you have blue eyes, then choosing the right shade of blue should help you enhance your beautiful eyes. To make sure that the shade perfectly matches your eye color, bring a friend with you when you shop for it.

78. Remove your makeup.

When you are about to go to bed, you should make it a practice to remove your makeup. This is to ensure that your skin won't get irritated with too much exposure to the substances that are present in your makeup. Aside from that, it can also ensure that your skin won't get dried out.

79. Wearing eyeshadow to a party.

If you have just bought a new eyeshadow to wear it for a party, you need to make sure that you are going to wear it with a dress that appropriately matches it. This is because the color of your dress can clash with the color of your eyeshadow if you are not careful. Plan it well, so that you would look as stunning as you want to be.

80. Wearing bright makeup.

If you are going to wear bright lips, bright cheeks, and bright eyeshadow, then you may be overdoing it, and get your face covered with all our bright makeup. You need to achieve balance when wearing bright makeup. Thus, if you are wearing bright makeup for your eyes, then wear something neutral for your lips.

81. Achieving a beautiful eye makeup.

To achieve a beautiful eye makeup effect, you need to have a concealer, eyeshadow base, eye pencil, mascara, and eye shadow brushes. To achieve a more radiant effect, you need to use all these materials properly. Aside from that, you should also take note of the proper sequence in using them.

82. Explore.

Once you have gotten more comfortable in applying makeup on your face, you should not be afraid in experimenting with different looks. By doing that, it actually provides you with more practice. Aside from that, it also gives you a chance to identify the best makeup style for your personality.

83. Finding the most affordable makeup products.

If you want to find the most affordable makeup kits, what you can do is to explore the internet for them. Such kits are actually offered by various online stores in discounted prices. All you have to do is to find them through your search engine. To make sure that the makeup items are in good quality, don't forget to check out reviews about them.

84. Wearing a lip liner if you are a guy.

There is nothing wrong if you wear a lip liner if you are a guy, especially if you perform on stage. In fact, there are even real men who wear lipstick on a regular basis. If you want to try it out though, one of the things that you need to take note of, when buying the lip liner, is to choose something that is a bit darker than your normal lip color.

85. Preventing eye shadow from creasing.

Having a creasing eye shadow is not a pleasant experience. What you can do to prevent it is to make use of a reliable eye shadow primer. Choose one that is made by a

reputable company, so that you are assured that your eye shadow won't fade. Aside from that though, a good primer can also make your eyes look more vibrant.

86. Enhancing your eyes with a concealer.

A concealer is something that you can use to enhance your eyes aside from hiding the your lower eye circles. Since the concealer can brighten up your eye area, your eyes would be emphasized. Just pair it up with mascara though, and curl up your eyelashes to provide you with a more youthful look.

87. Applying a dark eyeliner properly.

Applying a dark eyeliner can be tricky, since it can make your eyes look smaller if not done right. To make sure that you can emphasize the beauty of your eyes, the dark eyeliner should be applied on the lower lash line, instead of the inner rim of your eyes. Don't extend it to the inner corner, since it would make your eyes shrink.

88. Choosing eyeshadow for brown eyes.

Having brown eyes can make it easier for you to choose the color of your eye shadow, since that eye color can go with almost anything. However, if you want one that would suit your eye color best, then you should go with purple or green colored eye shadows.

89. Choosing the right type of eye shadow.

When you are shopping for a new eye shadow, you need to be aware that they are available in different kinds. In general, eye shadows are available in cream, stick, powder, and mineral forms. Choosing between these kinds would depend on your preferences though, but it is also wise to know their differences.

90. The shape of your eyebrow.

Different haircuts go best with different women. This concept also applies to choosing the shape of your eyebrow. To determine the best eyebrow shape for you, one of the things that you can consider for it is the shape of your face. In general, faces can be oval, square, heart, or round shaped.

91. In shaping your eyebrows.

One of the things that you need to remember about shaping your eyebrows is that, they don't have to look like twins. They should look more like sisters, in which they should complement with each other. Aside from that, you should not over pluck since it can take some time to grow your eyebrows back.

92. Choosing between neutral and dramatic eye shadows.

Wearing eye shadow should be in accordance to the kind of event that you are attending. In general though, dramatic eye shadows should be worn during nighttime, especially on parties. On the other hand, neutral eye shadow should be worn for daytime such as at your office or at school.

93. What you can do with thin eyebrows.

If you have thin eyebrows naturally or due to over plucking, you can make use of different types of eyebrow fillers for it. One example of it would be the eyebrow pencil, which you can use like you are drawing individual hairs, to compensate your lack of eyebrows. Don't apply too much pressure though, since it would appear unnatural.

94. Using eyebrow fillers.

Whatever type of eyebrow filler you are going to use, it is very important that you match it with your hair color. However, if you have black hair, you should go for a dark brown color for your filler. This is because using black color could make your eyebrow look too harsh.

95. Having a heart shape face.

If your face is heart shaped, you should come up with rounded brows, since it would make your look more feminine and elegant. The rounded brows would emphasize your heart shape face. Whatever shape your face has though, it is best if you use an eyebrow gel in setting your brows.

96. How to start having a winged eyeliner.

First and foremost, you should use a liquid liner to achieve the winged look. When it comes to applying it, it is good if you find a flat surface to rest your elbow on. This would help to steady your hand. Start at the inner side of your eye and get as close as you can to the lash line, while applying a line that is thin. This should help you in starting it right.

97. Choosing the right kind of eyeliner.

One of the things you need to consider when choosing an eyeliner is its kind. The choices that you have would include the liquid eyeliner, pencil eyeliner, cream eyeliner, and mineral based eyeliner. It is best that you become more familiar with each of them, so that you can choose accordingly.

98. False eyelashes.

If you want to enhance the looks of your eyes by wearing false eyelashes, you should know certain things about them first. One of the things you need to take note of is the fact that most false eyelashes are too long for comfort. Thus, you may have to trim them down after purchasing them. Do it slowly though, so that they won't become too short.

99. Thickening your lashes with mascara.

There are different types of mascaras available today, and one of them can help you add more volume to sparse lashes. All you have to do is to choose a mascara, which features a thickening formula to achieve what you want. Such products usually come with all the instructions that you need to follow.

100. Heated eyelash curlers.

To curl your eyelashes, one of the things that you can make use of is the eyelash curler. However, if you want to speed things up, then you should opt for a heated eyelash curler. Such types of eyelash curler are usually battery operated, and have plates that would heat up when turned on. This tool would allow you to skip the step of heating up your curler in preparing it for the job.

101. Taking care of your waterline.

Your waterline is actually found just right above your lower lashes, which can also be considered to be at your inner eye. The best type of eyeliner for it is the one that is in pencil form, but is waterproof. When you use this type of eyeliner, you can apply it smoothly and it would prevent smudging.

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Running Tips

1. Find someone to run with.

Find a partner who is as committed as you when it comes to running. With that, it can keep your motivation in running at a good level. Aside from that, when you have a friend who is expecting you to run with him on a regular basis, then you will find it harder to skip it.

2. Avoid comparing yourself to others.

When you begin running, there may be a tendency for you to compare yourself to others. This is not good, since it can take you away from your own goals. Thus, it is best to always remember that you are running for yourself. When you do that, you will be able to establish your own pacing, and prevent pushing yourself too hard.

3. Determine your goals in running.

Some people run in order to have better body condition, while others are doing it in order to become competitive in the sport that they are involved with. It is important that you determine your goals prior to starting your running activities. This way, you will be able to plan out your running better, and start the right way.

4. Make up a plan for running.

Making up a plan for running is good, since it can help you build your own routine in it. In your plan, it should include the running schedule that you want to follow. Aside from that, it should also involve purchasing the necessary gears that you need. Moreover, it is also important to come up with a well balanced diet.

5. Tell your friends and family about running.

Prior to starting running, it is best if you make your family and your friends aware of your plans. This way, they would be able to support you on what you want to achieve from it, as best as they could. Aside from that, some of your friends or members of your family may even become your running buddies.

6. Watch runners in television.

Watching running competitions in the television is one of the best ways that you can do in order to get inspired in running. Thus, you should take note of the many running competition schedules today. By watching them in the television, you would soon look forward to running, and even joining in one of the upcoming events.

7. Think about your running goals before going to sleep.

Just prior to closing your eyes at night, you should think about your goals in running, and how you are going to achieve them. When you sleep with that thought in your mind, by the time you wake up, you would be raring to go outside and start running. Do it every night, so that you will always look forward for the next day's running.

8. Running to lose weight.

Running can actually help in losing weight. However, you should not get discouraged if your weight would not go down immediately. This is because it may take some time before you experience weight loss with it. Thus, it is best if you combine it with a healthy diet, as well as performing other forms of exercise.

9. Be prepared for tougher days.

Always remember that while you are trying to make progress in your running, there may be times when it seems too hard to achieve even just your short term goals. When this happens, you should not get discouraged and you should motivate yourself more. Aside from that, be optimistic that the next day would be better.

10. Running with music.

If you want to have more energy while you are running, you should try listening to upbeat music while doing it. Music can actually boost your level of energy. Aside from that, if you are listening to music that you really like, then you may not even notice that you have already spent some time in running and have already covered quite a distance.

11. Remove negative words from your vocabulary.

It is very important that you always encourage positive thoughts when you are running. Thus, you should get rid of negative words from your vocabulary, such as "cannot, never, and won't". By doing that, you would become more confident that you are indeed capable of hitting your goals in time.

12. Keep in mind that there are days when it could hurt.

Always remember that when you are running, especially for the first few days, you will be putting your muscles to work at a higher pace. Therefore, you may experience muscle soreness in your thighs and legs. You should be glad in experiencing it though, since it means that your body is working in order to build more muscles, which can support you through the activity.

13. Learn more about running.

You should learn more about what you are getting yourself involved with. Learning more about running can be done through visiting websites that provide valuable information about it. Aside from that, you can also get in contact with professional runners, so that you can ask them some questions about it.

14. When you run, it does not necessarily mean that you are going to lose weight very soon.

Running is a form of exercise, which can boost your body's metabolism. However, even if you are running on a regular basis, you can still gain weight, especially if you continue eating foods that have high sugar and calorie content. Thus, if you are running to lose weight, make sure that you combine it with a healthy diet as well.

15. Make sure to have the right kind of shoes.

When you are in the process of purchasing a pair of shoes for running, you should keep in mind that not all rubber shoes are made for runners. Thus, you need to make sure that you are buying a pair of running shoes for it. Aside from that, make sure that it fits you well, and that it can provide you with the support that you need for better balance, and to prevent injuries or strains.

16. Purchasing socks for running.

Although most people focus more on buying the right kind of shoes for running, it is actually very important to have the right kind of socks as well. When you use regular cotton socks for running, it can lead to blisters on your feet, which is bad news. Thus, make sure that you are buying running socks to pair with your shoes, so that you would be able to run comfortably.

17. Ladies should not go for cheaper bras.

When it comes to running, if you are a lady, you should provide adequate support to your chest. Thus, it is best that you purchase a bra that is designed for running, which is made with good and quality materials. Even if it may cost as much as your running shoes, a quality bra is still a very good investment.

18. Running clothes.

Running can become a more fun and exciting activity, especially if the clothes you are wearing are comfortable. Wearing the right running clothes does not only mean being comfortable with it. Your clothes should also make you look good, so that you will become more motivated in wearing them as well as in running.

19. Buying running clothes online.

If you are on search for running clothes that are available at reasonable prices, then don't forget that online shopping can offer you that. Through internet shopping, you can access running clothes conveniently. Aside from that, most online stores offer their products at discounted prices, since they don't have to deal with high operating expenses.

20. When to buy cheaper running clothes locally.

If you are searching for more affordable running clothes in your locality, you should try to wait for sales events. If you have time to wait though, it is always best to shop at the end of the season. This is because most stores would usually offer the previous season's products at bargain prices.

21. Knowing the right speed of running.

When you are running in order to get fitter and build your stamina, you should be mindful of your speed, so that you can increase your distance without getting too fatigue. One way of determining this is to follow the "talk test" which is done by lots of avid runners. This basically means that if you can talk to your friend comfortably while you are running, then you are at the right speed.

22. Listen to your stomach.

Since running can boost your metabolism, it can also make your body process the foods you eat faster. Thus, there may be times when you get hungry earlier than usual. With that, you should listen to your stomach when it says that it is hungry. Because of that, you can address the needs of your body immediately, which is a good thing.

23. Relaxing while you are running.

While you are running, it is not a good time to be bunching up your shoulders towards your ears. When you run it is best to relax, so that you can maximize the benefits you can derive from it. Thus, let your jaw hang loose when you are doing it, as well as shake out your arms as well as your hands in order to relax.

24. Think in minutes when running.

One of the biggest mistakes that some runners have is to focus more on the number of miles they have covered. This is actually not the kind of mindset you want to have when you are running. Instead of thinking about the distance covered, you should become more focused on the time spent on it. If you are able to maintain running for a longer

period of time, covering a longer distance with it would simply follow.

25. Make running another way of meeting new friends.

In order to meet new people when you are running, one of the things you can do for it is to sign up with a local running club. To find one, what you can do is to check with running fitness centers. Aside from that, you can also do a quick search through the internet, in order to find running clubs in your community.

26. Sign up for a race.

Signing up for a race can actually make you more excited in running. This is because you don't want to be the last person to cross the finish line. Aside from that, finishing the race can also motivate you more. Thus, once you see an upcoming race being promoted, sign up with it as soon as you can.

27. Make up a good running schedule.

There are some people who may get hooked by running, in which they no longer give a chance to other important activities, such as spending time with their loved ones. Thus, make sure that you are able to properly balance your schedule for running and other important matters. This way, you still get to enjoy running, without certain people regretting that you got involved with it.

28. Don't carry loose change when you are running.

One of the most annoying things that you can experience is to have loose change on your shorts when you are running. Thus, you should not carry them whenever you are running. Aside from the fact that it can annoy you, it can also distract others who are running along with you.

29. Don't overdo it.

It is quite normal that you can find yourself talking more about running, even at work or at your own dining table. However, you should not overdo it, since some people may get tired of hearing the same topic from you all day. Try to talk about something else, especially with people who are not interested about running.

30. Increasing you mileage.

When it comes to running, one of your goals in it may include increasing your mileage in each running week. However, you should not go beyond 10 percent when you try to increase the distance that you can cover. Be conscious about this, so that you can prevent injuries, which can cause you to stop running.

31. Whenever you are running, certain things may begin to rub.

Running can actually result for things to begin to rub. This can actually lead to experiencing something painful such as blisters and even bleeding nipples. To prevent it, make use of clothing that would not cause too much friction. Aside from that, you can also use Vaseline by applying it on the affected areas.

32. Run on soft trails on your regular running days.

When it is your regular running days, it is a good idea to choose running on soft trails. This is because, it can prevent lower leg pain, as well as shin splints. Thus, it is best to go through soft trails whenever you are training, and only go through the asphalt whenever you are running on a race.

33. Set a day or two apart for running hard.

Running two hard days straight is actually not a good idea, since it can put too much pressure on your muscles. Aside from that, it would not provide your body with enough time to rest and recuperate. Therefore, it is important to set your hard running days a day or two apart, so that your body would be provided with time to recover and prevent overworking your muscles.

34. What to do with body pains.

Once you arrive back at your place, after a hard running day, you may begin to feel body aches or pains. To counter it, one of the best remedies is to apply hot and cold compress on the affected areas alternately. If that would not give you the relief you are looking for, you can always purchase a mild pain reliever for it, and pair it with a day or two of rest.

35. Cutting down your training.

Cutting down the rate of your training is a good idea, especially if you do it on the fourth or fifth week. This is because, that is usually the time when your body would require some time to recover. To make it simpler, just cut down as much as 30 percent of your entire running activities for the said weeks.

36. Paying attention to your running form.

At the start, you should run as lightly as possible, so that you would be able to pay attention to your running form. Becoming more conscious on your running form would actually help you prevent injuries. Aside from that, it can also ensure good balance, and properly targeting the muscle groups you want to develop.

37. Trail running can be fun.

When you do trail running, you would make it a more fun activity, since it can offer you with a lot of different things to see and hear. To make it more fun, you should have friends do it with you. However, make sure that you bring your bug or mosquito spray when you do so, so that you can prevent getting bitten by them.

38. Cut your toenails short enough prior to running.

Whenever you are running, you don't want to have your toenails jamming your shoes, since it can become quite uncomfortable. Thus, you should cut it at desirable lengths, just a day or two before running. By doing this, you would become more at ease with your shoes, which is important to prevent accidents and injuries.

39. What to do on long runs.

There are lots of things that you need to do prior to doing long runs. One of which is to apply Vaseline between your toes, since it can prevent blisters. Aside from that, you should also bring enough amounts of water, and make sure that you have a good night's rest.

40. Avoid running on paths that are slanted.

You need to be extra careful, when you are running on slanted paths. This is because, such types of paths can put too much pressure on your hips and knees. Thus, whenever you have a choice, avoid running on slanted paths, and prefer those that are flat.

41. Stretching before running.

Stretching is actually different from warming up. When it comes to running though, it is not a good practice to do some stretching prior to it. What you should do instead, is to properly warm up for it. This can be done by walking on a faster pace, or through jogging slowly for a number of minutes.

42. Avoid the hot tub after a race.

After the race, it is quite normal to feel very exhausted, especially if it covers a very long distance. If you have a hot tub though, you should know that it is not a good place to relax after racing. The reason for this is that, staying in a hot tub after a race can actually increase inflammation, and it can also stop healing.

43. The race is not the day to try new things.

Wearing brand new clothing, eating new types of foods, and trying out a new pair of

shoes, are things that you can definitely do anytime, as long as it is not done during the race day. Trying out new food items on the day of the race can get you out of condition. Aside from that, if you are going to wear something new, it might be too late to realize that it is not comfortable.

44. Drinking water on cups while running.

When you are on a race, you may find yourself picking up drinking cups at the stations, to quench your thirst. One of the challenges when it comes to this is when you are trying to hold onto the cups and continue running. To make it easier though, you can gently squeeze it, so that it folds a bit, which makes it easier for you to drink from.

45. When it rains.

Raining on a race day is actually very possible. Thus, it is best to come prepared, by watching your weather station for it. If bad weather is likely to happen, then you should bring a plastic garbage bag with you. Such type of plastic bags are actually good to use as disposable raincoats.

46 Assumptions are not good.

When you are running, it is not good to assume that everything is in place, or all the people that see you know that you are running. Thus, if you see a car behind you, you should not assume that it can see you. What you should do is to run at a safer trail, so that you won't get hit by it.

47. Safety on the road.

If you are running on a road, where lots of vehicles pass by, then it may not be a good idea to listen to music while doing it. The reason for that is, music can actually prevent you from hearing bikes or vehicles approaching from your back. Thus, always pay attention, and always run on the right side of the road to be safe.

48. Starting slow.

If it is your first time to do some exercises for quite some time, then running should be done on a slower pacing first. This is to make sure that you won't put too much pressure on your body. Once you get accustomed to the activities that you are doing though, you can progress to something more challenging.

49. Double knot your shoelaces.

Double knotting your shoelaces just before you start running is a good safety measure. This is because, when shoelaces come undone while you are running, it can put you at

risk to injuries. Thus, make sure that you are able to knot the shoelaces properly, in order to avoid accidents.

50. Set realistic goals.

When you set goals, it is very important that you set realistic ones. This is because, goals that can be too difficult to achieve, can get you discouraged, especially if you are not able to attain them. Thus, make sure that the goals you set can be attained by you, since that can also build your motivation in achieving the more challenging one.

51. Keep a training journal.

Just before starting your training program for running, make sure to have training journal on your side for it. The journal can help you in monitoring your progress as the days and weeks pass by. Aside from that, it can also remind you on certain things that you need to do or achieve during the whole duration of the training.

52. Breathing too hard.

Once you are already breathing too hard while you are running, it is a sign that you should slow down. You can even just walk once you are having a hard time breathing, until you feel comfortable again. You need to do this, so that you won't be putting too much pressure on your body in running.

53. Finding a beginner training program.

If you have just signed up for your first race, it is important to find a beginner training program for it. The program should provide you with the necessary information that you can follow, so that you can properly prepare yourself for the race. Aside from that, it can also offer lots of tips on how to prevent injuries while you are training.

54. Visit a running store for your running shoes.

A running store is described or named as such, due to the fact that they specialized in shoes and other things that pertain to running. Thus, it is best that you acquire your first pair of running shoes from them. Aside from that, in most cases, they have assistants that can provide you better assessment when it comes to choosing the kind of shoes that would suit you best.

55. Practicing near at home.

If you are in the process of selecting places to train yourself for the race, then it is best if you can pick a routine, which is close to your home. This way, you won't have to spend some time to get to another place just to train. With its convenience, you can have

more chances of being able to stick with it.

56. Learn more each day.

Even experts in running would say that they learn something new from it everyday. Thus, you should do so, not just by running more, but also in reading magazines or books about it. There are lots of books and magazines available today at bookstores, as well as in online stores.

57. Don't be ashamed of walking.

If you are new to running or to getting some exercise for that matter, then you may have to start with walking, to properly condition your body for running. Keep in mind that lots of people are going through this route as well. Aside from that, some people even do not run, but simply walk in order to get in shape.

58. Variety is the spice of life.

Going through the same route each and every day of your training can become boring. Thus, it is a good idea to vary it. Visit other places, which you can reach through running or walking, so that you can make it more interesting and less boring. Aside from that, it can also make your body tougher for having to adjust to a new kind of terrain.

59. Try to improve your speed from time to time.

Training for speed can also help you improve your leg muscles. Thus, speeding up towards a certain light post and running at a normal speed to the next can already provide you with more benefits. Do this on a regular basis, so that you can also vary your training.

60. Build your endurance.

Running is one of the best ways to build your endurance. However, there are also other activities you can do, which can improve your stamina, aside from running. Some of which would be brisk walking towards the grocery store, using the stairs in climbing up to your office, and more. By doing all these things, you will be able to build your endurance more, and experience the effects when you run.

61. Run harder in the later part of your runs.

Running harder in the later part of your runs can actually provide you with a lot of beneficial effects. For one, it can improve your stamina. Aside from that, it can also improve your ability to sprint. Thus, do this technique from time to time, so that you can experience the desirable results from it soon.

62. How to go through rough spots.

When you have to go through rough terrain while you are running, you may find it a bit difficult, especially if it's unfamiliar to you. To do it more effectively, you should focus more on your feet every time it touches the ground. Aside from that, you should also become more conscious of the sounds of your breath. By doing this, you won't be able to notice the toughness of the route, and be able to go through it with ease.

63. Getting rid of side cramps.

One of the best ways to get rid of side cramps is to do abdominal breathing, when you are running. Aside from gaining relief from side cramps, it can also develop your lungs more, since it is the right way to breathe. Moreover, abdominal breathing also helps your body absorb more oxygen, which can improve your overall well-being.

64. Don't be too hard on yourself.

There may be times when you are not able to hit your goals on time. When this happens, you should not be too hard on yourself and give up on it. You should let it go, and focus on the next goal that you want to target. You should not get discouraged of your failures, since they can be the reasons that you would have more drive in hitting your goals.

65. Don't forget to get some rest.

Resting is actually as important as the other elements in working out or in running. This is because when you are resting, you are actually providing your body a chance to repair its worn-out tissues. Thus, it is best that you make it a part of your training plan, so that you can maximize your benefits from it.

66. Buy a treadmill.

If you don't want to miss running, when the weather does not permit you to do so, then you should purchase a treadmill soon. There are certain types of treadmills that are available in affordable prices today, which can already serve its purpose. Check them out, so that you no longer have to spend a rainy day doing nothing inside your house.

67. Be wary of the sun.

When you are running on midday, you should take note that it may be the time when the sun shines at its brightest. In other words, you may get exposed to intense heat, which can get you easily dehydrated. Thus, aside from wearing sunscreen, you should also wear a hat. Additionally, don't forget to properly hydrate yourself by drinking lots

of water.

68. Running during winter.

Running on midday during winter time is actually a good idea, since it may not be too cold at that time of the day. However, you may still need to wear layers of winter dress. Aside from that, you should also wear a winter hat, and topping it with a headband, so that you will be able to cover your ears.

69. Always check the weather.

The night before you run, you should make it a point to check the weather for the following day. This can allow you to prepare for the next day's weather, whether it is going to be hot or cold. If it is hot, one of the things you can do is to fill up your water jug halfway, and put it inside the freezer. The next day, pour some water into it, just before heading out.

70. Run facing the vehicles.

When you are running on a busy street, you should face the traffic, in order to practice safety. This is because, when you run facing traffic, you can easily see if a car goes out of its lane. Aside from that, it is also best if you are running with a partner, so that you can both watch each other's back.

71. Eating a well balanced diet.

No matter how many miles you would run, you may not be able to achieve your goals if you are not following a healthy diet. A healthy diet should consist of foods that can provide you with the essential nutrients for your body. It should be complete with protein, carbohydrates, vitamins, and minerals.

72. Run and lose weight to make it easier.

If you want to make running easier, you should also aim to lose weight. Each time you lose weight, you would actually be making it easier for you to run, due to the fact that your body would become lighter. Thus, you should make sure that you are following a diet that is not filled with too much fats and calories, so that you can achieve that.

73. Prevent dehydration.

Dehydration is something that you need to prevent when you are running. It is true that drinking more water can effectively prevent it. However, if you are planning to run on longer distances, then you should drink more electrolytes as well. There are drinking products that are filled with electrolytes these days. Aside from that, you can also

purchase electrolyte concentrates, which you can mix with your water, from pharmacies.

74. Eating on long runs.

If you are planning to do long runs, which can take hours in a day, then you should eat all throughout of it. Eating every hour while you are doing a long run is actually important. It can help you maintain the level of energy that you need to get through it safely. Thus, you should eat every hour or so, even if you don't feel like it.

75. What to do to hasten recovery.

If you want to recover immediately after a long run, then you should get some rest, by sleeping at least 8 hours each night. Aside from that, you should also eat and drink within the hour after running. Follow these steps, so that you can shorten your recovery period effectively.

76. Carrying water during long runs.

There are lots of people today who do not want to carry their own bottles of water while they are running. If you are one of them, then at least carry some cash with you, and make sure that there are small corner stores within your route. With that, you can easily stop by them, purchase water, use the bathroom, and rest a bit.

77. Lift weights.

Lifting weights can also help you improve your running, especially if you get your legs involved as well. When you build more muscles, you would actually feel lighter, since you are making your body more capable of carrying itself. Thus, aim to build bigger and stronger muscles, so that you can also run faster.

78. If there is no time for running.

When you only have around 15 minutes of spare time to run, then you should still do it. Running for 15 minutes is actually better than not being able to run at all. To avoid time constraints though, you should setup a running schedule effectively, so that you no longer have to postpone many running sessions.

79. What to do with your hands while running.

Clenching your fist as if you were going to break an egg while you are running, is actually not a good idea, since it means that you are too tight. Instead of doing that, you should cup your hands while running, as if you are trying to hold an egg and preventing it from breaking. This way, you would be more relaxed in running, which can pave the way of

deriving more benefits from it.

80. Running during noontime.

Running just before eating lunch actually offers lots of benefits. First of all, it can offer you midday sunlight. Aside from that, it can break your boredom from work. More importantly, it can also help in controlling your appetite during lunch time, which is good, especially if you are trying to lose weight.

81. Always hydrate yourself.

Whether it is hot or cold outside, you should continue to drink more water, especially when you are running. This is because, whenever you sweat, you are decreasing water content in your body. Aside from that, water can also help you in lubricating your joints, carrying blood to different parts of your body, and many more.

82. Make running more fun.

One of the many end products of running is fitness. However, you should make it a fun activity. Running is actually the process that can help you produce the product, which is fitness. Thus, you should see running as an activity that you love to do, otherwise, attaining fitness from it can become quite difficult.

83. Don't be afraid to try out new approaches in training.

If you are in constant search for updated information about running, then you may come across new approaches about it. If a new method does not go by the book, you should not hesitate trying it out, especially if you feel that it can really help you. However, you should also be able to see if it becomes counterproductive.

84. Know how to motivate yourself.

There may be times when you feel tired about working out, and you don't feel like getting out of bed to run. This is true, especially when you begin to think that training is becoming more of a chore, instead of something that provides you with pleasure in doing. When this happens, you should know how to motivate yourself, so that you would stay on track. One way of doing it is to remind yourself of your goals in running, so that you can bring back your drive for it.

85. Eating eggs.

In training, you should include eggs on your diet. Eating an egg or two for breakfast would provide your body with its needed protein, in order to repair the worn out tissues due to running. Aside from that, it is also filled with omega 3 fatty acids, which can do

wonders for your body. In a nutshell, eggs will not just help in cutting recovery time short, but it can also boost your energy levels.

86. Always think positive.

If you are at the point of your running career where you are going through a tough time in hitting your goals, then you should convince yourself that you can do it through positive thinking. Positive thinking can actually provide you with the right mindset that can help you attain your goals. Aside from that, it can also boost your confidence, which can improve your chances of achieving your dreams.

87. Avoiding injuries.

At the first sign of injury, you should immediately back off. In other words, if you feel that there is something wrong with your ankle or legs, then you should take a few days off from running. Not running for 5 or 7 days is actually a lot better, than having to miss weeks or months of it, due to getting the injury worse by not recognizing its signs.

88. Divide your goals and hit them one at a time.

In running, you may have other goals aside from improving your performance in it. Examples would include improving your overall physical condition, getting better endurance, losing weight, and such. It is also possible that you want to increase your mileage on it. Whatever your goals are, divide them, and hit them one at a time to make it simpler.

89. The right way to run.

When you are running, you should take note that your heel touches the ground first, instead of the ball of your foot. If you do it the other way around, or if you let the side of your foot hit the ground first, it can make you fall and injure yourself. Thus, always follow the right way of doing it, and always run in a smooth manner.

90. Check the way you run.

Each person may have his or her own style of running. However, there is actually a proper style of running, which you need to follow, in order to prevent injury as well as to derive benefits from it. Thus, you should consult a coach for it, or a podiatrist. Have him look at the way you run, so that he can offer tips in improving your style.

91. Get your arms moving.

If you want to run faster and longer, you should also move your arms more. Lots of experts say that it is just how a human body is made; the more you sway your arms,

your legs will definitely follow. Thus, mover your arms, and achieve a bigger range, so that your legs would have greater movements as well.

92. Testing yourself.

Just like when you are studying, testing can help you check your actual progress in running. Aside from helping you gauge your fitness, joining a race can also help you check your stamina. Thus, you should have an eye to look out for upcoming races at your place, and join one soon.

93. Achieving better fitness with running can only be done with hard work.

If you want to have better overall fitness by running, then you should work hard for it. Achieving fitness through running is actually possible; however, you need to spend time with it, and work your muscles out. Aside from working hard for it, you should also make sure that you eat the right types of foods at the right amounts.

94. Consider other parts of your body.

When you run, what you would be developing would be your legs and lungs. However, it does not mean that you won't need to develop other parts of your body as well to get fit. Thus, you should also do other workout routines, such as jump squats, crunches, sit ups, pushups, and more, so that you can develop the other parts of your body.

95. Going uphill.

You need to stress your lungs and your muscles to a certain extent, so that you can develop them further. Thus, one of the best things that you can do for it is to run uphill, since it can provide you the kind of challenge, which can push you hard enough. Don't overdo it though, since it can get your muscles strained.

96. Always be careful in running.

If you want to continue running for a long period of time, then you should do everything to prevent injury. You should warm up properly by doing light stretching, walking, or spending a few minutes on the treadmill. Aside from that, you should also be wary of the dangers you could encounter on the road.

97. It is not a good idea to run on an empty stomach.

When you run, your body would actually make use of your energy so much. Thus, it is best if you can have a light snack just before heading out from your place to run. Having a sandwich with milk, can provide you with the nourishment you need in order to go through minutes or an hour of running.

98. Don't limit your carbohydrate consumption too much.

Eating healthy carbohydrates is one of the important things that you want to take note of, when you are running. As a rule of thumb, make your diet consist of 70 percent carbohydrates, 15 percent protein, and 15 percent of fat, so that you have sufficient amounts of energy in running. Just make sure your protein sources are not loaded with too much fat though, so that you won't gain weight.

99. Don't forget the supplements.

Taking a vitamin-mineral supplement is actually a good idea when you are running. It ensures that your body will be able to adequately convert the foods you intake into energy and protein, to support your increase rate in physical activities. Thus, search for a quality supplement today, so that you can use it soon.

100. Visualize achieving your goals.

One of the best things that you can do to boost your drive in achieving your goals is to use visualization techniques. When you visualize your success, it can greatly help you in achieving your desired results aside from controlling your nerves. Aside from that, it can also tap into your feelings, which is very important to keep you motivated in doing things to achieve your dreams.

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Weight Loss Tips

1. Make a plan

If you want to lose weight, you need to make a plan for it. Planning involves setting your goals both short term and long term ones. With proper planning, you would be able to have an effective guide on the steps that you want to take, towards losing pounds of weight. Aside from that, it would also keep you motivated.

2. Watch sports

When you watch people playing sports, whether you are going to do it by visiting stadiums or simply watching them on television, you would see how fit the athletes are. Because of that, you would be inspired more in hitting your fitness goals. Aside from that, you might even be motivated in getting involved with certain types of sports.

3. Maintain proper posture

When you stand or sit down properly, you would not just ensure that you would be able to practice proper breathing techniques. It would also help you look thinner, aside from the fact that it can develop the core muscles of your body. Standing straight would keep your abdominal muscles tightened, which can develop the strength of your stomach and make you lose weight.

4. Make a list of the disadvantages of gaining more weight

One of the things that can provide you the motivation to lose weight is to make a list of the disadvantages of gaining more. When you gain more weight, you may find it harder to fit into your clothes. Aside from that, it can also put you at risk to certain diseases. Other disadvantages would include easily becoming fatigued, not being able to perform certain physical activities, and many more.

5. Get yourself a pet dog

When you go and visit the park, take a look around you, and you will see people with their pets. One of the things that you can observe is that, most pet owners are not fat. This is because their pets can increase their daily physical activities, when they walk them around the neighborhood each day. Aside from that, if you have a pet, you can play with him all day, without realizing that you are already burning calories.

6. Warm up before starting your workout routine

Warming up prior to starting your workout routine would give you lots of benefits. Aside

from preventing certain injuries, it can also ensure that your muscles are loosened up properly. Because of that, you would be able to perform the routines the right way, and benefit from them.

7. Motivate yourself

Without the right motivation, you may not be able to reach your weight loss goals. Thus, it is best if you come up with ways to get motivated. One of the ways to do it is to imagine yourself when you have already lost weight. Aside from that, you can also list down the advantages that you can enjoy with it.

8. Inform your friends and family of your plans

Prior to taking the steps in losing weight, it is best to inform your friends and family about it. This is because, they can provide you with the support you need. They can provide you encouragement, and they can also help in preventing you from eating foods that are unhealthy.

9. Dream about losing weight

Before you sleep at nights, you should dream about what you would look like when you lose weight. You should picture yourself and the other things that you would enjoy when you already lost some pounds. This would help you get motivated just before sleeping, which would help you start your day the following morning, thinking about the things to do to lose weight.

10. Take a picture of yourself prior to taking the initial steps in losing weight

One of the best ways to monitor your progress is to take a picture of yourself just before you start. By doing this, you can compare it with a new image after weeks of doing certain things, which can help you lose weight. Thus, it is also best if you take pictures each time you lose a certain amount of weight.

11. Chew your food thoroughly

When you chew your food thoroughly, you would not just enjoy your food better, but it can also help you lose weight. This is because doing that would prolong your time of eating, which would provide your body a chance to distinguish being full. In short, when you eat slower, you would be consuming lesser amounts of foods, than eating faster.

12. Avoid sitting down for long periods of time

Sitting down for long periods of time can develop back or neck pain. Aside from that, it can also prevent you from losing weight. However, if you cannot avoid it, you can still

help yourself lose weight by walking around the hallways from time to time. You can also walk around the building during lunch and break times.

13. Make use of your feet instead of your hands

It is always better to stand and make use of your feet instead of your hands, so that you would lose weight. An example for this is when you need to communicate something to your colleague, who is just a few meters away from you. Walk towards him instead of using your email, so that you can burn some calories in the process.

14. Use the stairs instead of the elevator

When you are on your way to your office, which is located at a certain floor inside the building, make it a point to use the stairs instead of the elevator. This would help you burn more calories and lose weight. Do this everyday, so that you can achieve your goals soon.

15. Park your car a few blocks away from your destination

Whether you are going to a grocery store or to your office, parking it a few blocks away from your destination would help you lose weight. Doing this would let you get some exercise, by walking a few meters to get to your destination. Aside from that, it would also help you in saving some gasoline.

16. Play with your kids more

Losing weight can be fun, especially if you have kids who are longing to spend more time with you. Schedule a playtime with them each day, such as after your work or during your lunch time if you go home. When you play with your kids, since it is fun, you won't even notice that you are already burning more fats and calories.

17. Become a do-it-yourself person

Doing lots of things by yourself can help you lose weight. Thus, becoming a DIY person would help you in achieving your goals. What you can do is to take a look around your place, and see if there are things that need to be repaired, and do it yourself. Aside from that, you can also think of certain projects for your home, and do it from scratch, or check for DIY kits in the market.

18. Wash your car

Your car needs washing on a regular basis to keep in clean. To lose weight, instead of taking it to car washing stations, you should wash it yourself, so that you can get more exercise. Make sure to do it properly, so that you can lose weight and have a shiny

vehicle as well.

19. Clean the house

Cleaning the house yourself, won't just help in making it more beautiful, but it can also help you lose weight. Make this a regular activity, in which you can do it every weekend or so. When you do it on a regular basis, you can eventually set a routine that you can follow easily.

20. Organize the things inside your house

Organizing the things inside your house can help you lose weight. This could involve activities like arranging your books, appliances, as well as your furniture. Do it yourself, so that you would also be able to apply your own artistic sense. With that, you won't just be losing weight, but also improve the ambiance of your place.

21. Water the plants with the use of pail and dipper

Whether you like to care for plants or not, you should water them everyday. Doing that will not just make the plants grow faster, but it can also help you lose weight. Make use of a pail and a dipper instead of a water sprinkler, so that you can do it while getting some exercise.

22. Eat oatmeal

Eating oatmeal can greatly help you in losing weight, especially if you do it in the morning. Oats are actually loaded with dietary fiber, which can naturally suppress your appetite. Aside from that, due to its high fiber content, it can also make your body burn more calories in processing it.

23. Become more conscious of portion size

The more you eat, the more you could actually gain weight. Therefore, you could still gain weight, even if you workout and eat healthy foods, if you are still providing your body with more calories than it needs. Therefore, you need to control your daily portion, so that you can lose weight.

24. Eat an apple before dinner

Eating an apple just a few minutes to eating dinner can help you lose weight, since it can suppress your appetite effectively. You can also do it during snacks. It is better to include the skin, as long as the apple has been grown organically, since it contains lots of essential nutrients.

25. Eat banana when you wake up in the morning

When you eat a piece of banana when you wake up, it would provide your body with the energy that it needs to jumpstart your day. Aside from that, it is also loaded with nutrients, which can help you maintain good health. More importantly, it can also help in suppressing your appetite naturally.

26. Drink water minutes before eating breakfast

Drinking water in the morning, especially before eating breakfast, can give you the feeling of being full. Thus, it can suppress your appetite to some extent. Aside from that, it can also help you cleanse your system more effectively by flushing out toxins.

27. Eat at home

When you eat outside, such as in coffee shops, restaurants, and fast food outlets, there is always a tendency for you to eat foods that can encourage weight gain. Aside from that, you are also not sure about how much oil they cook it with, and what ingredients were added. Thus, it is always better to eat at home, when it comes to losing weight, and keeping your body healthy.

28. Cook your own meals

When you cook your own meals, you can ensure that you are adding ingredients that are not fattening. Aside from that, you can also monitor the amount of salt you would be adding. Focus more on healthy recipes though, so that you can follow a diet that is healthy and not fattening.

29. Pack food for snack

When you work, you may want to eat a sandwich or something, whenever it is your break time. Packing food for your snack can help you ensure that you are eating healthier types of foods. Aside from that, you can also save more money along the way, since eating out for snacks can become expensive.

30. Make sure that your goals are achievable

It is very important to set goals in starting your weight loss program. However, make sure that they are achievable in a certain period of time. By doing that, you would provide yourself with more encouragement and motivation, each time you are able to reach them.

31. Buy a heart rate monitor

Monitoring your heart rate is essential in losing weight. Having a heart rate monitor with you whenever you walk, run, jog, or ride a bike, would help you ensure that you are doing your exercise routines at a pace, which can facilitate losing weight. Thus, it is best if you have this kind of device on hand very soon.

32. Do some stretching before working out

Doing some stretching routines prior to working out can help you in losing weight, since it can prevent injuries. Always keep in mind that one of the main priorities in losing weight is to become healthier. If you get injured due to lack of stretching, you will need to put a stop to your activities and postpone it.

33. Stay as flexible as possible

Staying as flexible as possible can help you maintain your sights on your goals. Keep in mind that in your work, or with your family, there are certain things that may happen, which can change your daily schedule. By being flexible, it would allow you to adjust with certain changes, and still be able to get the exercise that you need.

34. Make losing weight a competition

Losing weight can become more effective and fun if you make it a competition. Thus, it is best if you can convince someone to do it together with you. You can have your friend or your spouse as your competitor when it comes to this. After some time, check which of you is able to lose more pounds, and set a certain prize for it.

35. Get your family involved with it

Get your family involved with the activities that you need to follow to lose weight. By doing this, you would be encouraging all your love ones to attain better health. Aside from that, you can also all work together in achieving your goals, by cooking healthy meals, doing exercises together, and such.

36. Start with simpler workout routines

If you do not want to get discouraged in working out, it is best if you start with the basic routines first. Keep in mind that, since your goal is to lose weight, then basic routines can help you as much as the complex ones. Thus, stay away from the complicated routines at first, so that you can start at the right path.

37. Start at a slower pace

If you have not been exercising for quite some time, then it is best to start at a slower pace first. This would provide your body the time that it needs to adjust to the increase

in physical activities. Thus, start at a slower pace first, and gradually increase it, to make it more effective.

38. Consider the needs of your body

When you workout, you should consider that your body would need some time to repair its worn out tissues. Thus, it is that you get enough rest by sleeping for at least 8 hours each night. Aside from that, your body would also need more protein, so that it can effectively build newer muscle tissues.

39. Try different things to make it more interesting

To prevent boredom, when it comes to working out, you should try different things. Try different equipments and activities, so that you would enjoy exercising more. Just make sure that you stay on certain routines for certain amounts of time, to provide it the chance to take effect.

40. Build the strength of your core

There are certain exercise routines, like squats, which can strengthen your core. Your core actually consists of your oblique, stomach, and back muscles; and, if you strengthen them, you would be allowing your body to become more effective in performing other routines. Aside from that, it can also prevent injuries to happen.

41. Add some pepper into your daily recipes

When you eat spicy foods, you would notice that it can make you sweat. This is because it can boost up your body's metabolic rate. Therefore, add some pepper into your daily recipes, so as to make them taste better, and to lose weight. This is actually one of the reasons why people who love spices are leaner and healthier.

42. It is always better to have fresh fruits than fruit juices

Although fruit juices in most cases contain the nutrients that fresh fruits have, they are usually stripped down of the natural fibers. Fiber can actually provide you with lots of benefits in terms of losing weight, especially when it comes to appetite suppression. Aside from that, some companies may also add sugar to their fruit juices.

43. Cut down your consumption of alcohol

Several alcoholic beverages actually contain lots of calories. Because of that, alcohol consumption should be cut out or at least be kept to a minimum level. Aside from that, when you drink such types of drinks, it can affect your activities the next day. Thus, it means that it can make you postpone your exercise, and stay in bed the whole day.

44. Avoid mayonnaise as much as possible

Mayonnaise contains lots of calories and fats; and, they are usually added on different types of foods that people love to eat. Lots of sandwiches are filled with mayo, as well as other foods items. Thus, it is best to be careful in ordering foods in restaurants, since they can contain lots of mayo either added to the food itself, or as dressing.

45. Put a stop to visiting a coffee shop after work

Lots of people today make it a habit to drop by the coffee shop after a long day of work. This habit can actually prevent you from losing weight. This is because tasty coffee drinks, especially those that are cold, contain lots of fats and calories. Aside from that, drinking them would also tempt you to order pastries, which can add more to your weight.

46. Sign up for a race

If you like running, then one of the best ways to speed up your progress in losing weight is to sign up for a race. This would provide you with more motivation in increasing your pace. Aside from that, since you don't want to be the last person to cross the finish line, you would certainly see yourself training for it.

47. Make use of skimmed milk

When you compare skimmed milk and the regular kind, they are actually the same, except for the fact that the former contains lesser fats and calories than the latter. In other words, skimmed milk still has the necessary nutrients that one needs from milk such as vitamins and minerals. However, it can help you better in losing weight than drinking the regular kind.

48. Monitor your weight

Monitoring your weight is one of the things that you can do in order to motivate yourself more in losing some of it. This is especially true, if you are able to lose a number of pounds each time you climb onto the weighing scale. To ensure that it is the case, then do it only once in a week or every couple of weeks.

49. If you are following a certain workout program, start with the routines you don't like best

When you have a workout program that you need to follow, there is a possibility that you don't like certain routines in it. To get the most from the program, perform the routines you don't like at the start. You don't want to do them at the last part, since you

may already feel tired, and may have a tendency to skip them.

50. Reward yourself each time you lose a number of pounds

When you are able to reach your short term goals, it is a good idea to reward yourself each time. Although losing a number of pounds can already be rewarding, treating yourself for your favorite meal, going out with your friends, or buying something new, can provide you with more motivation to continue doing the things that helped you lose weight.

51. Put a lists on the door of your refrigerator about the negative effects of obesity

Some of the negative effects of obesity would include increasing your chances of getting affected with certain types of diseases, making you move slower, making you feel tired sooner, and so on. List these down on a piece of paper, and put it on the door of your refrigerator. This would help you think twice in eating more food, each time you try to open it. .

52. Avoid eating junk foods

Junk foods are usually filled with lots of salt and calories that can make you gain weight. Aside from that, they also usually do not contain any nutritional value. Keep in mind that junk foods are not just chips you eat in front of the TV set. They can also include burgers, spaghetti, fries, and such.

53. Hit the grocery store only after eating

When you visit the grocery store, you would have a tendency to purchase lots of food items if you are feeling hungry. It can even tempt you to buy foods that are loaded with fats and calories, when you give in to your cravings. Therefore, it is a good idea to eat, even just a light snack, prior to visiting the grocery store, so that you can avoid the temptation of purchasing more than what you need.

54. Make a plan for your vacation

If you are going on a vacation with your family, there is going to be a tendency that it can make you break your usual workout routine. Thus, it is best if you plan your vacation well. For example, book a hotel that has a workout gym inside it, or at least located near it, so that you can still have a chance to get some exercise.

55. Remove the skin from the chicken meat before cooking

Chicken is actually a good source of quality protein, since it is not loaded with fats. Chicken skin actually tastes so good with it; however, you need to remove it if you want

to lose weight. This is because it is loaded with fats and calories, which is not good when it comes to losing weight.

56. Hydrate yourself by drinking lots of water

When you go through exercise routines, it is best to drink lots of water, so that you won't get dehydrated. Aside from that, it can also suppress your appetite to some extent. In times when you feel hunger, try to drink a glass of water first, since you could have mistaken hunger for being thirsty.

57. Eat more protein

When you go through certain exercise routines to lose weight, you need to load up on protein, since it can help your body in repairing worn out tissues. Aside from that, when you eat more foods that are filled with protein, it would actually make you feel full longer, which can help in controlling your appetite.

58. Avoid salt as much as you can

Eating foods that are high in salt content is not a good idea if you want to lose weight. This is because salt can facilitate water retention in your body, as well as bloating. In addition, it can also put you at risk to high blood pressure and certain heart diseases.

59. Eat more whole grains for your source of carbohydrates

You need to eat foods that contain carbohydrates to have the energy you need. When it comes to that, it is a good idea to choose whole grains, since they contain lots of fiber, which can prolong the digestion process. Aside from suppressing your appetite, fiber can also bring down your blood cholesterol levels.

60. Cut down your consumption of soda

If you need to gain weight, sodas are your friends. However, since you want the opposite of that, then you have to avoid them. Sodas actually contain no essential nutrients, except for hundreds of calories that can make you gain weight in no time. Therefore, it is best to choose water whenever you are thirsty.

61. Choose methods of cooking that use lesser amounts of oil

There are certain methods of cooking, which can allow lesser use of oil; and, one example of it is to steam vegetables.

Such kind of cooking would allow the retention of vitamins, minerals, as well as fiber, which vegetables are known for. By following this, you would be able to take in lesser

oil, and be able to benefit from the essential nutrients.

62. Choose your protein sources well

You need to keep in mind that lots of foods that have high protein content, are often associated with fats and calories as well. Thus, it is best that you choose the protein sources well, when it comes to planning your diet. Some of the foods you can consider for this would include eggs, fish, lean meat, turkey, chicken without its skin, and such.

63. Eat snacks in between meals

Eating snacks in between breakfast and lunch, as well as in between lunch and dinner is a good idea. This is because, it can control your appetite for the main meals, aside from boosting your metabolism. However, make sure to choose healthy snacks, and be mindful of your portions.

64. If you can't avoid drinking beverages, choose those that contain less sugar

Drinking beverages is something that you need to avoid in order to lose weight. However, if you simply need to have some, then choose those that have lower sugar and calorie content. Aside from that, put lots of ice cubes into the drinks, so that they would become diluted with water.

65. Eat raw foods

Eating raw foods such as raw vegetables can provide you with more vitamins and minerals that your body needs. Aside from that, they also contain more moisture. Additionally, raw vegetables would also make your body work more, in order to get them processed. Thus, try minimizing cooking vegetables, so that they can help you more in losing weight.

66. Focus on your meal when eating

Don't watch TV or use your computer when you are eating. When you do that, you could prevent your mind in comprehending the signals that are sent by your body that it is already full. Therefore, it can lead to binge eating, since you would feel that you are still unsatisfied, even when you have already eaten lots of foods.

67. Do things moderately

It is always best to do things moderately when you are dieting. Therefore, do not be too hard on yourself in following your diet program. It is perfectly fine to indulge yourself into eating something that should not be included into your diet, as long as you keep it in small amounts. It would make you feel less deprived, and can even help you stick on

your program.

68. Never starve yourself to lose weight

When you follow diet programs that are too restrictive, it may make you starve yourself, especially when you go through fasting to lose weight. This is actually not a good idea, since it can prompt your body to go on survival mode, in which it would save all fats it has stored, and lower down your metabolism.

69. Find a partner

When it comes to losing weight through dieting and working out, it is a good idea to find a partner for it. With a partner, whether he or she is your spouse or friend, you can both help in motivating each other. Aside from that, you can even compete with each other, so that you would make it more interesting.

70. Set short term goals

It is always better to have short term goals as well, rather than sticking only to long term ones. This is because, long term goals can become quite overwhelming. With short term goals, you can ensure that you are having progress, since it can provide you an easier way to achieve results. Thus, short term goals can ensure that you are motivated enough to keep on going.

71. Become more conscious on your calorie intake

When it comes to losing weight, your body needs to burn more calories than it receives. Therefore, you should be conscious on your calorie intake; and, one of the things that you can do for that is to check the labels of the food items you buy from the store. Aside from that, you should also do your research about the calories of other food items.

72. Drink green tea to lose weight

Drinking green tea can help you lose weight, since it can boost your body's metabolic rates. Aside from that, green tea is also known to suppress a person's appetite. Thus, it can prevent you from eating heavy snacks. In addition, studies conclude that it can help a person's body in burning more calories.

73. Eat a heavy breakfast

The breakfast is actually the most important meal for the day, since it can determine the kind of energy you would have throughout the day. Thus, it is best to eat a heavy breakfast meal, so that you can jumpstart your metabolism. Aside from that, it can also help in controlling your appetite, since you won't become too hungry during lunch time.

74. Listen to good music while working out

When you work out, it is always better if you are full of energy. Aside from making sure that you have eaten a healthy meal hours before working out, you can also turn up the volume for your MP3 player, in order to become more effective in it. Good music can take your mind away from the feeling of fatigue. Thus, it can help you last longer.

75. Take a good multivitamin supplement

Always remember that when you workout, your body would also have an increased needs for certain nutrients, in order to stay healthy. Although you are following a healthy diet, there is still a chance that it can't provide you sufficient amounts of some nutrients. Thus, it is best to take a good multivitamin supplement, just to be on the safe side.

76. Do your exercise routines outdoors from time to time

Doing your exercises outdoors can actually offer you with a lot of benefits. When you exercise outdoors, it would allow you to breathe fresh air. Aside from that, when you do it at the park, you can meet new friends, who may also want to join you. This would also prevent you from getting bored of your usual routines.

77. Be conscious of the negative effects of staying late at nights

When you stay late at nights quite often, it can expose you to lots of negative effects, which can make you gain more weight. Some of these would include lowering down your metabolism, becoming sleepy the next day, triggering binge eating, and many more.

78. Visit your doctor prior to working out

Whether you have a certain medical condition or not, it is best to visit your doctor before getting started with your workout program. This is to ensure that you are fit in going through certain types of workout routines. Aside from that, your doctor may even provide you with suggestions on the better ways of losing weight.

79. Read stories about people who were able to lose weight successfully

One of the best ways to maintain your motivation in losing weight is to read stories of people, who were able to attain it. This is because, it would remind you that hitting your goals is indeed very possible. Aside from that, lots of these stories are truly inspiring.

80. Avoid processed foods

Highly processed foods can make you gain more weight, since they are usually filled with salt and calories. Aside from that, since they have gone through lots of processing, they are easily broken down by your body's system, which means that they would not make your body spend lots of energy to absorb them. Furthermore, processed foods contain lots of preservatives, which can put your health at risk.

81. Eat foods that have higher fiber content

There are lots of foods that have high fiber content, which are available in the market. Providing your body with lots of fiber can result to losing weight, since it can prolong the process of digestion. In other words, it would make you feel full longer, thereby, suppressing your appetite naturally.

82. Build more muscles to lose more fats

If you want to achieve weight loss faster, you can actually do some weight training for it. You don't have to follow routines done by professional bodybuilders for this. Simple weight lifting with dumbbells can already do the trick, especially if you can put enough pressure on your muscles. Doing this would make your body burn more calories, even when you are no longer doing anything, since it would spend more energy in building more muscles.

83. Give your muscles a break

When you workout, whether you are going to do some weight lifting or simply just cardiovascular activities, you should also give your muscles a break. This is because you don't want to strain them by providing them with too much work, since it can put you at risk to injuries or certain types of diseases.

84. Never skip meals

Skipping meals is the last thing you want to do if you want to lose weight. Doing it can actually make you gain weight, instead of losing some, since it can trigger your body to lower down your metabolism. Aside from that, it can also prompt your body to save its reserve energy. Moreover, skipping meals can also trigger binge eating.

85. Losing weight should be done in a healthy way

In losing weight, you should always keep in mind that you are doing it to become healthier. Although losing weight to lots of people is healthy, doing it in an excessive manner can also result to something negative. Thus, when you choose a diet, make sure that it can provide you with the nutrients your body needs. Aside from that, you should never overwork yourself.

86. Explore other forms of exercises

After doing the same kinds of workout routines for a certain period of time, it can become boring to you. Thus, it is best to explore other forms of it, so that you can get rid or prevent boredom. Try to check other forms of exercises through exercise videos on the internet if you want to, so that you can simply follow the instructions given.

87. Eat more times in a day

Contrary to what other people may think, eating around 5 to 6 times in a day can actually help in losing weight. The reason behind this is that, you would actually be providing your body with food to process on a constant manner, which can result to boosted metabolism. Aside from that, with constant food on your stomach, you won't feel too hungry for lunch or dinner times.

88. Eat healthy snacks

Eating in between meals is actually a good idea, since it can suppress your appetite effectively. However, you should still be conscious on the types of foods you eat during snack times. There are lots of snack items in groceries these days, which are nutritious. Choose those that are filled with dietary fiber, so that you can extend your feeling of fullness.

89. Watch TV only when you are done with all the things you need to do

Getting hooked with watching TV can become a hindrance in achieving your weight loss goals, especially if you do it in the morning. Therefore, get in front of the TV set, only when you are already done with the things you need to do for the day. This can become your way to relax after a hard day's work.

90. Cook with the use of a non-stick cookware

Non-stick cookware are available in most grocery stores these days. Using such types of cookware can help you a lot in losing weight, since you won't have to use oil with them. Choose those that are made in good quality though, so that the non-stick pan would last a long time.

91. Avoid people in the gym who are too talkative

There are times when you bump into someone in the gym who does not know when to stop talking. You should avoid such types of persons, since they can make you lose your focus on what you need to do. Keep in mind that you are at the gym to lose weight, and not for chit chat.

92. Avoid fad diets, especially those that have unrealistic promises

If you do your search through the web, you would come across lots of fad diets with unrealistic promises. These diets can make you go through very restrictive methods in losing weight. At the start, they may help you achieve your goals, but since they are too restrictive, most of them cannot guarantee long term results.

93. Buy clothes that are smaller

Buying smaller clothes can provide you with more motivation in losing weight. It can offer you the kind of challenge that you are looking for. Make sure though that what you are trying to do is achievable, so that you won't get discouraged. Aside from that, buy clothes that can really make you look good, so that you would be excited in fitting into them.

94. Eat in restaurants wisely

Eating in restaurants on a regular basis can make you gain weight. Thus, doing it just on certain occasions would be better. Aside from that, you should also be mindful on the foods that you order. Avoid foods that have been deep fried. On top of that, you should also choose foods from the menu that are less fatty.

95. Get enough sleep

When you deprive your body with its needed time to rest, you would actually be lowering down your metabolic rate. This can result to becoming sleepy the next day, due to lack of energy. Aside from that, when you lack sleep, it can make your body compensate for it, by boosting your appetite.

96. Get some time to relax and relieve stress

Stress can become one of the things that can make you gain more weight. This is because, when you are under a lot of stress, you might consider eating lots of foods as your outlet. Thus, you should look for ways to become stress free, such as watching a movie, listening to good music, and practicing yoga.

97. Check out exercise videos on the web

If you don't have time to go to gyms to workout, keep in mind that there are exercise videos available on the internet today. Most of these videos can be accessed for free. Thus, all you need to do is to download them, and watch and follow them anytime you want. Such videos can show you different types of routines; and, all you have to do is to select the ones you like best.

98. Limit your coffee intake

Limiting your coffee intake can help you lose weight, especially if you usually use cream and sugar with it. However, this does not mean that coffee itself, can actually cause you to gain weight. Drinking coffee can actually boost your energy, which is good to use just before going to the gym. Aside from that, recent studies indicate that it does not dehydrate you as what others would say.

99. Make sure to keep yourself as active as possible when attending parties

When you attend parties, there is always a tendency to overeat, or to drink lots of sodas that are loaded with calories. To make sure that you won't gain too much from it, you should be as active as possible. Go around and chat with your friends for the most part of it. Aside from that, when there are people dancing, then you should join them.

100. Gather more information about losing weight as much as you can

Becoming knowledgeable about losing weight is one of the best things that you can do to achieve it. You can do your research through the internet, or by buying books about it. However, you should also apply what you would learn, so that it would be put into good use.

101. Get yourself tested for body fat

If you want to make sure if you are able to hit your goals or not, then you can get yourself tested for body fat. Getting tested does not have to be done on a weekly basis. You can do it prior to starting your program, and again a month or two after. Some gyms offer it at reasonable prices; thus, you should visit them soon.

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Bodybuilding Tips

1. Bodybuilding requires commitment.

It is a totally different lifestyle that entails letting go of old habits and adopting new ones. You cannot go into bodybuilding and be half-hearted about it. It is a test of strength, self-discipline and willpower. Start only when you are sure you can commit time, effort and energy.

2. Your decision to start on muscle training must come from a sincere desire for a healthier and a more developed body.

Do not go into it just because it's your New Year's resolution. People who decide to change something in them when the calendar flips on January 1st are most likely to stray from this discipline.

3. Make an assessment of your body.

Decide what kind of attention goes to which part of your body. Some people have flabbier arms while others have most of the fat collected in their midsection. This way, it is easy for you to create a program that addresses your problem areas.

4. Set your goals and create a plan accordingly.

How much body fat do you want to lose? How much muscle weight do you intend to gain? Are you after gaining strength? Are you after developing speed and endurance? What about power? Give yourself a deadline of when these goals should be attained.

5. Manage your expectations.

One month is a good start in losing weight but it isn't enough to get you ripped. Make a realistic visualization of the progress you can achieve in a certain period. Do not set yourself for disappointment. Most beginners get discouraged because of the unrealistic goals they set for themselves.

6. Assess your lifestyle.

How many hours a week do you intend to devote to working out? How much energy do you still have after work/school? Is it best to go before your daily duties or after? What habits must you get rid of? Alcohol? The weekend buffet? Nightly parties?

7. Create a journal.

Document your progress from day 1. Write down your current weight. Measure your body fat using a fat caliper. Take photos of your body, especially the problem areas. Compare measurements as you go along your bodybuilding efforts. This shall serve as your motivation in reaching your goals.

8. Hormonal profile plays a significant role in muscle mass gain.

Testosterone is responsible for developing muscles while estrogen is responsible for the womanly curves. Hence, men grow muscle mass faster than women. This should not be a problem to women since they are more concerned with toning and shaping rather than gaining bulk.

9. The ability to gain differs from person to person so progress cannot be tracked by comparing it with your training buddy, even if both of you started at the same time.

You can check your development only by taking note of your present measurement and comparing it with your previous measurement.

10. Do not be discouraged if you do not see a change in your weight during your strength training.

While you lose weight by burning fats, you also keep or even increase poundage as you build muscle. Evaluate your progress by keeping track of your strength gains and measuring your body fat against muscle weight.

11. Know the difference between setting up an in-home gym versus getting a gym membership.

Many people find it easier to stay faithful to their routine in a gym setting. An in-home setting is convenient but poses temptation to slack off. The presence of other bodybuilders is a motivating force.

12. If you intend to get a bodybuilding partner, choose someone who has strict exercise habits and is most unlikely to flake on you.

Working out is an activity that can be enjoyed with someone, especially because you have someone who can spot on you. However, make sure that you don't go lazy once your buddy drops the routine.

13. Prepare yourself physically, mentally and psychologically for the task at hand.

Condition your mind that you are capable of achieving a better physique. Remind yourself your reasons for wanting a better body – be it for strength, confidence or for physical attractiveness. A good warm-up routine lets your brain condition your body to

the rigors of the training ahead.

14. Be creative in your strength-training program.

The more fun that you have in your workout, the bigger chance that you are going to stay in the program long-term. Aside from tips from your trainer, maximize the wealth of information available in the World Wide Web. Search for tips, watch videos and exchange ideas on online forums.

15. Warm-up is not an option but a crucial part of every work out session.

It allows your body to adjust from rest to exercise mode. It increases the body temperature, which regulates the flow of blood to the muscles to be worked out. It lessens the occurrence of injury when performed properly.

16. Warm-up has three levels.

Always start your workout session with a five- to ten-minute general body warm-up. Light exercise such as the treadmill conditions your heart and body for what is ahead. Body-specific warm-up conditions the flexibility of the muscles by getting exercised at light intensity before going on full blast. Exercise-specific warm-up introduces the exact exercise technique to your muscle and lowers resistance.

17. Stretch after warming up.

The benefits of stretching must not be taken for granted. It increases flexibility and enhances agility. This enables ease of transition from one position to another. Stretching encourages muscle growth by extending the body's capacity to hold one exercise position after another. Allot 15 seconds of stretching before performing sets.

18. No matter what the myths say, you can never turn fat into muscle.

You cannot work out fat. It is not flexible nor does it control any movement. All it does is cushion your muscle and hinder it from developing. You have to lose the fat first to give way to muscle building.

19. Burn fat through cardio exercises.

Fat burning takes place once you get your heart rate to the correct level. Target heart rate can be calculated using the Karvonen Formula. Target heart rate depends on one's age, resting heart rate and low end of heart rate. Most gyms use target heart calculator for this purpose.

20. Determine which cardio workout approach suits you well.

Low intensity cardio workout, also known as slow and steady, requires 45 minutes to 1 hour of low intensity workout. This burns fats but not carbohydrates. High intensity cardio requires 20 to 30 minutes of high intensity workout. This fires up metabolism and burns fats and carbohydrates.

21. Choose from a variety of cardio exercises.

Better yet, combine one form with another so you do not get bored with your routine. Low intensity cardio workout includes aerobics, walking, biking, swimming and rock climbing. Calorie burn ranges from 180 to 400 in 30 minutes. These activities also exercise different parts of the body.

22. High intensity interval training burns serious calories in a short period of time.

It also improves the body's overall endurance. Among the favorite HIIT routines are the jump rope, spinning and sprinting. Pay attention to how your body adapts to the change in pace for you to know the highest intensity it can go.

23. Total body workout is a combination of cardio exercises and strength training.

Cardio exercises burn fat while strength training develops muscle. The mistake of some people is focusing on only one form of training. Pure cardio leads to muscle loss while pure strength training builds bulk without whittling away fat.

24. Strength training, more commonly known as weightlifting, improves muscle tone by conditioning the musculoskeletal system through resistance to weights.

Beginners should start with least resistance, working their way up to heavier weights in time. Muscle pain is a normal result of weightlifting; the absence of contraction signifies no resistance, which necessitates heavier weights.

25. Women are scared to dabble in strength training, thinking that doing so will cause them to bulk up and lose their femininity.

Experts advise that there is no need to worry since a woman's body is not biologically designed for bulking up. It takes more than just weightlifting to get a body like Lisa Bavington's.

26. Do not work out your whole body in one day.

This is okay on your first day ever as an introduction but as you progress, you should divide your muscles into three or four groups. Whole body workout is effective only on the first few days but as you go along, effects will dwindle as the body gets used to the exercises it is subjected.

27. Allot a day of workout to a certain muscle group.

Take this schedule for example: Day 1 – chest, shoulders and triceps; Day 2 – quads, calves and abs; Day 3 – back, biceps and forearms. This enables you to give enough attention to each body part for maximum stimulation.

28. Do not abuse your body by subjecting it to more weights than it can handle.

You should feel your muscle resist the weight but not too much that you couldn't perform your routine properly. You should be able to lift the weights in the right manner from start to finish.

29. As a beginner, it is easy to overlook signs of overtraining due to eagerness.

Overtraining must be avoided at all costs since it negatively affects testosterone levels and leads to lower immunity to sickness. Signs to watch out for: weak appetite, heightened blood pressure, drastic weight loss, irritability and higher heart rate even at rest.

30. At the onset of your strength-training program, allot only 2-4 days a week for muscle training.

Limit your session to one hour to 1 ½ hours, just enough to introduce the weight lifting to your system. Anything in excess doesn't result in significant muscle gain, but in muscle fatigue.

31. Your trainer may know the best in muscle building but when it comes to your body, only you should decide.

People sometimes get embarrassed to inform their trainer that they can lift only lighter than what their trainer suggests. Following your limits doesn't make you a wimp; it means you're wise enough to listen to your body's capacity

32. Respect your body's ability to recuperate.

Do not force yourself to work out while your muscles are still sore. Doing so doesn't result in a better physique, only injuries. As much as you'd wish to stick to your Day 1, 2 and 3 routines, schedule is only secondary to recovery.

33. Rest your muscles and let them recuperate.

Optimal muscle growth happens when it is given enough time to rebuild the fibers that were torn during the exercise. If you do not your body heal, you'd just keep tearing down your tissues, which is the opposite of your objective - muscle gain.

34. In every exercise you perform, make sure that you observe proper posture.

This lessens the possibility of an injury while amplifying the results. There is a tendency to cheat when the training gets difficult by slouching or shifting a leg's position for assistance. This should be avoided as improper posture leads to serious damage such as breaking the spine.

35. Bench press works out most of the upper body – chest, anterior deltoids and triceps.

How to do: lie on the bench with both feet on the ground and your back firmly placed on the bench. Un-rack the barbell, lift it across your chest until your elbows lock then bring it close to your chest. Your hands should be two to three feet away from each other.

36. Do not let the barbell bounce off your chest when you do the bench press.

This lowers the resistance and bruises your chest muscles. Use your strength to control the downward motion. Put rhythm into your exercise. Count to two as you lower the barbell and one as you lift.

37. Incline bench press isolates the upper chest muscles while also working out the anterior deltoids and triceps.

The angle of incline should be within the range of 15 and 30 degrees. Higher incline lessens resistance while lower inclination removes the focus from the upper chest muscles. As you start, try varying your angle to determine your comfort level.

38. How to perform the incline bench press

Lie on the bench with both feet on the ground, your lower back securely placed in the angled corner and your back comfortably resting on the bench. Lift the barbell 6 to 8 inches across your shoulders and slowly lower it to your chest.

39. Decline bench press isolates the lower chest muscles while also working out the outer chest muscles.

The angle of decline should be within the range of 20 and 25 degrees. Higher or lower angle removes the focus on your lower chest. Decline bench press may be alternated with bench press when you hit plateaus on your routine.

40. How to perform the decline bench press

Place your feet under the bench's support for security and resistance. At arms length, lift the barbell across your shoulder blades. Count to two as you slowly bring the bar to

your chest. Count to one as you lift it back to starting position.

41. If you are among the bodybuilders who wish to achieve that striated look on the chest, the cable crossover is a recommended workout.

Cable crossover adds definition to the pectoral muscle, especially the outer areas. This exercise is recommended for muscle recovery while taking a break from heavy weight lifting.

42. How to perform the cable crossover

With each hand, grasp the loop handle attached to the high pulleys and stand between the machine with feet shoulder-width away from each other. Count to two as you slowly bring your hands downwards and towards each other and one as you go back to starting position. The proper posture requires that you lean a little forward from the waist. Keep that position through out the set.

43. For improved flexibility and recovery, you should take on an exercise that stretches the chest muscles.

The dumbbell fly is a recommended workout for shaping the pectoral muscles of the chest. This is not exactly a mass building routine but is instead a great supplement to muscle definition with the stress it places on body.

44. How to perform the dumbbell fly

Hold a pair of equal weight dumbbells, lie flat on a bench, slightly bend your elbows and stretch your arms out to the side. Grasp the dumbbells with your palms facing upward. Inhale as you pull your arms together; exhale as you go back to starting position.

45. Your arms are worked out as you perform chest and back exercises.

Some people are already content with this kind of gain. However, if you want more developed arms, bear in mind that arm muscles are more than just biceps and triceps. You should aim to train the muscles from your wrist up to the tips of your arm.

46. Arm exercise is not exactly popular for its fat burning benefits.

However, it is a sought-after program because the arms are among the noticeable parts of a person's body. Well-defined arms are attractive on any gender as it gives the impression of strength and confidence. For arms that are too flabby, it is best to lose the flab first through cardio exercises.

47. If you intend to tone your arms, work out your arm muscles at different angles.

By making full use of your arms' strength, you maximize their mass gain potential. Remember to observe correct posture and breathing techniques. Anything less, especially attempts to assist the weight lifting efforts, decreases muscle resistance.

48. Barbell curl is a great bicep exercise as it works the whole biceps and also the forearm.

Bodybuilders favor this exercise as it builds the overall size of the biceps. To do: with palms facing up and your hands shoulder width apart, grip the barbell and slowly bring it to your chest.

49. When doing the barbell curl, inhale as you pull the bar up to your chest and exhale as you return to the starting position.

Do not bend your back or you'll damage your spine. Do not lean forward either as it cuts the range of the motion. Do not rush the set, speed is useless and doesn't translate to faster progress.

50. Seated supinating dumbbell curl is a variation of the barbell curl, only that dumbbells are used in place of the barbell.

This position allows more bicep contraction because of the absence of the momentum in the standing position. You have the option of doing both arms at the same time or alternating your left and right.

51. How to do the seated supinating dumbbell curl

Sit firmly on the edge of a bench, with your palms facing up, hold the dumbbell at arm's length and slowly bring it up to your shoulder. You must be able to feel your bicep contract, indicating resistance. Slowly lower the dumbbell to its starting position.

52. Preacher curl focuses on the lower bicep area, which contributes to the bicep peak.

To do: sit on the preacher bench, place your chest against the support and put your arms on the preacher rack in front of you. With your palms facing up, slowly bring the barbell to your shoulders and then slowly return to starting position.

53. Concentration curl is the most effective in building bicep peaks, giving arms a more attractive appearance.

To do: bend at your torso while standing up, hold a dumbbell with one hand while resting the free arm on your knee. Twist your wrist as you slowly bring the dumbbell to your arm and then slowly return to starting position.

54. Your triceps are responsible for the pushing motion of your arms by extending your elbow.

Developing your triceps adds to the handsome appearance of your arms and enhances your over-all arm strength. It is important to exercise both the biceps and the triceps to avoid injuries caused by muscular imbalance.

55. Triceps exercises are generally pushing motions that involve extending the elbow.

Triceps exercises must be limited to once or twice a week in order to completely rest the muscles. This does not mean a lag in the development since the triceps are used in most chest and back exercises.

56. The lying triceps extension is the most effective way to build up on triceps mass and strength.

Also known as the skull crusher, it fully isolates the triceps and allows loading up of heavy weights. Heavy weights equate to muscle growth. Try not having your skull crushed by observing the proper technique in doing the lying triceps extension.

57. How to do the lying triceps extension

Lie on the bench with your feet planted on the floor, grip the barbell closely with your palms facing down and move it back over the head a little. Slowly bring the weight close to your forehead while keeping your elbows tucked. Slowly raise the barbell back to its starting position.

58. The triceps dip enhances the mass and strength of your triceps while developing your chest at the same time.

To do: step on the triceps bar and grip the triceps bar handles. Slightly lean forward, place your weight on your arms and raise your legs from the step. Gradually lower your body until your lower chest levels with your hands. Push your body back up as you return to the starting position.

59. The triceps extension works out your triceps muscle with the aid of a cable machine.

To do: Slightly lean your upper body forward, grip the bar closely with your palm facing down and straighten your arms fully as you pull the weight all the way down. Slowly return to the starting position.

60. Most men tend to place least priority on developing their lower body, as they are often clothed in pants.

However, it is important to balance your lower body gains with your upper body gains. A well-proportioned body is the correct type of physique not only because of its attractiveness but because it balances the body's overall strength.

61. Women draw attention to themselves when they have a shapely lower body.

Secondary to a defined décolletage, toned buttocks and legs ante up the sexiness factor a great notch. Sexy legs look fabulous in pants, shorts and skirts. Developing the lower body also increases stability, strength and stamina required to perform daily activities.

62. People, especially women, are hesitant to shape up their lower body, scared that it will make them fat.

On the contrary, it is how much you eat and how much you work out that determines the fat that you gain. Exercising your lower body helps get rid of the fat and sculpts the muscle.

63. In building up your bottom half, it is important that you work out all parts of the muscle group: the quadriceps, the hamstrings and gluteals.

Overworking one muscle while putting little attention in the other can lead to injury. It also greatly contributes to difficulty in motion and stability.

64. The dumbbell lunge tones the quadriceps, or the front of thighs.

With a dumbbell in each hand, stand, feet shoulder width apart and bending slightly at the knees. Step one foot forward, slowly lower your whole body for 4 counts. Observe that both knees are bent as the body is lowered. The front thigh is parallel to the ground but doesn't extend to the toes. Carefully return to standing position. Finish 12 repetitions before alternating legs.

65. The dumbbell squat works up the entire lower body: glutes (buttocks), hamstrings (back of thighs) and quadriceps (front of thighs).

Grasp a dumbbell in each hand, stand, feet shoulder width apart and knees slightly bent. Count to four as you slowly lower your body. Do not let your knees extend past your toes, as this makes you prone to injury. Press your heels as you slowly return to starting pose.

66. The bridge develops the glutes, hamstrings and quadriceps.

Lie on your back, feet firm on the floor, hip-width apart and slightly bending at the knees. Press your palms onto the floor as you slowly raise your buttocks off the floor. Hold this position for 4 counts then slowly return to starting position.

67. The lying abduction shapes up your inner thigh, this is responsible in removing that dreaded squishing of legs while walking.

Lie on your side, with your head propped on your arms for support. Slowly raise your top leg to a 45-degree angle, flexing your foot. Do 12 repetitions before alternating legs.

68. When lifting weights, make sure that you have a spotter to assist you at all times.

Even with developed strength, you'd still need assistance in lifting heavy barbell, both in raising it from the rack and putting it back so you do not strain your muscles. Your spotter should also call on your posture.

69. There are times when it is physically not possible for you to do weight training.

You may take a vacation, have not enough time to go to the gym or be physically inhibited from lifting weights. Make an effort to squeeze in some exercises to avoid your muscles from shrinking.

70. Body-weight exercises can take the place of weight lifting.

Progress is not as fast but results are guaranteed. Push-ups shape the arms, shoulders and chest. Lock your arms as you slowly raise your body off the floor. Let your nose almost touch the floor when you push your body down.

71. Squats give definition to your leg muscles.

With your feet firmly planted on the floor, stand with your knees slightly bent. Place your hands on the back of your head, keep a straight look and squeeze your buttocks as you slowly push your knees out. Don't let your heels get off the floor as this lowers resistance.

72. Dips exercise your chest, arms, shoulders and back.

Place a chair firmly against the wall. Grasp your hands one on either edge of the furniture, put your legs forward, bending them a little. Slowly lower your body without touching the floor, using your hands for support. Make sure that your chair is sturdy enough to avoid injury.

73. Dancing provides total body workout.

It burns hefty amounts of fat and shapes up the muscles as well. The incorporation of music and movement variations makes it a fun exercise. Aside from the benefits of exercise, it enhances the body's rhythm and balance. Not to mention the camaraderie that you forge among the other participants.

74. Boxing is a highly recommended workout if you're not into weight lifting.

It burns massive calories, builds up strength, power and resistance and works out the whole body, thus creating muscles. Aside from the physical benefits, you gain self-confidence and acquire skills in self-defense. Boxing also serves well as a therapy for stress.

75. The thing with exercising without weights is that you need to subject your body to more resistance.

To maximize the benefits, you have to ante up the intensity, sets and repetitions as compensation for the absence of weights. You are also to rest in between sets of exercises.

76. Even in the absence of weights, always make it a point to amply warm up and stretch before your exercise routines.

Warming up and stretching are not solely for preparing your body for the weight lifting. These are required to condition your muscles for the resistance they will undertake.

77. If you intend to build muscle, for sure you are also looking on sculpting your abdominal section.

Flat abs is among the most sought after physical traits in both men and women. You should workout your midsection because more than giving your body a lean look, it also strengthens your core.

78. What many people do not know is that as simple as observing proper posture gives definition to the abs.

When you slouch, you collect your tummy together into one whole pooch. It gets used to that position that it adopts that state. Fix your posture by straightening up your back, drawing your navel to the spine and putting your weight on your heels.

79. To achieve and maintain flat abs, invest in a pedometer.

Health studies reveal that 10,000 steps a day is beneficial to weight loss efforts and overall fitness. Over time, it burns the fat seated deeply in the belly and sculpts the abdominal muscles. A normal person walks an average of 40,000 steps a day.

80. If you wish to have flat abs the quickest way possible, strive to perform your cardio exercises first thing in the morning before you take your breakfast.

You will not necessarily go hungry since the body has just risen from its rest. Doing

cardio on an empty stomach, without ingest of carbs, forces your body to burn up stored fats.

81. People are misguided into believing that they can sculpt their tummy by doing a thousand crunches a day.

Crunches help a lot but it isn't the only workout you need, especially if you have thick belly fat. For the abdominal muscles to develop, they have to weave their way out of those layers of fat. Fat is best burned through cardio exercises.

82. For maximum benefit, crunches must be executed in a slow and steady manner.

You should be able to feel the contraction of your abdominal muscles. Do not think that the faster you go, the more immediate your results will be. Rushing through your sets will only leave you exhausted, with no gain to speak of.

83. If you want to achieve flat abs, you have to burn more fats than you put in your body.

This way, your body is forced to burn fat deeply stored in those hideous places such as the stomach, hips and buttocks. Create a calorie deficit by working out double time than you eat for a better-looking belly.

84. Total abdominal sculpture can be achieved only through working out your midsection at all angles.

Few sets and repetitions of varying angle exercises have more benefit over a hundred crunches that allow for only a limited number of positions. Stick to a frequency that you're comfortable in as comfort is a factor in people's ability to stay loyal to their routine.

85. You may do abs exercises without getting out of your bed but it is best that you get an exercise mat for mental conditioning.

Abs exercises do not require any sophisticated equipment so you may do them at the comforts of your home. However, make sure that you have enough motivation to sustain your efforts throughout the session.

86. The Footwork tones your abs and inner thighs.

Lie on your back, bend your knees shoulder-width apart and pull them to your chest. Your heels must be pressed together, your toes pointed and slightly apart. With your hands behind your head, bring your belly button toward your spine. Lift your head and press your legs away from your body, keeping a 45-degree angle. Inhale as you do the

motion and exhale as you go back to the starting position.

87. The Breathing Exercise tones your abs, arms and buttocks.

Lie on your back, with your feet flat, hip-width apart and your knees bent. Inhale as you lift your hips off the ground. Count to five as you hold the position, your butt squeezed, your abs tight and the backs of your arms pressed to the floor. Exhale as you slowly return to the starting position.

88. The Single Straight-leg Stretch tones your abs, thighs, hips and butt.

Lie on your back, draw your knees into your chest and lift your head off the floor. Inhale as you extend your left leg up and grab the calf with two hands. At the same time, straighten and lower your right leg as far as you can without touching the floor. Hold the position for two counts, exhale and quickly switch legs.

89. The Roll directly works out your abs.

Sit on the floor, bend your knees and pull them close to your chest. Grab your shins and lift your feet off the ground a few inches. Balance on your lower back with your chin tucked to your chest. Inhale as you lean backward and roll back to your shoulder blades. Exhale as you quickly return to starting position.

90. The Long Stretch tones your lower abs, inner thighs, hamstrings, calves, shoulders and arms.

Get on all fours, mimicking the push-up position. Inhale as you rock forward onto your tiptoes and exhale as you push the weight back while pressing your heels toward the floor. Contract your buttocks, abs and thinner thighs throughout the set.

91. The Saw tones your abs, arms and shoulders.

Sit up straight with your legs extended more than hip-width apart and your feet flexed. Raise your arms sideward to shoulder level. Contract your abs, inhale and twist your waist as you reach the outside of your right foot with your left hand. Keep your right hand raised. Slowly return to starting position and repeat on opposite side.

92. The Long Lever Crunch firms up abs and lower back.

Place a chair on the floor. Lie on your back and rest your heels on the edge of the chair. Bend your knees at a 90-degree angle and extend your arms over your head, clasp your hands and tuck your elbows in. Use your abs to slowly lift your torso off the floor. Hold the position for 2 counts as you before going back to starting position.

93. The Lift and Rotate firms up abs and lower back.

Lie back, bend your knees and keep both feet on the floor. Extend your arms and hold a 5-pound dumbbell with both hands. Use your abs to curl your upper torso off the floor and rotate your right shoulder toward left hip. Hold the position for 2 counts before returning to starting position. Alternate directions.

94. The most popular abs exercises are crunches.

If you know how to do crunches correctly, you'll reap flat abs in time. Basic: lie on your back, bend your knees and keep both feet flat on the floor. Put your hands behind your head. Pull your tummy into your spine, contract your abs and slowly lift your shoulders off the floor.

95. Reminders in doing crunches: never assist resistance by lifting your lower body off the floor.

This takes away the focus from your abs, making your efforts futile. Put your neck in neutral position to avoid injuries. Do not tuck your chin into your chest nor hold it far back. It is best to look at the ceiling as you perform crunches. Exhale as you go back and inhale as you go down.

96. Want great-looking abs with nary any effort?

Replace your TV or even office chair with an exercise ball. By sitting on the exercise ball, you are working your abs, back and truck without even realizing it. This tones and strengthens your abs and improves balance, posture and coordination at the same time.

97. If you want to get flat abs, complement exercise with discipline to stay away from belly-bloating junk food such as potato chips.

Potato chips are laden with sodium that causes water retention. The manufacturing process has zapped almost all nutrients from the potatoes that you do not benefit anymore.

98. Other people's abs, especially those you constantly see on magazine spreads, serve as an inspiration to work out.

However, realize that your abdominal muscles' threshold is determined also by genetic factors. There are people who are predisposed to collect more fat in that area than the rest. Make your goals realistic so you don't get caught up in disappointment.

99. Do not get disappointed if you don't see results as soon as you wish for them to happen.

Rate of progress differs from person to person. Don't attempt to trade slow and steady progressions to quick fad fixes. Well-sculpted abs is an outcome of time, hard work and consistency.

100. Metabolism is a contributing factor in a person's ability to lose or weight gain.

Metabolism is made up of complex hormones and enzymes that change the food we take into fuel. It also has an effect in the efficiency of fuel burning. As you age, your metabolism slows down. You can bring up your metabolism through exercise.

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Bowling Tips

1. Play bowling with your friends.

Playing bowling with your friends can help you decide if it is indeed the hobby that you want to invest your time on today. Aside from that, it can help you get a better feel of the sport. More importantly, when you play with your friends, it would become a more fun activity, which you can look forward to each week.

2. Watch bowling competitions on TV.

To get you more motivated in honing your bowling skills, one of the things that you can do is to watch bowling competitions on TV. This is because, it would get you inspired on becoming a better player. Aside from that, you can also pick up some pointers by simply watching the professionals do it.

3. Talk to your bowling friends about the sport.

Do not avoid talking about bowling with your friends, especially if they also enjoy playing the sport. When you talk to them about bowling, you would become more enthusiastic about it. Aside from that, it can also make you all look forward for the next time that you would visit the bowling alley to have some fun.

4. Let your family know about your newfound hobby.

If bowling is your newfound hobby, then it is a good idea to let your family know about it. When you do this, they would be able to show their support on it. Aside from that, it can even make them get involved with bowling as well, which can make it more fun for you, especially if they love to go with you to bowling alleys.

5. Pick a bowling icon.

There are lots of professional bowlers that are very popular these days. It is a good idea to pick your favorite one out of the many, since it can inspire you in playing good on your chosen sport. By looking up to someone with regards to this sport, you may be able to follow some of his techniques in achieving success in it.

6. Get your spouse involved with it.

If you don't have a lot of friends who are avid fans of bowling, then you can get your spouse involved with it. When you do that, it would actually become a more exciting activity not just for you but for your spouse as well. Just don't make her go with you to the bowling alley each day, since she might eventually get bored in it, especially if she

does not share the same passion on it as you do.

7. Dream about bowling.

Think about bowling for most parts of the day, and you can find yourself visiting the bowling alleys many more times in a week, than you have anticipated to. It is actually good to dream about bowling even during daytime, since it can boost your motivation in it. Aside from that, it can also help you think about the things that you can do in order to improve your performance.

8. Check out online bowling videos.

There are lots of bowling videos that you can find on the internet these days. All you have to do is to visit a website that is related to it. One of the best things about these bowling videos is that, they can be accessed for free, and you can copy the techniques that are used by different players through it.

9. Read magazines about bowling.

There are lots of sports magazines today that you can purchase. Pick those types that cover the topic of bowling, so that you would be able to gather more information about the different techniques in playing the sport. Not only are these magazines filled with updated information about the sport, but they can also contain success stories that can inspire you more.

10. Check out bowling blogs or websites.

There are lots of web pages pertaining to bowling that are now being launched through the internet. By visiting these blogs or websites, you can gather valuable information from them about bowling. On top of that, you may even be able to access videos by checking out their pages.

11. Choose the bowling alley you want to play in.

There are lots of bowling alleys that you can visit today in order to enjoy games of bowling with your friends. Keep in mind though that they are not the same. Aside from comparing prices, it is also best to compare which ones you are very comfortable with, since that would be a factor that can affect your performance.

12. Pick up your bowling ball.

When it comes to selecting the bowling ball, it is important to consider its weight. If you are still a beginner in this sport, then it is best if you go with a lighter ball. Always remember that a lighter ball is a better choice, since heavier ones can take its toll on

your bowling arms, especially if you have just begun playing.

13. Playing by the hour or by the game.

Playing by the hour or by the game is one of the things that you need to choose from when visiting a bowling alley. As a beginner though, it would become more advantageous for you to choose playing by the game rather than by the hour. This is because, there is more likelihood that you can finish a single game longer.

14. Do not forget to call the bowling alley ahead of time.

Calling the bowling alley that you are planning of visiting to next is an important thing to do. Doing this can provide you a chance not just to check on their rates, but also inquire about other things. Other important things that you should ask about would be their schedules, shoes, balls, and lanes.

15. Things to consider in picking the bowling alley to visit.

Aside from comparing rates, it is also best if you consider the location of the bowling alley that you want to visit. This is because, a bowling alley that is near your place offers utmost convenience. If you can find one that is near your house and is affordable, then you should consider yourself lucky.

16. Hiring a bowling coach.

If you want a more specialized way of learning the game of bowling, then you can always hire a trainer or a coach for it. This way, he can provide you the guidance that you need to get started with the game. With a trainer, you can ensure that you practice good form in releasing the ball, aside from learning techniques for it.

17. Selecting the trainer.

When it comes to hiring a trainer for your newfound hobby, you should consider the fact that there may be lots of them available, and they are not all the same. In other words, they may differ not just in their fees, but also in their styles of teaching. It is best to gather a lot of information about the coach that you are considering hiring, so that you can ensure that he is the best one for you.

18. Finding trainers to hire.

To hire a bowling coach or trainer, you need to find them first. There are lots of places that you can visit to find trainers to hire. The best one though is the bowling alley. All you have to do is to observe and you should soon be able to identify players that are being taught by their own personal trainers. Aside from visiting alleys for bowling

though, you can also check out websites about them.

19. Know how to score.

Playing bowling with your friends would become useless if you do not know how to score. Thus, you must know how to do it, so that you can also monitor your progress. Scoring for bowling is actually very easy to do. Just ask anyone around the bowling alley about it, and you can do it even at the first instance of playing the game.

20. Buy a bowling book.

There are lots of books today that are written for the sports of bowling. Buying even just one of it should get you on the right track, especially if the book has been written by one of the reputable writers about bowling. Make sure to check out reviews about the book, so that you can ensure that your investment is worth it.

21. Don't forget to bring water at the alley.

When you play bowling with your friends, you should not forget to bring your own bottle of water. This way, you can ensure that you can maintain proper hydration from the start of the game, until it ends. Although bowling may not look very physical for you, it can actually work lots of your muscles, which can make you long for more water eventually.

22. Take a deep breath.

Just before swinging and releasing the ball, you should take a deep breath. This is because, it would help in calming your nerves, which can also improve your concentration. On top of that, it would also ensure that you would have enough strength in swinging the ball, and executing the technique that you need to apply.

23. Do some stretching.

Just like any other sports that you can participate in, playing bowling also requires you to follow the right stretching exercises, so that you can improve performance in it. With that, prior to any bowling session, you should not forget to stretch your back. On top of that, it would also be good if you can stretch your muscles at the back of your legs.

24. Take precautionary measures.

Just before picking up your ball, you should take precautionary measures, such as checking out the approach. See if there are any oily spots that you need to get rid of. Aside from that, if you can see moisture, then it is best if you use a towel for it. Take these steps, so that you would be safer in releasing the ball.

25. Making sure that your fingers fit the ball properly.

Just before picking up the ball that you want to use, you should test out the holes if it properly fit your fingers. By doing this, you are making sure that your fingers would not get sore as the game progresses. Make sure that you are comfortable with the ball, so that you can perform well.

26. Picture how you want to release the ball.

Just before you go for the approach and swing the ball, you should try to picture yourself swinging it. Picture out how you want to swing and release the ball, so that you would be doing it just as you have planned to. When you do this, you may be able to improve your points in just a short amount of time.

27. Study the game.

Gathering information about the game of bowling can improve your skill in it. To achieve that, you can study about the sport by visiting lots of websites about it. On top of that, you can also talk to your friends and relatives about it, especially those that are also involved with the sport.

28. Play with your kids.

If you have kids, playing bowling with them can be a very fun and exciting activity. This would not just help you improve your game, but it can also give you a chance to bond with them. Take your kids to your favorite bowling alley every weekend, so that you can all look forward to it.

29. Think positive.

Always think that you can improve your performance in the game, so that it would become a reality. Thinking positive would go a long way, since it would make you more confident as well. Don't entertain negative thoughts, especially while playing the game, so that you can properly concentrate on it.

30. Feel your bowling ball delivery.

Each time you release the ball, you should feel each and every delivery that you make. This way, you can be more familiar of what your natural delivery is. On top of that, it would also tell you more about the things that you can improve on, so that you would become more consistent in how you release the ball.

31. Take note of the direction your bowling ball is headed to.

Every time that you release the bowling ball, you should take note of the direction it is headed to. This is important, since some players tend to release the ball in a particular way, which would head either towards the left or the right. By knowing the direction your bowling ball is headed with your natural release, you can see to it that you would be able to release the ball at right spot, in order to hit the pins.

32. Adjusting the steps you take in your approach.

As a beginner, you may tend to become uncomfortable in taking the steps towards your approach. Aside from that, you may also have the tendency to take different numbers of steps. It is best if you can determine the comfortable number of steps that you want to take as you approach, so that you can become more consistent in following it.

33. It takes time to see improvement.

You need to consider the fact that seeing improvements in your performance can take some time. It would actually depend on how much you practice, as well as how determined you are in hitting your goals. Thus, it is best if you don't expect too much in too little a time, so that you won't get disappointed.

34. Practice more.

If you want to improve your scores in playing bowling, then you have to practice more. In other words, if you just practice once or twice a week, then see to it that you can increase it to 3 or 4 times each week. Visit the bowling alleys as many times as you can, so that you can hone your skills faster.

35. Subscribe or enroll to online bowling coaching sites.

There are websites today, which have been launch with the purpose of sharing important information about bowling. Aside from that, some of the web pages can also offer coaching programs, which are available in affordable prices. Enroll into one of them, so that you can take advantage of what online coaching can offer to you.

36. Spend some time in observing other players.

Whenever you have some extra time while you are at the bowling alley, try to spend it by observing other players. Watch top players in the alley, and situate yourself near enough to check out their techniques. By doing this, you can learn a lot from these players, and you can try out their methods when you play.

37. Befriend top players.

Try to become friends with some of the top players in the field. For sure, whenever you

are with friends when you play bowling, some of them may be friends with players that are consistent top scorers. By becoming friends with top players, you can ask them for tips that can help you improve your game.

38. Aim for spare first.

It is always best to aim for easier achievements first. In other words, when it comes to bowling, you can set your first goal as being consistent in scoring spares first. By doing that, you are setting goals that are more achievable, which would most likely not get you disappointed. If you hit a strike instead of a spare or split, then you should be happier.

39. Try aiming at different pins.

While you are still trying to practice as a beginner, try to hit different pins first. Some people always aim for the center pin, however, you should keep in mind that it can also be favorable to hit the side pins due to the way you release the ball. Thus, you should do some experimentation, so that you can see which pins you should be aiming for.

40. Hitting a split or a spare.

After your first ball, you may be left with a number of pins, which are located in different sides. In order to score a split or a spare, you have to adjust your aim. To make it easier, you don't have to change the way you release the ball. All you have to do is to change your starting stance, which you can adjust either by releasing the ball at the center, left, or right side of the lane.

41. Enjoy the game.

There is no need to take the game of bowling too seriously. If you do that, it can play tricks on your concentration, and negatively affect your performance. Thus, it is best to simply enjoy the game, so that you would be able to smile, and focus more on what techniques you should be using.

42. Perfect your delivery.

If you want to consistently hit strikes, then you should perfect your delivery. Your delivery can be affected by your stance, the way you hold your ball, as well as the way you swing your arms. Thus, you should make sure that all of these would come into play properly; and, you can achieve it by practicing more.

43. Build more muscles in your arms.

It is true that it is always better to start with lighter bowling balls than the heavier ones,

if you are still a beginner in the sport. However, you need to keep in mind that heavier balls can actually knock out more pins because of their extra weight. With that, it is best if you become more capable in holding and using heavier but manageable balls to improve your game; and, one way of achieving that is to build more muscles in your arms.

44. Develop your own delivery.

Although it is a good idea to take note about how experts in bowling deliver their bowling balls, it is still important that you develop your own delivery. By doing that, you can become more consistent in your delivery. Do not try lots of different throwing styles, since your body may not be able to develop the muscle memory for it.

45. Look for leagues.

Once you have gained some confidence in playing bowling, it is time for you to check out leagues. There are leagues that can allow you to play against other people who are at the same level as you do when it comes to playing bowling. When you do this, you are ensuring that you won't get discouraged if you won't win, since most likely, the difference between the scores would not be that much.

46. Find people who share the same passion as you have when it comes to bowling.

Playing bowling by yourself is not fun and exciting. Although your friends may be willing to play with you, they may only do it a few times in a month. Thus, it is best if you can find people who share the same passion as you do when it comes to bowling, so that you can practice more together with them.

47. Bringing your own shoes.

If you want to bring your own pair of shoes in playing bowling, then you should contact the bowling alley in advance for that. Giving them a call can give you a chance to ask about their requirements when it comes to shoes. Aside from that, you can also ask them about the rental shoes that they can offer.

48. Purchasing bowling balls.

It is true that bowling balls are expensive. However, there are lots of them that are available online or even on yard sales, which are very affordable. Even if some of these balls that are offered at bargain prices have imperfections, the balls can always be brought to the local shop in order to be polished.

49. Practice not just in hitting strikes.

Even if you become an expert in bowling, it may not be possible to hit strikes all the time. There would always be instances when a few pins would be left after your first attempt. Thus, you should also practice in picking up spares or splits, so that you would know what to do whenever you are not able to bring down all the pins.

50. Try out the things that you have learned.

When you do your research about bowling, you may be able to gather a lot of tips as well as valuable information about it. To put the tips in good use, it is best that you won't just keep them on your head. Put them into practice by trying them out, so that you can see how they can improve your game.

51. Visit the bowling alley alone from time to time.

Visiting the bowling alley alone from time to time, such as once or twice in a month, can help you in your game. When you visit the place, play a few number of games without keeping score. Just focus on your form as well as the techniques that you have learned, so that you can become more consistent.

52. Challenge yourself.

Challenging yourself is one of the best things that you can do in order to improve your performance. For example, if you have become more consistent in scoring splits and spares, then you should aim for higher goals, such as hitting more strikes. Do not be satisfied with your current performance, since there is always room for improvement.

53. Experiment more.

Experimenting more when it comes to releasing the ball can help you a lot. When you try out different ways of releasing the ball, you can take note on what works as well as what can cause lower scores. With that, you can eventually take note of the best ways of releasing the bowling ball, which can help you in winning more games.

54. Choose the league to join in properly.

There are lots of different bowling leagues that you can choose to join in today. It is best if you properly choose the league, since it can be a factor when it comes to your development. For example, it is a good idea to choose a league where there are lots of people that can help you more in playing the game.

55. Improve your physical condition.

Bowling requires proper balance, timing, speed, and strength, in order to excel in it. Thus, it is highly unlikely to improve your scores if you are out of shape. With that, it is

best if you follow ways to improve your physical condition. The more physically fit you are, the more likely that you can score higher.

56. Your non-bowling arm.

Keep in mind that your non-bowling arm is also as important as the one that you are using in releasing the ball. This is because, your non-bowling arm can help you attain proper balance in playing the game. With that, you have to make sure that you observe proper placement of that arm, whenever you release the ball.

57. Practice more frequently instead of practicing longer.

Practicing more times in a week can actually help you better than practicing for a long span of time. In other words, if you practice 3 to 4 times a week, even for just a period of 30 minutes each would be better than practicing just twice in a week for 2 hours at a time. This is because, you can get tired after an hour of practicing. Thus, once you go beyond that timeframe your practice may no longer be effective.

58. Focus on making the corner pins fall.

Look for ways to make the corner pins fall, every time you release the bowling ball. This is because, once the corner pins fall, those that are on the center would eventually follow. With that, it is best to come up with releasing techniques that can result to this, so that you can improve your scores.

59. Find a comfortable stance.

It is very important that you are comfortable with your stance. Having a comfortable stance means that you would be able to release the ball at the easiest position. You can achieve this by flexing your knees, and tilting your spine a bit forward, while you are holding the bowling ball close to your body.

60. Let a bowling expert observe how you play.

Playing against an expert in this game can offer a lot of benefits to you. For example, you can actually ask him to observe you when it is your turn to play. By doing that, he can tell you what you are doing right as well as what you are doing wrong. With that, you would be able to learn a lot from him.

61. Closing and opening your shoulder.

Some people may say that if you open and close your shoulder in releasing the ball, it can help you generate more power and speed. Although it is true, you have to keep in mind that this method can also cause certain complications on your game as well. Thus,

it is best if you just follow the regular swinging pattern, so that you won't have to deal with your timing.

62. A simple stretching technique.

Stretching is important in order to improve your game as well as to prevent injuries. One stretching technique that you can do is to make use of your right hand to grab your ankle. Once you have done that, pull your foot behind you until it touches your hip. This should also be done with your left hand and left ankle. When you do this, you can become more comfortable in executing your moves.

63. Properly releasing the ball.

It is very important to release the ball properly, if you want it to hit the pins that you want to fall. To do that, try to imagine how a plane touches the ground, when it lands on the airport. If you can achieve that, then your ball would run smoothly, and follow the direction that you want it to go.

64. Bend your knees.

If you won't bend your knees, you would not be able to release the bowling ball properly. This is because, bending your knees can make your hands be closer to the ground. In other words, if you remain upright, when you are on your way to release the ball, then chances are, it could bang the lane and miss the pins.

65. When you begin your approach.

When you notice that someone on your side is trying to begin his or her approach, then wait for them to release the ball, before you begin your approach. This is one of the things that you can do, in order not to get distracted. Aside from making sure that you have full concentration, you can also ensure that the other person is able to release the ball without any distractions as well.

66. Your finger grips.

It is important not to neglect your finger grips. This is because, when they become worn out, they would not be able to provide you utmost comfort in holding the ball. Some people replace their finger grips after playing 60 games, while others replace more frequently.

67. Make sure that your bowling ball properly fits your hand.

Some people may neglect it, but it is actually very important that your bowling ball properly fits your hand. This is because, if the ball does not fit correctly, it can get your

hand, fingers, and shoulders sore. On top of that, severe cases can also happen, such as tendon damage on your elbow, and even on your fingers.

68. Proper bowling etiquette.

Aside from making sure that you enjoy the sport, you should also see to it that others are also able to enjoy it. Observing proper bowling etiquette should be practiced at all times. For example, you should take note that feeling your own ball is a personal thing, which can also help you in executing your swing or release. Thus, it is not a good practice to hold another person's bowling ball, since it can get them offended.

69. Focus more.

Proper focus should be practiced in playing bowling if you want to excel in it. Do not get distracted with other things in the alley, since it can destroy your concentration. Aside from that, try not to think about your problems and issues at work and at your home, so that you can focus more on the game that you are playing.

70. Starting your approach properly.

It is not a good idea to try to attain your highest speed in starting your approach. Your first step in your approach should be very smooth. Aside from that, it should also be easy, so that you won't encounter difficulties in repeating it. If you can make your first step smooth, then the other steps can simply follow.

71. Eat a well balanced diet.

When you play bowling, the healthier you are, the more you would be able to perform well in it. This is because, being overweight can prevent you in attaining better balance. With that, make sure that you eat a well balanced diet, so that you won't gain too much weight, and become more effective in releasing your bowling ball.

72. Take good care of your hands.

Keep in mind that your performance in playing bowling is hugely dependent on the kind of condition your hands are in. In other words, you have to take good care of your hands, so that you can expect your performance to improve. Make sure that you don't overwork it so that it won't become sore.

73. Things to consider when purchasing a bowling ball.

When it comes to purchasing your own bowling ball, you have to consider a few things. Some of which would include the surface characteristics of the ball, the ball's balance, grip, as well as its overall weight. By considering these factors, you would be able to buy

a ball that would suit you best.

74. Purchasing your bowling shoes.

Although you can rent bowling shoes at most bowling alleys, it is still better if you can wear your own. With that, it is time to purchase a pair of shoes for bowling soon. Make sure that you purchase a pair that fits your feet comfortably. Aside from that, it should also have lower heels, so that you won't slide too much in doing your approach.

75. The important items to have for bowling.

A couple of important items that you need to buy for your newfound hobby are your bowling shoes and the bowling ball. However, there are also other products that you can buy for your chosen sport such as bowling gloves, wrist aids, and many more. Some may deem these as unnecessary items, but they can actually motivate you more in playing the game.

76. Clothing.

There is no need to invest lots of money on the kind of clothes that you want to wear for bowling. However, you have to take note that you are wearing something that won't restrict your movements. By doing that, you are ensuring that you are comfortable, and that, you would be able to make the necessary moves to rack up scores.

77. Aim a spot at the lane.

As a beginner, it is quite normal to aim at the pins that you want to hit. However, as you become more experienced in playing bowling, you would realize that aiming for a spot at the lane can actually work wonders. This is actually how many bowling professionals do it; and, with the right speed, you can manipulate the ball easier.

78. Don't talk to your opponent.

If you are forcing your opponent into a conversation, then you are not practicing good bowling etiquette. This is because, you should be providing him with opportunity to concentrate well. Thus, it is best not to talk with your opponent, especially when he is about to take the approach.

79. When not to practice swings.

Practicing your swing can be done in different times of the day, especially when you are at home. However, if you are waiting to bowl, it is best not to do it. You need to keep in mind that lots of people may be present in the bowling alley. Therefore, if you practice your swings, then you may accidentally hit someone.

80. Never criticize anyone's performance.

Criticizing your opponent's performance is not a good thing to do when it comes to playing bowling. Doing this is not good bowling etiquette, aside from the fact that it can annoy anyone hearing your comments. It is best to stay quite, and only talk when the match has ended.

81. It is not a good idea to use profanity.

Profanity should be avoided at all times, especially in bowling alleys. This is because, lots of people are not used to such kind of language. On top of that, it is very possible for some players to bring their families with them when they bowl; thus, children could hear you using foul language.

82. Have fun, but do not be too loud.

It is important to have fun with your friends when you are bowling. It is a fact that laughing would be a huge part of it. However, you should try not to become too loud whenever you laugh at your friends' jokes. This is because, it can disturb other players in the alley, which is not good.

83. Your thumb.

There would be instances when the bowling ball may suddenly slip from your hand. In most cases, the culprit behind this are not your fingers. This is usually caused by a slippery thumb, which is why you should also put your attention to it, when it comes to conditioning your hands. Make sure that your thumb has just enough moisture, so that it would not be too slippery nor too sticky.

84. How to avoid blisters on your bowling hand.

There are lots of possible causes behind having blisters on your bowling hand. Blisters can cause pain, which is why it is a good idea to avoid them. One of the best ways to avoid blisters is to know the possible causes behind them. Some of the reasons behind the blisters are the tightly fitted bowling ball holes, poor measurements of the holes, as well as the improper release of the ball.

85. Carrying your own bowling kit.

Carrying a bowling kit can come in handy, in order to ensure that you are always comfortable in playing the game. There are lots of bowling kits that you can find in the market today. When you purchase one though, make sure that it contains everything that you need, so that it would be useful.

86. Choosing between a ball that is too light and a ball that is too heavy.

Wondering about whether a ball that is too light is better than one that is too heavy is quite normal. However, both of them would actually affect your game negatively. This is because, a ball that is too light can make you do things that you should not be doing. On the other hand, the heavier ball can prevent you to do the right things. Thus, it is best if you stick with a ball that is not too light nor too heavy.

87. Get enough exercise.

Getting enough exercise can provide you lots of benefits, including improving your bowling performance. This is because, exercising can make you improve your stamina. Aside from that, it can also help you build more muscles, which ensures that you would be able to carry, swing, and release the ball more effectively.

88. How to pick up the ball.

When it comes to picking up the ball from the ball return, it is very important to do it with both your hands. This is because, picking it up with a single hand, especially with your bowling hand, can tire out your hand unnecessarily. Thus, from now on, you should do it with both hands, so that you can perform at your best.

89. Be patient.

There is no need to be too hard on yourself, if you are not able to improve your performance at a certain period of time. You need to be patient, so that you can reach your goals very soon. Practice more, and invest lots of time in your chosen sport, so that you would soon excel on it.

90. Eat more eggs.

Eating more eggs can actually help you out, when it comes to bowling. This is because, eggs actually contain lots of nutrients, such as albumin, which can speed up muscle recovery and strength. Thus, it is time to eat at least an egg each day, so that you can see improvements on your game.

91. Practice hitting spares.

If you have the time, you should try to practice covering your spares more. This is because, this is where you can really build your skills in playing bowling. Hitting strikes can sometimes be attributed to luck, but spares are not, since you need to be skillful in pulling it off.

92. How to slide more.

Sliding is one of the vital movements that you need to do in playing the game of bowling. However, there may be times when you are not sliding as much as you want. To make sure that you slide more, what you can actually do is to tighten your shoelaces. On the other hand, if you are sliding too much, then all you have to do is to loosen it.

93. Forget about everything.

When you are about to take the approach, you should try to forget about everything. This should include disregarding all the people talking and laughing inside the bowling alley. When you are able to do this effectively, then you can concentrate more and make better scores.

94. Don't doubt yourself.

Always remember that every shot that you have made is stored in your head. This would also include shots that were made by people whom you watched, whether on television and at bowling alleys. Therefore, you already have lots of information in your inventory, which can help you make the perfect move. Don't doubt yourself, so that you can make every shot you throw count.

95. Don't let poor performance get you down.

You have to keep in mind that your game would constantly evolve. In other words, there would be times when you can score at your best, and there are also instances when you score poorly. Don't let poor performance get you down. Instead, consider them as challenges, to get back at your feet and make excellent scores again.

96. Don't think too much.

When you are bowling against a good contender and you can win it by hitting a split or a spare, then you should not think too much of it. Just make a good shot in order to hit a split or a spare. When you think too much, you may become too anxious about it, which can affect your performance.

97. Sleep well.

The night before your bowling game, it is best if you can get enough rest. This is because, getting enough sleep ensures that you have the necessary energy when you play the game. Without sleeping for at least 8 hours, you may have the tendency to become sleepy, which would not do you well.

98. Eat foods that are high in energy.

On the day of your big bowling game, it is best to focus on eating foods that are high in energy. This is because, it is best if you can boost your energy levels when you are playing the game. Aside from preventing fatigue, it would also help you concentrate better.

99. Do not eat too much.

When you are preparing for a bowling game, it is best not to eat a lot of foods. It is actually better to eat more times, but with lesser amounts of food, especially on the day of the game, since it can boost your body's metabolism. With higher metabolic rates, it ensures that you won't feel fatigue and you would be sharp.

100. Learn the angles.

If you want to be more consistent in hitting high scores in bowling, then you should learn the different angles. Hitting the pins on certain angles would increase the probability of throwing strikes. Some angles are best for right-handed individuals, while other angles are more for lefties. Learn about these angles, so that you can improve your game.

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Dog Training Tips

1. Be committed.

Do not get a puppy or a dog for a pet if you are not fully committed in caring for it. Without commitment, you can never train your pet effectively. By being committed, as well as by loving your pet, you would have the necessary drive to do what needs to be done, in order to train him well.

2. Never give up.

Whether you are trying to train a dog or a puppy, you need to be aware that it requires time and a lot of patience, in order to get your pet to perform the things you want him to do. In other words, you need to be patient about it. Aside from that, you should never give up, so that he would be able to understand what you want and do it.

3. Be positive.

Be positive at all times when it comes to training your dog. A positive attitude will mean a lot for your pet, since he can feel when you become frustrated or angry. Being positive means that you have to praise him whenever he does something good. Aside from that, you should also believe that your pet can do it, so as to encourage a more positive atmosphere.

4. Prepare treats.

Dogs love treats like dog biscuits, and such. Prior to taking the steps in training your pet, you should prepare treats as rewards for your pet, whenever your dog is able to follow your command. Make sure that the kind of treats you have prepared is something that he really likes much, so that he would really know that he has done something right.

5. Do not forget about your dog's health.

Before training your dog, you have to make sure that he is in top condition. This is because, a dog that is not feeling a hundred percent well would not have the focus that you want him to have. He should be a happy and healthy dog to begin with, which is why you should make sure that he eats nutritious foods, and he should be taken to a veterinarian for his regular checkups.

6. Take your dog for a walk.

Walking your dog can make him happy. It can also ensure that he gets enough exercise, which would promote his health. Doing this on a regular basis would make your dog see

it as a routine; and, this would make positive results in your training program, especially if you do it on a regular basis as well.

7. Play with your dog.

Dog training should just be one of the things that you do in a particular day. In other words, do not do it for all the time that you spend with your dog. Play with him whenever you can, so that he can feel that being with you is not just all about learning new things, but having fun as well.

8. Train your dog in a place free from distractions.

You have to take note that dogs can get easily distracted. In other words, if you want his full attention on the trick or task that you need him to perform, then you should make sure that you are doing it in a place free from distractions. Keep in mind that your other pets can distract him, as well as other people in your household.

9. Get to know your dog better.

There are certain times of the day when your dog is more active. For example, some dogs like to take naps during the afternoon; and, if that is the case with your pet, then you may want to train him in the morning or after his afternoon nap. It is best to train your dog when he is full of energy, so that you can pay attention to you more.

10. Time your training sessions.

Always take note that in most cases, dogs can put their full attention to their masters for a period of 15 minutes only. Thus, there is no point if you are going to go beyond that time period in training your pet, since he may already lose his focus. With that, it is best to schedule short training sessions within the day, to make it more effective.

11. Be the leader.

Dogs naturally follow a leader in a pack. Thus, you have to establish being a leader, so that your pet would follow your commands. Establishing your dominance does not mean that you have to hurt your pet. One example of it is to show him that you are the one to eat first, before giving him his food.

12. Reward your dog's good behavior.

Giving rewards to your dog should not be limited to whenever he follows your command. Whenever you see that he has done something good on his own, you should reward him to encourage that behavior. By doing this, your dog would be able to know that he has done something good, and would do it again and again.

13. Use your pet's name.

Use your pet's name whenever you need to get his attention. If you have just gotten him home, then you should use it as often as you can, to get him oriented to it. Thus, whenever you are giving him his food, you should call him by his name, as well as whenever you want to play with him or take him for a walk.

14. Be serious in giving a command.

Whenever you want to give a command to your pet dog, you have to be serious about it. In other words, you should not let him ignore it, since that could become habit that would cause problems in the future. If you are not ready to enforce your command, then you should give it at another time.

15. Timing is the key.

Always remember that dogs have short term memory. In other words, if you are going to reward him for something good that he has done 15 minutes ago, then he would not be able to connect it. The same goes for punishing him for doing something wrong. Thus, you should make sure to reward or punish him on a real time basis, so that he would understand it well.

16. Never reinforce undesirable behavior.

There are times when your puppy does something bad, but funny at the same time, which may make you forget about punishing him for it. Although funny bad habits can make you laugh, you should still make your dog aware that it is not good. If you let him do it without punishing him, then that would be the same as reinforcing it. Never reinforce negative behavior, since that can be hard to get rid of in the future.

17. Do not punish desirable behavior.

Punishing desirable behavior can be confusing to your pet, which is why it should not be practiced. Keep in mind that you may be doing it, even without your intension. For example, if you want your puppy to eliminate outside the house, then you should be with him until he does it. Leaving him alone outside may make him feel that he is being punished, especially if he wants to be with you.

18. Never punish your dog after calling him.

Calling your dog and punishing him is not a good practice, since he has just followed your command. This can make him have second thoughts of approaching you whenever you call him. Thus, only punish your dog, whenever he does something bad. Aside from

that, punish him on the instance of showing his undesirable behavior, so that he would know what it is all about.

19. Do not blame your dog for misbehaving if he is not well.

You should be able to know signs that can tell you whether your dog is sick or not. This is because, there may be times when he does not behave as well as you want him to be, due to a certain ailment. With that, you should not punish him, but instead, get a veterinarian to check on his condition.

20. Training your dog with a leash and a collar.

Some dogs may become uncomfortable whenever you put collar and leash on them. Thus, you should do it while your pet is still a puppy, so that he can get used to it early on. Walk your dog around the house with a leash first, before taking him outside, so that you can train him properly.

21. Positive social interaction.

Having positive social interaction is one of the basic needs of dogs, which you need to fulfill, prior to training him. With that, you have to make sure that you would greet him whenever you meet inside or outside the house. Aside from that, you should also let other members of the family socialize with him, so that he would feel that he belongs.

22. Let your dog feel secure and safe.

Before you can even get your pet's attention for training, you have to make sure that he feels secured and safe whenever he is with you. Thus, if you have just gotten a puppy, you should consider the fact that you have just separated him from his mother. With that, you have to comfort him and situate him in a place where he won't get hurt, so that he would feel secure.

23. Provide proper food and water.

Providing healthy foods for your pet would not just ensure that he is in good shape at all times. It would also make his senses sharper, which would greatly help when it comes to training him. Thus, make sure to give him nutritious foods, and fresh water at all times, so that you would be happy with the results of the training.

24. Give proper shelter.

Having the right kind of shelter is one of the needs of a dog that you have to provide. Giving him proper shelter would not just make him feel happy with you, but also make him feel safe. Thus, if your dog is not going to be sleeping inside your house, then you

should build a sturdy shelter for him in good size, so that he would be ready to follow your commands.

25. Give your dog proper exercise.

Walking your dog and playing with him are just some of the examples of activities that you can do, in order to give him enough exercise. Exercising your dog would not just improve his physical condition. It would also make him feel that you really care for him, which would encourage desirable behavior. On top of that, it would also make him reciprocate by following your commands.

26. Training your dog is a day to day activity.

Aside from doing your training sessions each day, you should also keep in mind that your dog learns something new, each time he interacts with you. Thus, you need to make sure that whenever he is with you, you should focus in shaping his good behavior. Inform other members of your family about it, so that they can all help in shaping up your dog's behavior.

27. Making corrections.

Whenever you need to make corrections on your dog's actions, you should make it as clear as possible. Aside from that, it should also be short and well defined. By doing it this way, you would be preventing your dog from getting confused. Aside from that, it would also make him remember the corrections better.

28. Use one syllable word commands at the beginning.

If you have just started training your dog, you should see to it that you are giving commands that have one syllable only. For example, instead of using sit down, you should use sit, so that it would be easier to understand and remember for him. Do it this way, so that your dog won't have difficulties in following what you want.

29. Rewards encourages behavior.

Always remember that whenever you are giving rewards, you would be encouraging a particular behavior more. Thus, you need to be mindful of the times when you reward your pet, since you may accidentally reward him for misbehaving. Aside from that, keep in mind that rewards are not limited to giving treats or foods. Dogs can also see a pat in the back, or simply the absence of a punishment a reward.

30. Punishing your dog.

Whenever you see your dog misbehaving, you should punish him immediately, to put a

stop to it. Punishing is not done by hurting your dog. One example of it is to just say “No”, or to stop playing with him, if he gets too physical. Aside from that, you can also leave him by himself, to make him feel that you didn’t like what he has done.

31. Punishment suppresses a behavior.

When you punish your dog for misbehaving, you need to keep in mind that it only suppresses it. In other words, it does not eliminate the behavior entirely. Thus, you need to take note that it is still very possible for him to repeat his bad habit again. Monitor his actions all the time, so that you can remind him that misbehaving is not good.

32. Training drills.

Learn training drills from expert dog trainers or by simply buying a book about it. Letting your dog go through training drills can help a lot, since such drills can make him acquire new skills. Learn about the different training drills, and practice them one at a time, so that you can make your dog a skillful one.

33. Having a single goal on each training session.

Focusing on a lot of training goals in a single training session would not help much. You should focus only on one goal in one session, since dogs have short attention spans. In other words, if you focus on too many goals, then you may not be able to achieve any one of it even in two sessions for a day.

34. Start with the basics first.

You need to start with the most basic commands first, in order to proceed to more complicated ones. This is because, basic commands can help you gain more control over your dog. For example, if you have already taught him to “sit”, then you can always use that command, in order to get his attention in doing other tricks.

35. Be aware of your dog’s feelings.

There are times when your dog may not feel like following your commands, since he did not have a good night’s rest, or he is in a bad mood. You should know how to tell your dog’s feelings, so that you can use it to decide whether to proceed with a training session or not. If he is not in the mood for it, then you can simply play with him, or sit down while watching the sunset.

36. Awareness of your actions is important.

Being aware of your actions is important when it comes to training your dog. You should be aware of how you wave your hand or the tone of your voice, since it can affect your

dog's attention. For example, if you are waiving your hand too much, then instead of listening to your voice, your dog may be looking at it.

37. Practice self-control.

You cannot expect to achieve success in dog training, if you cannot control yourself. With that, you need to practice self-control, in order to control your dog. Dog training requires a lot of self-control, since it can take a lot of effort and time, to get your dog to follow your commands.

38. What to do when you feel frustrated.

In training your dog, you need to be aware that there would be times when you would feel frustrated about it. Whenever you feel angry at your dog though, you should not proceed with the training session. Instead, let your dog do what he wants to do, and come back when you have already calmed down.

39. Do not punish your dog whenever he fails to follow your command.

There may be times when you feel that your dog is testing your patience by not following your command during a training session. However, you need to remember that dogs always want to please their masters. In other words, you simply need to spend more time in teaching him about the command, for him to follow it. Do not punish him, since it would just confuse him more.

40. Walking the dog.

Whenever you are walking your dog on a leash, do not tighten the leash, since it can hurt your dog. Aside from that, it can also make him pull you as a counter response, which is not good. Keep his leash loose, so that he can enjoy the walk more, and would look forward to it day by day.

41. Groom your dog.

Grooming your dog would ensure that he always feel comfortable, which would have positive results in your training sessions. Thus, it is best that you do it regularly. Make sure to do the grooming yourself, since it is also an activity, which would bring you closer to each other.

42. Focus on one command at a time.

Always remember that dogs can have a hard time in distinguishing two commands, especially if they are conflicting. Thus, it is always best to focus on one command at a time. Do not make your pet's life confusing, so that he would have a better time in

following your orders.

43. Use the words “Good” and “No” on a daily basis.

Learning the meaning of the words Good and No should be one of the basic things that you need to teach to your dog. This is because, you would be using these words on a daily basis whenever you interact with him. Your dog should know that whenever you say Good, it means that he has done something right. On the other hand, whenever you say No, he should know that he has done something wrong.

44. Nagging your dog should not be practiced.

Nagging your dog is not something that should be done, since it would not bring any kind of positive results. If you do it to your dog, it can only mean two things to him, it would mean nothing since he does not understand what you are saying or it can mean something negative, due to the tone of your voice. In any case, it should not be done, since it would not be beneficial for both of you.

45. Only one person should give a command at a time.

Your dog would have a hard time telling which person to follow, if two people would give him conflicting commands at a time. Even if the command is the same, it is still best for only one person to give it at a time. This way, your dog would be able to pinpoint which person and command to follow, instead of getting confused.

46. Consistency is key.

Being consistent is very important in training your dog. Practicing consistency means that you need to use the same word for a certain behavior all the time. Aside from that, you should also be consistent punishing him for his bad practices, so that he would be able to put it in his mind.

47. Preventing aggression problems.

It is very important to prevent aggression problems as early as possible, since it can hamper your training program. Thus, you should make sure that the moment your dog or puppy sets foot into your house, necessary things should be done to make him happy, secure, and contented. By doing this, it would make him easier to train, aside from preventing behavioral problems.

48. Do not get a dog if your family is not at the same page as you are.

If you are getting a pet dog, make sure that your whole family agrees with your decision. Aside from that, they should also share the same passion as you have for your pet. This

is because, your family would also be interacting with your dog on a daily basis. Thus, they can all affect his behavior and development, which are some of the factors that determine the success of your training program.

49. Make your new puppy relax in his new environment.

In bringing home a new puppy, you have to consider that he would be looking for his mother as well as the other puppies that he has been with. Making him relax in his new environment would help him respond to your training positively. To achieve that, you can place a warm hot water bottle beside his bed and a ticking clock inside the room, so that he would feel similar things as he did when he was still in his litter.

50. Be with your puppy as much as you can.

When your puppy is left by himself for long periods of time, it may lead to practicing destructive behavior, especially when he gets bored. Thus, you should spend as much time with your puppy as you can on a regular basis. Have a healthy playtime, such as playing fetch would help a lot not just in establishing your connection with him, but also in preventing boredom.

51. Taking your puppy to the veterinarian.

Training your puppy to become calmed and collected in going to the vet is necessary, since you would be doing it for the rest of his life. With that, for the first instance, you should make him feel as secure as possible, so that he would be relaxed. For example, you should place him on your lap while you are talking to the vet or waiting for your turn, instead of putting him on the floor.

52. Put a stop to your puppy's nipping and biting.

Training your puppy to stop nipping and biting is important, since he can grow a full set of teeth soon. To achieve that, you need to let him know that it is not a pleasant experience whenever he nips on your hands, by reacting adequately such as saying something that indicates pain. Aside from that, you can also stop playing with him, so that he would know that he has done something bad.

53. Your family is your team.

Get your family involved in training your dog. With that, even if they won't take parts during the training sessions, you should let them become more familiar of the commands that you use. Aside from using the same commands, all the members of the household should also handle and train the dog the same way, so as to practice consistency.

54. Train your dog in accordance to what is acceptable in your house.

If you don't want certain things for your dog to do inside the house, then you should train him not to do it. For example, if you do not want him to treat your sofa as his bed when he grows up, then you should not encourage that behavior. Do not let him climb the sofa regularly, so that he won't consider it as his place to relax. If you want to cuddle him, just sit on the floor, or put him on your lap.

55. Your puppy's jumping up behavior.

Whenever your puppy wants to greet you or anyone in your house, it is quite natural for him to jump up. Reprimanding your dog for doing this should not be done, since it just shows that he longs for your attention. What you can do is to simply ignore what he is doing, until he settles down. Once he is no longer jumping up pat him or pet your dog, so that he would know that jumping up is not the way to catch your attention.

56. Reward your puppy in spending time with you.

Although it is simply irresistible for a puppy whenever you sit down on the floor and call him, you should always see to it that he enjoys every moment that he spends with you. Once he sees how rewarding it is to be with you, he would be ready to listen to you. With that, it would make training your pup easier in the long run.

57. What to do when your dog is confused.

When you proceed with more challenging commands, it is quite normal for your dog to get confused. When that happens, you should be patient and repeat teaching the behavior. Make sure to use the same word in teaching the command, so that your dog won't get confused further. Do it repeatedly, and be open to the possibility of having to do it again for the next session.

58. Be confident.

Your dog can tell whether you are confident or not when you train him. He can see it in your body language, the tone of your voice, and how you handle him. You need to show him that you are confident, so that he can feel more secure in following your lead. Aside from that, your confidence level can also affect your dog's trust in you.

59. Learn from your mistakes.

You need to keep in mind that in training your dog, you may make mistakes along the way. There is no need to make a big fuss about it. Just go on with your training session like nothing happened, and make sure that you won't make the same mistake again. Learn from your mistakes, since that is one of its purposes.

60. There is no need to compete for dominance.

You won't have to compete with your dog for dominance. You simply need to be dominant by remaining the one that is in control at all times. Make sure that you know what you are doing, so that your dog would simply follow you. Trust is also something that you need to gain, in order to become the dominant one.

61. Make it a point to integrate training into your dog's daily routine.

Integrating the training of your dog to his daily routine can go a long way, as far as achieving success in your training program is concerned. For example, if you simply want to train him to sit down, you can always do that command, just before giving him his food. See to it that he sits down first before you give his food or treats, so that he can understand it better.

62. The importance of repetition.

Keep in mind that whatever you have achieved with your dog today, he may be able to forget it tomorrow. This is where repetition comes in handy. You need to repeat the same kind of behavioral command day by day, so that your dog can eventually incorporate it to his regular practices. The more you repeat your command, and the more you make sure that your dog follows it, the more it would become effective to your dog.

63. Practice fairness in treating your dog.

Do not forget to be fair to your dog when you are training him. With that, you have to make sure that he understands what you want him to do. Aside from that, you should also understand his shortcomings. Be firm in teaching him to do the things that you want him to perform, so that you can achieve success.

64. Using the word No as a command.

Saying "No" to your dog should be done at times when he does something bad. Using this word is actually quite effective, since it is very simple, which makes it easier for your dog to understand. To ensure that he knows what you mean though, say no at the instance when he does something unpleasant.

65. Know what your dog is telling you.

At the course of your training sessions, there are certain actions that your dog would do, in which he does it to communicate something. It is best that you know what certain actions mean, so that you can act accordingly. For example, if your dog suddenly stands

still it may mean that he is not very comfortable of what you are making him do.

66. Paying attention to your dog at times when he misbehaves.

Paying attention to your dog when he does something wrong is good, but do not make it a point to only pay attention to him when he misbehaves. This is because, your attention may become a reward to him, which would prompt him do to mischievous acts to attract it. With that, you should also pay attention to him more times in a day, and make sure to let him distinguish between being reprimanded and being praised.

67. Fixing your puppy's chewing problem.

Chewing different objects inside the house can become a habit that your puppy develops as he grows older. To get it fixed, there is no need to hurt him, since it would not work. What you can do is to simply say "No" once you caught him in the act. After which, take the object from him, and replace it with a toy that he can chew on.

68. Using the tone inflection of your voice.

Your dog can understand your commands better if you make use of the tone inflection of your voice more effectively. The tone inflection of your voice is actually very important. With that, you have to make use of different tone inflection for giving your commands. By doing that, it can help him distinguish whether you are happy or not, after he does something. Aside from that, it can also help you sound more firm in giving out commands.

69. The right time to start.

The best time to start training you dog is when he is about 6 to 8 weeks of age. Starting at an early age is actually beneficial to your dog, since it would become a regular thing to him as he grows older. However, always remember that it is never too late to teach an adult dog new tricks.

70. Make dog training a fun activity for your dog.

You have to keep in mind that your dog expects every time spent with you as fun and exciting. With that, you have to make it a point to make every training session a fun activity. Thus, you have to incorporate little games in it, and do not forget to give him his treats, so that he would be looking forward to it.

71. How to start the next training sessions effectively.

After your first training session with your dog, you may wonder how to start the next ones. To become more effective in it, you need to review the trick or the exercise that

your dog has learned in the previous training session. By doing this, you are ensuring that your dog won't forget it, and would be able to see it as a regular practice.

72. Make sure that your dog has motivation in learning new tricks.

To build your dog's motivation in learning new tricks or commands, you have to make sure that he has the desire to spend time with you. With that, you need to build a good relationship with your dog right from the start. Dogs are known as creatures that really want to please their master, and if your dog has grown close to you, then it would do its best to follow your commands.

73. Reward your dog after every training session.

There are lots of things that you can do in order to appropriately reward your dog after each training session. Aside from giving him treats, you can also play fetch with him, especially if he shows signs that he wants to do it. This would make him happy, which would contribute a lot in his training progress.

74. Wear the right clothes and footwear.

You have to consider that when you are training your dog, you would be engaging into certain physical activities with him. Thus, you need to wear the right clothes and footwear for the training session for you and your dog's safety. Use comfortable footwear that has good traction, so that you won't end up falling down on your dog.

75. Choose the right time to train your dog.

Some people train their dogs early morning, while others train theirs in the afternoon. In any case though, you can select any time of the day, as long as it is not the time when your dog has just eaten his meal. It is not a good idea to train a dog with a full stomach, since it would lack the energy to perform the activities. Train him an hour or two after his meal time, to maximize the benefits of the sessions.

76. Making sure that your dog is comfortable in going through training.

You need to make sure that your dog is comfortable prior to training him, so that he would respond well. To achieve that, you can let him go out first, to relieve himself, before starting your training session. Aside from that, you can also let him drink a few sips of water, so that he won't feel thirsty.

77. Avoid games that encourage undesirable behavior.

There are certain games that you and your dog may enjoy, which can promote undesirable behavior. One of which is by playing tug of war with him, since it can

encourage him to pull his leash, bite at clothes, and so on. Think about the game that you are about to play with your dog, so that you can ensure that it only encourages good behavior.

78. Effective crate training.

Crate training your dog should be done as soon as you bring him to your house as a puppy. To do it effectively, you need to consider the place where you want to situate the crate, its size, the things that you want to place inside of it, and its bedding. Make sure to place the crate near to you, so that he would be encouraged in going inside. Make the crate as comfortable as possible for your dog, so that he would see it as his own personal place soon.

79. Taking note of important elements in training your dog.

There are important elements that you need to take note of in training your dog. These elements are your body language, your tone inflection, your touch, as well as your scent. Incorporate all of these things in training your dog, so that you would become more effective in it.

80. When to start training at a different place.

It is always best to train your dog only at your own place, especially at the starting point of the program. However, once your dog has become proficient in following certain basic commands, it is time to take him to a different place to continue with the training. By doing this, it would become more fun and exciting to your dog, which can make him respond more.

81. Effective house training practices.

House training is one of the challenges that each pet owner would face, after bringing the dog into his place. One of the things you can do for it is to take note of the times of the day, when your dog would urinate or defecate. By doing this, you would have a better idea on which part of the day you would put more attention to him, so that you can properly house train him.

82. The importance of crate training.

If it is possible for you to crate train your puppy, then you should do it. This is because crate training can help out in a lot of things such as solving housebreaking problems, barking problems, chewing problems, and even separation anxiety. Aside from that, it would also help you to have more control over your dog.

83. Gaining better control over your dog.

In order to gain more control over your pet dog, you need to be aware of the things the he wants to do. Some of which would include playing, walking, and even talking to him. Keep in mind that initiating these interactions can also be rewarding to him. Thus, you should know when to initiate them as well as to terminate them, so that you can control him better.

84. Calming your overly energetic dog.

One of the ways to calm down your dog if he is overly energetic, is to teach him some dog tricks. By teaching him dog tricks, he would be able to channel his energy into something better than simply running around. With that, you should learn how to teach your dog certain tricks to make him happier.

85. How to properly train your dog for tricks.

In the process of training your dog for certain types of tricks, you need to keep in mind that you need to establish a two-way communication between you and the dog. This would result to you becoming more in tune with one another, which would make it easier for your dog to learn the tricks. Start with establishing the communication, since all would just follow.

86. Recognize the fact that all dogs are different.

Recognizing the fact that all dogs are not the same can help you out with your training program. Whether you are going through obedience training with your dog, or you are teaching him some tricks, you should know that not all established rules about it would work. Thus, you need to be prepared in making adjustments, so that you and your dog would be happy in going through the sessions.

87. Tools to use for teaching your dogs some tricks.

When it comes to training your dog for some new tricks, there are certain tools that you may want to use for it. Some of which would be the clicker and the target stick. Don't forget the treats though since it is the primary reinforcer, which can motivate your dog more in following your commands.

88. It is you who should make the decision in putting a stop to a certain exercise.

Whenever you command your dog to doing something, you should be the one that make the decision to put a stop to it and not him. For example, if you ask him to sit down, then you should not let him decide on his own when it is time to move from the place. This will help in establishing control over your pet. However, make sure not to let him follow a command for too long, to be fair to your pet.

89. Learn more about your dog.

Keep in mind that apart from the fact that all dogs are different, they also have certain things in common; and, you can tell that according to their breeds. Thus, you should do your research about the kind of breed your dog is. By becoming more familiar of his basic characteristics, you can make it easier for you to understand him.

90. Invest time and effort.

You need to keep in mind that you have to invest time and effort in building a relationship with your dog. It is important that you build a healthy relationship with him, so that you can gain his trust and that he is happy to be with you. Just like human relationships, you need to invest a lot of your time and effort in your relationship with your dog, so that each of you would be able to take his part in the team effectively.

91. Building trust with your dog.

To make your dog do what you want him to do, you need to build his trust in you first. Building trust with your dog should start at the first time that you meet. You need to constantly provide a feeling of security to him. Aside from that, you should also make every interaction with him a pleasant one. Never hurt your dog, since that could make him lose his trust in you and be on defensive mode.

92. Watch expert trainers do their work.

One of the best ways to develop your skills as a trainer to your dog is to watch experts in this field regularly. There are TV shows that feature such trainers that you can watch every week for it. Aside from that, there are also lots of dog training videos on the web that you can access anytime. Watch these experts more, so that you can take note of important things in training your dog.

93. The fun of teaching your dog some tricks.

Training your dog for certain tricks is fun not just for you, but also for your pet as well. There are lots of tricks that you can teach to your dog such as to take a bow, shake a paw, and play dead. Learn about the steps in teaching these tricks, so that you can have more fun with your pet.

94. How to tell if your dog does not trust you.

Telling whether your dog trusts you or not is one of the best things to do, prior to training him. If he leans away from you when you are trying to reach out for him, then it is a sign that he does not fully trust you. If this is the case though, then you should not

proceed with the training program first, and focus more on establishing trust with your pet.

95. Handling dog problems.

Handling dog problems is part of the entire dog training process. However, you should take note that not all dog problems are due to your pet trying to dominate you. In most cases, it is just a simple case of fear or the lack of trust, or even improper handling. With that, you have to work with your dog as much as you can, since it also wants to please you as his master.

96. Do the opposite of your dogs activity level.

Doing the opposite of your dogs activity level can help you achieve certain things, such as calming down a very energetic dog. For example, if you act very calm in front of your energetic dog, then he can also calm down, especially if you ignore him when he constantly jumps up on you. If your dog is a bit lazy, then act more energetic in front of him to entice him to play with you.

97. Look at your dog's eyes.

When you talk to your dog, you should look at his eyes, to see his reaction. Aside from that, it would also make him understand you better. By looking at your dog's eyes more, you can tell whether he is frustrated or angry at certain things, which can help a lot in training him, as well as whenever there are strangers around.

98. Don't flick your dog's nose.

Some people think that flicking the dog's nose can teach it to behave better. However, this can actually agitate your dog and would make him lose his trust on you. Thus, at any case, you should not flick your dog's nose, even if you are trying to reprimand him. Just saying "no" to him on a firm tone should already get the message across effectively.

99. List down your goals.

Making a list of your training goals is one of the best things that you can do to keep track of the things that you need to achieve. Aside from that, it would also serve as your checklist of the things that you have already achieved with your dog. Moreover, you can also add some notes into it, such as the things that you may need to have, so that your training would become more effective.

100. What to do when things get out of control.

If all your efforts end up not achieving your training goals with your dog, then it may be

a good idea to consider professional help for it. Choose a reputable dog trainer who wouldn't just train your dog, but also teach you how to train your dog effectively as well. He should know how to teach you how to supplement

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Energy Saving Tips

1. It begins with your commitment.

If you want to save energy, you have to be committed enough in doing the necessary things for it. Without your commitment, you may not become mindful of your actions, which can directly or indirectly affect your overall energy consumption. Thus, you have to be committed, so that you can see results on it.

2. Make it a practice to turn off the lights in your room.

Lots of people today leave their bedrooms without turning the lights off. Although lights do not consume much electricity, lots of energy would be wasted if you constantly left them turned on for the most parts of the day, even if you are not inside the room. Thus, make it a practice to turn off the lights, so that you can save energy.

3. Replace your filters regularly.

Most heating and cooling equipment require clean filters, in order for them to run clean. The filters can also help them in becoming more energy efficient. With that, replacing your filters regularly can help you save a lot in terms of energy consumption. Ask your technician about it, so that you would know when is the best time to do so.

4. Dirty coils make your appliances consume more electricity.

Refrigerator coils can get dirty over a certain period of time. In most cases, they can accumulate a lot of dirt within the six month period; and, when that happens, the dirty coil would make your refrigerator work harder in order to achieve its desired temperature. Thus, it is best if you practice cleaning and vacuuming your refrigerator coils every six months or so, so that you won't have to endure higher electricity bills.

5. Close the windows.

Whether you need to achieve lower or higher temperature inside your house, it is best if you close your windows. This is because, open windows would make your cooling or heating equipment require more energy to serve you better. When you close the windows, your equipment would not work too hard, which means it can help you save energy.

6. Do not forget the timer.

When you sleep at night and you are using your air-conditioning system to make your room temperature cooler, it is a good idea to make use of its timer. The timer would

ensure that your AC would be turned off in time. Aside from that, if you won't use the timer, you may get tempted to extend its usage, especially when you don't feel like going out of your bed yet.

7. Make use of solar energy.

There are lots of DIY solar panels that you can make use for your home today. One of the best things about this new technology is that, you no longer have to pay high electricity bills with them. All you have to do is to have someone install it properly, and you should be good to go.

8. Dry your clothes the natural way.

One of the best ways to conserve energy is to dry your clothes naturally. If you are going to use your washing machine's dryer for them, then you would be consuming lots of energy. Just hang the clothes outside, and let the sun dry it so that you can save more energy.

9. Unplug all unused appliances and electronic devices.

You need to keep in mind that many appliances and other electronic devices consume electricity when they are plugged into the socket, even when they are turned off. Thus, the moment that you turn them off, you should ensure that they are unplugged. If it is a hassle for you to do, then just do it just before going to bed.

10. Your computer monitor.

If your computer's monitor is still the large type, or the CRT, then it is time to replace it. CRT screens actually consume more energy than the LCD types. Thus, it is time to make use of the newer computer screens. Aside from consuming lesser amounts of energy with them, it also improves your whole experience in using your desktop PC.

11. Open up your windows during summer.

Summer heat can be hard to beat, which is why it is best to come up with ways to get around it without consuming lots of energy. Open up your windows during summer time, so that you can let fresh air go in and out of the house. This is effective, especially if your house is surrounded with trees.

12. In going for a vacation.

When you go for a vacation, you need to make sure that all the appliances, except the refrigerator, are turned off and unplugged. Aside from that, if you have a water heater, then you should also ensure that it is turned off as well. Minimize energy consumption

by leaving just a light in the porch and in your living room while you are away.

13. Minimize the number of times you open the door.

When it is warm and you are using your air-conditioning to achieve cooler temperature inside your place, then you should minimize the times that you and other members of your household are opening the door. Each time you open the door, warm air would get inside your place. When that happens, it would make your cooling equipment work harder.

14. Turn off your light when you go to bed.

Turning off the light inside your bedroom when you go to bed can help save lots of energy. If you are not very comfortable, you can always use a lampshade instead or a night light. When you do this, aside from saving energy, it can also help you sleep better.

15. Using water heater.

If you have a water heater installed at your place, it can make your energy consumption go up, if you have leaky faucets. Thus, you should fix any leaky faucet as soon as you spot them. Aside from saving energy, it can also help you save on water usage.

16. Cut off cooling areas in your house that don't need it.

When you turn on your cooling equipment at your place, you have to consider the fact that it would try to lower down the temperature on the entire space. Thus, if you have rooms that don't need cooling, then you should close the door to that room. By minimizing the space that it has to cool down, you are ensuring that it would not consume more energy than it needs to.

17. Block the summer light to save energy.

Blocking the summer light can go a long way, as far as saving energy is concerned. This is because, it can help in bringing down the temperature inside your house. Thus, you need to install awnings, shades, blinds, or sunscreens in spots where sunlight can enter. Reflect away the heat from your house to make it cooler.

18. Have a technician check your electric wirings on a regular manner.

Checking your electric wirings inside your house is necessary, in order to lessen energy consumption. Routine check up would ensure that no wires are damaged by pests, which can cause more energy consumed or even short circuit. Thus, this practice would not just conserve energy, but also make your home safer as well.

19. Installing an exhaust fan in your kitchen.

Whenever you are cooking, an exhaust fan inside your kitchen can help a lot in blowing hot air from the place. This can help you save a lot of energy especially during summer time. Your savings when it comes to using energy to cool down your place would be more than the electricity consumed by the fan.

20. Air dry your dishes whenever you can.

Using the dishwasher heater consumes a lot of energy. Thus, it is best if you turn it off, whenever you leave your place and also when you are not making use of it. Aside from that, it is also a good idea to simply air dry your dishes whenever you can or when you have the time for it.

21. Be mindful of your cooling system's thermostat levels.

It is best to be mindful of your cooling system's temperature or thermostat levels. This is because, it can determine the amount of energy that it would consume in cooling down your place. Thus, you should take note of the comfortable temperature that you want to achieve, so that you won't go lower and consume more energy in the process.

22. An alternative to using your air conditioning system.

If it is warm and you don't want to turn on your air-conditioning system for a while, you can make use of an alternative for it. All you have to do is to place a bowl that is filled with ice cubes in front of your electric fan. Turn on the fan, and you can feel cool air blown towards you.

23. Reduce the humidity inside your place.

Reducing the humidity inside your place can greatly help in making you more comfortable during warm weather conditions. To achieve that, all you have to do is to use a dehumidifier. When you make use of it, you can minimize the number of times that you have to turn on your air-conditioning system.

24. Use your air-conditioning system's timer.

It is a good idea to make use of your air-conditioning system's timer on a regular basis to save energy. For example, when you turn it on at night before going to bed, set the timer to turn off the system by dawn. This is because, it is usually pretty cold during that time, and you won't even notice that your AC has already been turned off.

25. Minimize the use of your shower's heater.

There are times when people make use of their showers' heater even on summer times. Thus, whenever it is warm, you should see to it that your shower's heater has been turned off. Do this, so that you can enjoy cooler water, and save on energy consumption.

26. Minimize the times your kids open up the fridge.

Whenever you open the door of your refrigerator, its cool air would go out and warm air would go in. Therefore, it can make your fridge work harder, and consume more energy because of it. Thus, you have to remind your kids not to open up the fridge a lot. Aside from that, let other members of your household be aware of it, so that they can all help out.

27. Purchase an air-conditioning system that can help you conserve energy.

There are air-conditioning systems today, which are designed to help you conserve energy. One example of it is that, it has a plug that comes with a socket in it, in which you can plug your fan into. With that, once the timer turns off the system, your fan would automatically be turned on, so that you won't even have to get up of your bed to do it.

28. Buy more food items to place inside your refrigerator.

Keep in mind that a cooling system usually works harder with larger space. Thus, if your refrigerator is half empty, then it needs to consume more energy to cool it down. With that, you should try to consume more space inside your refrigerator, so that you would be able to save energy.

29. Turn off your computer.

Lots of people think that when they turn their computer off and on, it would wear out the system faster. However, it is actually untrue, especially with the newer computers. Thus, it is time to make it a practice to turn off your computer whenever you are not using it, so that you can bring down your electricity bills.

30. Turn off all heat sources in summer.

One of the best ways to minimize heat during the summertime is to turn off all the heat sources inside your place. Some of which would be lights, appliances, and other electrical items. Turning off these things whenever they are not in use would minimize heat inside the house, and would help you save on energy cost.

31. Use LED for your lighting needs.

LED lighting is now being used by a lot of companies, in order for them to reduce their electricity bills. This is because, these types of lighting are energy efficient compared to traditional types. Thus, it is time to make use of such types of lighting, so that you too can enjoy more savings from them.

32. Add light timers in your place.

Reducing the amount of time you make use of the lights inside your place can help a lot when it comes to energy saving. Thus, installing light timers can help you achieve your goal in it. With a timer, you can ensure that the lights in your porch or garage would be turned off, even before you go out of bed.

33. Energy saving in cooking.

Whenever you are trying to cook something with the use of a pot, it is better to make use of the lid for it to conserve energy. By using the lid, it ensures that heat would not go out of the pot and be focused on the food that you are trying to cook. This is actually one of the reasons why the lid is always included whenever you purchase a pot.

34. Having a swimming pool.

A swimming pool can greatly help you during summertime, since it can reduce the amount of time you make use of your air-conditioning system. However, running your pool can also consume lots of energy, especially if you let the water pump run 24 hours a day. To get around it, just let it run for 6 to 8 hours each day instead, so that you can save energy.

35. Use compact fluorescent light bulbs.

Using the traditional incandescent light bulbs use a lot of energy. This is because, aside from providing light, they also produce heat. Thus, it is time to replace them with compact fluorescent light bulbs today, so that you can save more energy. They do not produce heat, and they consume 80 percent less energy.

36. Motion sensing devices.

Motion sensors can help you a lot when it comes to conserving energy. This is because, you can make use of them for your outdoor lighting. With motion sensors, you can ensure that your outdoor lighting would only be used whenever the sensors detect something moving outside your place.

37. Your furnace filters.

Keep in mind that your furnace filters can get dirty in just a matter of time. The dirtier

they get, the more energy your furnace fan needs to consume in order to work. Thus, it is best if you replace the furnace filters on a regular basis, so that you can consume less energy.

38. Give your computer a break.

Keep in mind that your computer becomes slower as you fill it up with more and more data. Thus, it is time to clean out unwanted data from it. By doing that, your computer would work faster, which would reduce the time you need to spend in doing something in and it that would result to more energy saved.

39. Get your family to watch television in the living room.

It is quite a usual thing these days for each of the members of the family to have their own television set insider their own rooms. Whenever you are all trying to watch the same TV program though, convince all the members of the family to watch it in the living room. When you do this, you won't just be saving energy, but it can also give you time to bond with each other.

40. Buy energy efficient appliances.

If you are shopping for appliances, you would realize that in most cases, the energy efficient products are usually more expensive. Although they are, they can actually provide you with more benefits in the long run. Aside from helping you minimize energy consumption, these models usually are also made in higher quality than the others.

41. Charge your mobile phone's battery, when it is almost empty.

Lots of people today put their mobile phones with its charger every time they arrive at their place, even when the battery is still half full. It is actually a better practice to charge your battery, when it is almost empty, so that you can minimize the number of times that you plug it into the socket. Aside from that, it can also prolong the life of your battery.

42. Using the right amount of detergent.

When you make use of your dishwasher, you should see to it that you are putting just the right amount of detergent. This is because, too much of it or too little can affect your dishwasher's efficiency. It is time to read the instructions well, so that you can conserve more energy.

43. Use a dishpan whenever you are hand washing dishes.

Hand washing dishes is actually a good way to save energy, especially if there are only

few of them that you need to deal with. However, you should not let hot water run continuously whenever you are doing it. To avoid this, you can always make use of a dishpan, in order to hold water. This would not just minimize the energy consumed, but it would also conserve water.

44. Using an electric oven for cooking.

When you are using your electric oven to cook something up, you can always turn it off in advance. In other words, you can turn off the oven even when you are not done cooking yet. There is no need to worry in doing that, since the oven can retain heat. This can also be done when you are just trying to heat your food.

46. Do not over dry your clothes.

Whenever you make use of your washing machine's dryer, you have to be careful not to over dry your clothes. This is because, over drying them would waste a lot of energy. Aside from that, it can also ruin your clothes if you do it all the time.

47. Cook barbeque and steaks every weekend.

To enjoy your weekends, you can always cook barbeque and steaks with your family. This would reduce the amount of time that you make use of your electric stove and oven. Aside from that, it would also provide you a chance to spend time with your spouse and kids.

48. Have smaller cooking appliances.

Unless you are constantly throwing a party or there are lots of members in your family, you should make use of smaller cooking appliances to save energy. This is because, smaller ones simply consume lesser energy to do the same cooking task. Thus, it is time to make use of the smaller appliances, and use the larger ones only when you really need them.

49. Moving your refrigerator.

Always remember that the temperature around the place where your refrigerator is situated, can affect the appliance's energy consumption. Thus, it is important that you situate your fridge in a cooler place. Do not let it stand near a cooker or where the sunlight comes in, so that it won't have to work harder to cool down the food items it contains.

50. Do not forget to defrost your refrigerator regularly.

It is important to defrost your refrigerator on a regular basis. This is because, it can

greatly help when it comes to its efficiency. Aside from that, it can also help in prolonging its life. If you don't want to defrost manually though, then it is best to buy a refrigerator that has an automatic defrosting feature.

51. Taking a shower instead of a bath.

According to a lot of experts, taking a shower actually conserves more energy than taking a bath. To ensure that this is the case though, it is best to make use of low-flow showerheads, instead of the power showers. They provide the same comfort and consume lesser amounts of energy.

52. Make it a practice to avoid using hot water.

Heating water takes a lot of energy, which is why it is best to make it a practice to avoid using it. Lots of people heat water to take a bath. However, if you make it a practice to use regular water, then you can actually get accustomed to it eventually. Thus, if you want to save energy, then you should avoid using hot water from now on.

53. Insulating your home.

Insulating the ceiling and walls in your home can actually help you save about 25 percent of your heating cost. However, it needs to be done properly. Thus, you have to research about it, if you want to do it yourself. On the other hand, you can also hire someone to do it for you.

54. Walk.

Keep in mind that using your car or motorcycle also requires energy. Thus, if you are trying to get to a place that is just walking distance from your place, then you should avoid using them. Aside from conserving energy, it can also help in saving the environment by using lesser amounts of fossil fuel.

55. Buy recycled paper products.

There are lots of recycled paper products available in the market today. When you purchase them, you are basically saving energy, since it takes about 70 to 90 percent less energy, when it comes to recycling paper. Aside from that, you are also helping in preventing the loss of trees in a worldwide scale.

56. Do not throw away your shopping bag.

Making use of reusable bags when you are shopping can actually help in conserving energy. Aside from that, it can also help in reducing the amount of waste that you introduce to the environment. Thus, it is time to make use of reusable bags, instead of

accepting the disposable kinds each time you shop.

57. Plant a tree in your backyard.

When you plant a tree in your backyard, it would eventually provide you with shade, which can reduce your air-conditioning bills during the summer time. Aside from that, it can also minimize the amount of carbon dioxide in the air. Thus, it does not only help you reduce your bills but also help the environment.

58. Use renewable sources of energy.

When you make use of renewable sources of energy for your needs, you would be able to save more money when it comes to your electricity bills. Some of these sources are the wind and solar. This move can also reduce the amount of fossil fuel burned, which is helpful to the environment.

59. Start a carpool.

When you share a ride with your coworkers or friends, it would actually reduce the amount of fuel that you would consume. There is no need to do it every day at the start. You can do it at 2 days in a week at first, and once you get the hang of it, increase the number of times that you do it, so that you can all help in saving energy.

60. Arrange your furniture items properly.

It is important that the air circulation from your cooling or heating equipment is not being blocked by anything. This is to ensure that it works at its maximum efficiency. Thus, you have to arrange your furniture items with that in mind, so that you can ensure lesser energy consumption.

61. Use your fireplace.

During the colder months, do not forget to make good use of your fireplace. By doing that, you won't have to make use of a lot of energy in order to bring up the temperature inside your place. Just take out the fire though once you go to bed, so that you can also conserve firewood.

62. Kitchen fans.

Whenever it is hot and you have turned on your air-conditioning system, you should not make use of the electric fan that you have in your kitchen. This is because, it can make warm and moist air go towards different parts of your place, and make your AC system work harder.

63. Clean your air-conditioning systems regularly.

Cleaning the filters of your air-conditioning system and cleaning the system itself are two different things. When it comes to cleaning the AC, it is best if you hire someone to do it for you. Do it regularly, so that it would be able to work as efficiently as possible.

64. Use your pressure cooker.

If you don't have a pressure cooker, then it is time to purchase one. This is because, using a pressure cooker can help you save energy. With a pressure cooker, you would be able to cook food faster, since you would be applying pressure on it, aside from the fact that it would also make the temperature go up fast.

65. Inspect the indoor and outdoor coils of your air conditioner.

There are two coils that you need to inspect regularly when it comes to caring for your air conditioner. The indoor coil should be checked and cleaned always, since it gets wet during the process of cooling, aside from attracting dust. Dirt buildup on it can make the AC work harder, which is why it should be kept cleaned always. This is also the same with the outdoor coil.

66. Prevent excessive cooling.

There are times when you set the thermostat of your air conditioner beyond your desired temperature. You may simply become adjusted to it by using a blanket when you sleep. However, it is best if you bring down the thermostat level instead, since making your room cooler than you need it to be would make you consume more energy.

67. There is no need to make use of air conditioners during the entire summer season.

Although it is summer, there are times when the weather can be milder. It is during these times when you can substitute your air conditioner with just an electric fan. By doing that, you would be able to reduce your energy consumption by 40 to 60 percent.

68. Choose the right power for your room air conditioner.

Room air conditioners are available in different horse powers these days. You can choose from half, one, one and one half, and many more. When it comes to this, you need to consider the size of your room to be able to select the right horse power for your air conditioner. It is best that your AC has just the right power for your room, since too low or too high can make you consume more energy.

69. Properly installing your air conditioner.

It is very important to ensure that professionals are the ones to install your air conditioner. This is because, its installation is a factor that can affect its efficiency. The air conditioner has to be installed on a flat surface, since it would help its drainage system and other mechanisms to work properly. See that it is installed properly, so that you won't be consuming more energy than you should be.

70. Using a window air conditioner.

If you are using a window air conditioner, it is best if you set the fan speed on higher levels. However, if you can feel high humidity, then you should set it to low. Lower fan speed can actually make you feel more comfortable during warmer months, since it can help removing moisture from the air.

71. Check your car's tires weekly.

You should make sure that your car is fuel efficient, in order to save energy. One of the factors that can affect that is its tires. With that, you need to check the tires of your car weekly, so that you can ensure that it has proper inflation. When that is the case, then you would be able to save energy by making your car more fuel efficient.

72. Read more books.

Reading more books can help you reduce your energy consumption. This is because, it would greatly reduce your time spent in front of your television. With that, it is best if you encourage your kids and your spouse to follow your lead, so that they can all contribute in saving energy.

73. Do not place your TV set or your lamp near your air conditioning thermostat.

It is not a good idea to situate a television set or a lamp near your air conditioning thermostat. This is because, these appliances can give off heat towards the thermostat. When that happens, the thermostat would try to work harder than necessary to cool down your room's temperature.

74. Make your company as paper less as possible.

Making your company as paper less as possible can help you conserve energy. This is because, each time you need to print something, you would be consuming more electricity. Aside from making your company reduce electricity bills by becoming paper less, you can also help the environment.

75. Unplug your air conditioner during winter.

It is a fact that you won't be using your air conditioner during the winter times. Thus, it

is best if you can unplug it, so that you can ensure that it won't be consuming any kind of energy. It is also better if you can cover it with something, so that you would be able to preserve its quality.

76. Do not forget the seal between your AC and your window.

It is important to constantly check on the seal between your air conditioner and the frame of your window. This is because, the seal can get easily damaged with moisture. When that happens, the seal can eventually have holes, which would let cool air from your room escape.

77. Drain water from your hot water tank.

Draining water from the hot water tank regularly can help a lot when it comes to saving energy. This is because, sediments inside the tank can reduce the efficiency of your tank. Draining even just a quart of water from the tank once every two to three months would already help a lot.

78. Cover your foods when you store them inside the refrigerator.

It is important to cover or wrap foods that you store inside your refrigerator. This is because, foods that are uncovered can release moisture inside the cooling unit. When that happens, it actually makes the compressor work harder, which means more energy consumed.

79. See if you have a butter conditioner insides your refrigerator.

It is always best to check on your user's manual, even when it comes to making use of your refrigerator. This is because, it can also help you determine if your unit has a butter conditioner. This part of a refrigerator is actually a heater, and it is best if you can turn it off.

80. Don't keep your old refrigerator running.

It is possible that you are still using your old refrigerator at your garage, especially in times when you need extra space. However, it would actually serve you better if you just obtain a new unit, even just a small one. This is because, old refrigerators can actually consume a lot of energy, due to their being inefficient.

81. Attain the ideal temperature for your refrigerator.

If you are going to make your refrigerator cooler than you need it to be, then you would be consuming more energy than necessary. With that, you have to take note of the proper temperature for the different parts of it, such as the freezer and the fresh food

compartment. To check on their temperatures, just make use of a thermometer for it.

82. See that your refrigerator's door seals are tight.

You have to make sure that your refrigerator seals are really tight, so that cool air would not escape through it. One of the best things to do for it is to close the door while letting a paper hang half inside the unit and half outside of it. If you can pull the paper out easily, then it means that the door seals are not airtight.

83. Don't let your kids leave their TV sets turned on.

If your kids have their own rooms and each of the rooms has a TV set inside, then you should make sure that they are turned off when no one is using. With that, you should constantly remind your kids that they have to turn off the TV sets when they leave their rooms. Aside from that, make it a practice to constantly check on their rooms, just to make sure.

84. Make use of ceiling fans.

If you want to have a substitute for air conditioning, you can actually install ceiling fans inside your place for it. Ceiling fans can actually make a room more comfortable by providing sufficient movement of air. Because of that, you won't have to turn on your air conditioner a lot of times.

85. What to do with your guest room.

Having a guest room inside your house can increase your energy consumption, especially if you don't make adjustments when you don't need it. To conserve energy, see to it that the guest room's light is always turned off. Aside from that, keep in mind that attaining desirable temperature in it would not be needed as well.

86. Install tempered glass doors for your fireplace.

In having a fireplace, you want to make sure that heat loss would be reduced. This is because, if you can achieve that, it means that you would be able to reduce energy consumption of your heating equipment.

With that, it is best to install tempered glass doors for your fireplace, so that heat loss is avoided, and efficiency is improved.

87. Small portable heaters.

Making use of portable heaters that are small in size is good if you use it for a shorter period of time. However, if you need heaters for the long haul, then it is best to make

use of a baseboard heater for it. This type of heater is best for long term use as it consumes lesser amounts of energy.

88. It may be time to buy a new thermostat.

Always remember that as your thermostat becomes older, its efficiency would also reduce. With that, if you are using an old thermostat, then it may be time to replace it. By using a newer thermostat, you would be saving more energy, which would also help you save money in the long run.

89. Buying the right heating product.

When it comes to buying the right heating product, you should check its features first before making the final decision. Aside from checking on the features of the product, you should also check reviews about it. Reviews can be found online, which can help you decide when you are turned between two products.

90. Using your dishwasher.

It is always best to use your dishwasher with a full load. Doing it this way can help in conserving energy. Aside from that, keep in mind that using a dishwasher actually consumes lesser amounts of water as well as energy than washing the dishes manually. Thus, if you have enough dishes to wash, then use your dishwasher for it.

91. Use hot water only if it is really necessary.

One of the biggest factors that can make your electricity bills spike is the use of hot water. With that, it is best if you only use it if it is absolutely necessary. Thus, when it comes to washing your clothes, only use hot water when you are trying to clean extra dirty ones.

92. Adjust your washing machine properly.

If you are used to washing a lot of clothes with your washing machine, then you may always be setting it a higher levels. Keep in mind that doing this can make your equipment consume more energy. Aside from that, the said setting can also ruin delicate clothes. With that, it is always best to check on the equipment's settings, so that you won't be damaging your clothes and wasting energy.

93. Drying towels.

When you try to dry your towels with the use of your washing machine's dryer, then you would be using more energy. This is because, it would need to work harder, for towels and blankets can become heavy with water. To save energy, then it would be better to

dry them on a separate load, or just simply air dry them.

94. Always read your oven's manufacturer's manual.

Keep in mind that electric ovens today have different operating features. In other words, there may be features that you can use in order to cook certain types of foods easier. With that, it is best to check on its manual, so that you can ensure that you won't be using more energy whenever you are cooking.

95. Try not to open the oven door.

Whenever you are cooking up something with your oven, you may be tempted to open its door from time to time. Keep in mind that whenever you open up the door, your oven's temperature could actually drop by 25 degree Fahrenheit. Thus, you would be making it work harder. Just check on the oven's timer instead or the clock for its progress.

96. Turn your drinking water heater off.

If you do not need to drink hot water, then you should turn off your drinking water heater. Keep in mind that heating the water constantly would consume a lot of energy. Even if you are not consuming hot water, as long as its turned on, it would still constantly consume energy.

97. Soak beans overnight.

If you are planning to cook beans in the morning for breakfast, then soak them overnight. This is because, soaking it would allow the beans to absorb water. Because of that, the time you would consume in cooking them would be reduced, as well as the energy consumed.

98. Boiling hot water.

When it comes to drinking coffee, you may want to boil water for it. With that, it is best to boil just enough hot water for your needs, so that you would conserve energy. Thus, if you only need a cup of coffee, then boil just a cup of water for it, so that you would save time and energy.

99. Turn off decorative indoor and outdoor lights.

If you have decorative indoor and outdoor lights, then you should turn them off, whenever you don't need them. Only use these types of lights when you are having a party or you are expecting guests. By doing that, you would not just save energy, but also prolong the lifespan of your lights.

100. Get the whole family involved.

It is best if you get your whole family involved in your quest to conserving energy. This is because, all of you would be consuming energy each day. Talk to them about the benefits of saving energy, as well as the consequences if you would not take action for it. Explain things properly, and make sure to make it clear to them on how you are going to go about it.

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Exercise Tips

1. Determine your purpose of working out.

When it comes to the level of intensity that you want to go through in working out, you need to determine your purpose for it first. You have to decide if you want to simply get fitter or you want to build more muscles in exercising. On top of that, different forms of exercise may also be involved if you want to excel in a certain sport. By determining your purpose, you can easily decide on what kind of routines you want to do.

2. Losing weight.

If you want to lose weight, one of the best things that you can do is to exercise. However, in order for it to be effective, you have to properly determine your goals for it. On top of that, you should also set a timeframe in achieving them. For example, you can set your goal as losing 5 to 10 pounds in a period of 1 week.

3. Think of an event that you want to get ready for.

Getting excited for a certain occasion can help you a lot when it comes to your motivation for exercising. With that, it is best if you can think of an event in the future that you want to prepare yourself for. One example is a high school reunion, in which you want to impress your previous schoolmates, that you are able to remain fit.

4. When you exercise, you can become more energetic.

If you are constantly feeling sleepy at work, then you should get some exercise soon. Exercising can actually make you more energetic. Thus, thinking about how much energy you can gain from it, should make you more motivated in hitting the gym and start working out.

5. Building your abdominal muscles.

Lots of people think that the best way to build their abdominal muscles fast is to work them out each day. However, this is actually untrue, since you should also let them get enough rest. If you want to achieve better abs in lesser time, then you should just work them out for about 2 to 3 times in a week.

6. The relation between limbering and your age.

As you age, especially reaching the age of 40, your muscles would become less pliable. In other words, you have to limber or stretch them longer. When you are under the age of 40, you can stretch your muscles and hold them for just 30 seconds. At the age of 40

and above though, it is best to hold your stretches at 60 seconds.

7. Preventing neck strain.

Whenever you work out your abs, you have to make sure that you are putting the pressure on the abdominal muscles. This would ensure that your neck would be protected properly. On top of that, you can also place your tongue on your mouth's roof whenever you do your crunch exercises, since it can align your head the right way and prevent neck strain.

8. Think about rewarding yourself after every workout session.

If you want to motivate yourself more in exercising, then you should think about a reward to give to yourself for completing each workout session. It can be watching a movie, eating your favorite meal, or simply going out for a relaxing day at the mall. By doing this, you would become more excited each time you are headed for the gym.

9. Build more muscles to lose weight.

If you want to lose weight fast, then you should go through exercise routines that can build more muscles. This is because, muscles require lots of calories to maintain. Thus, the more muscles you have, the more calories and fats you would be burning, which would result to faster weight loss.

10. Don't spend too much time in building muscles.

When it comes to going through exercise routines to build muscles, you should not go beyond the one hour mark for it. This is because, your body can produce the stress hormone called cortisol when you do that. This hormone can block testosterone and prevent your muscles to get developed.

11. How to stay committed in exercising.

There may be times when you don't want to go through the exercise routines, just because you don't feel like it. However, if you skip one or two sessions just because of that, it can become a habit, which is not good. Whenever you feel like not going through the workout session, remind yourself of your goals, as well as the benefits you can enjoy from exercising, so that you can proceed.

12. Go through weight workouts in order.

The best way to workout your muscles is to start with dumbbells, followed by barbells, and then the machines. It is best to start with the smaller muscles, since they no longer would be required to work once you go with the heavier weights. Follow this, so that

your muscles would be given proper workout.

13. Do not forget your core.

It is important that you strengthen your core if you want to perform different forms of exercise effectively. With that, you should not be afraid in doing situps. This is because, this exercise routine can make your abdominal muscles work longer and harder, aside from increasing your range of motion. Make sure that you do it properly though, so that you won't hurt your back.

14. Gaining more benefits from cardiovascular exercises.

If you simply want to improve your health, then you should just go through moderately intense cardiovascular exercise routines for 30 minutes each day. You can do this for 5 days a week if you want results faster. If you want to do it just 3 days though, then you should go through vigorous routines for 20 minutes only.

15. Cardio exercises can help you lose weight.

When it comes to losing weight, you can also go through cardiovascular exercise routines for it. To hit your goals, you need to go through intensive cardio exercises for 60 to 90 minutes each time. Do it several days in a week, so that your body would be able to burn more fats and calories.

16. How to determine if you are working out at a moderate level of intensity.

When you ask advice from experts, you may have heard them tell you about exercising in a moderate level of intensity. However, you should also know what they mean by it. A simple way to determine this is that, if you are still able to talk while you are working out, then you are doing it right.

17. Strength training and weight loss.

Strength training can definitely help in making you lose weight. This is because, you would be building more muscles. Aside from that, while your muscles are trying to recover and get developed, your body actually continues to burn more calories and fats for it. To make sure that you lose weight though, you should also take note of your calorie intake.

18. Don't forget to target the major muscle groups.

In strength training, you may be given choices as to what routines you want to go through with. Keep in mind that certain routines target certain muscle groups. When you choose about 8 to 10 exercise routines for strength training, you should make sure

that they target the major muscle groups, so that you can have a more balanced workout session.

19. There is no need to target all your muscle groups in one session.

If you are the one to come up with your own workout program, you have to take note that there is no need for you to target all the muscle groups each day. If you workout every day, then see to it that certain muscle groups are given ample time to rest before targeting them again. By doing this, you are giving time for your muscles to recuperate and get developed.

20. Choosing the bench properly.

When you work out, there are certain routines that would require you to make use of a bench. Keep in mind that benches are not made equal. To test it out, press your thumb against it. If your thumb can feel the wood, then you have to find another one. This is because, it tells you that the bench is too hard for lifting, which can weaken your arm.

21. How to swim faster.

One of the best ways to increase your speed in swimming is to develop the flexibility of your ankles. This is because, your feet are like your flippers that can make you swim faster through the water. There are lots of simple exercise routines that you can go through for it. Perform them, so that you can swim faster than your friends soon.

22. No more excuses.

Lots of people are not able to achieve their fitness goals due to their excuses. One of the most popular excuses of all time is being too busy to workout. To get rid of it, try to workout on a single day even for just 10 to 15 minutes. After going through it, think if you were made underproductive by going through the exercise routines. You would most likely think that it did not affect your productivity and realize that you can always exercise each day without worrying about your work.

23. When to buy your working out shoes.

You may think that there is no specific time in a day that is best when it comes to purchasing a pair of shoes. However, it is actually best to buy shoes in the afternoon or at night. This is because, these are the times when your feet are at their largest size. By doing that, you are ensuring that you can buy the perfect pair according to size.

24. Workout with your spouse.

If you want to make working out more exciting, then you should do it with your spouse

or special someone. There are lots of benefits that you can both derive in working out, which is why there is no way he or she can say no to it. By doing it this way, you can enjoy your workout sessions more.

25. Watch TV programs about exercising.

Watching television programs about working out can make you more motivated in going through your routines. On top of that, you can also learn valuable lessons from it, especially when you watch those that are hosts by experts in the field. Check out the channels that show such programs, so that you can take note of them.

26. Make the necessary preparations.

If you are just about to start with your workout program, then you should make the necessary preparations for it. In other words, you should acquire appropriate clothing for working out. On top of that, if you decide to exercise at your own place, then you should also buy the necessary exercise equipment, such as dumbbells, barbells, and more.

27. Building up the strength of your forearm.

If you want to improve the strength of your forearm, you can make use of newspapers for it. All you have to do is to lay a sheet of newspaper on the floor, and take about 30 seconds to crumple it with your hand. Doing this can help you in performing well in tennis as well as racquetball.

28. How to improve and maintain flexibility.

A person's flexibility can decline as he ages. However, you can improve or maintain it by going through stretching exercises. When you go through stretching though, its benefits are not limited to maintaining your flexibility. It can also help you relax more and get you prepared for your whole workout session better.

29. Working out your back muscles properly.

One of the routines you can perform to target your back muscles is the lat pulldowns. To do this properly though, it is best if you don't wrap your thumb around the bar, and place it beside your index finger instead. When you do this, you are decreasing the pressure applied on your arms, which results to working your back harder.

30. Stretching many times in a week.

It is actually good to do stretching a lot of times per week. In fact, doing it everyday can give you a lot of benefits. If you have a hectic schedule though, you can always just do it

for 2 to 3 days in a week. When you stretch, do it within your range of motion, and hold every stretch that you do for about 15 to 30 seconds each.

31. Don't just focus on your strengths.

When you workout, you would find out that there are routines that you like, and some that you do not like. There is a good probability that those routines that you do not like are the ones that you are not good at. In other words, they may involve your weak muscles. Thus, it is best if you do the ones you don't like more often, so that you can get rid of your weaknesses.

32. Visit your doctor.

Prior to getting involved with any kind of training or workout program, it is imperative that you visit a doctor first. This way, he can get you checked out if you are fit for going through certain workout routines. Aside from that, he may also be able to tell you what exercises you need the most, in order to achieve your goals faster.

33. Eliminating boredom.

One of the culprits behind failures when it comes to losing weight or building muscles is boredom. Thus, it is important that you prevent it from happening to you. To eliminate the chances of getting bored, you should vary your exercises. Aside from that, you can also change your frequency, time, as well as the intensity of your exercise routines from time to time.

34. Building your arms even after getting hurt.

When you lift weights, there is always a possibility to injure or hurt one of your arms. However, there is no need to stop working out, if you only hurt one of them. For example, if you hurt your left arm, you should continue working out your right arm. This is because, when you work out one arm, it actually stimulates the muscle nerve fibers of the arm that got hurt.

35. Count backwards.

When it comes to counting your repetitions, it is a good idea to count backwards. This is because, when you do it this way, instead of thinking about how many you have already done, you can only think about what you have left. Thus, it makes working out easier for you as you approach the end part of the set.

36. Your workout progress.

If you have not been going through exercise routines for quite some time, then it is

important to go with easier exercises first. In other words, don't immediately perform intensive exercises, since it can get your muscles strained. Start with low intensity workout routines first, and go with the more challenging ones, when you have gained more experience in it.

37. Improving the condition of your legs.

When you exercise, it is best if you target your calves as well, so that you can improve the condition and the looks of your legs. To achieve this, you should do seated as well as the standing calf raises. You would get better results when you do it like this, since your calves consist of two different muscles, which you can target with the seated and standing routines.

38. Weigh yourself prior to exercising.

Before starting with your exercise program, you should weigh yourself first. This is important, especially if you are trying to lose weight. Take note of your weight and write it down on your calendar or a notepad. This way, you can refer to it after a couple of weeks of exercising, to see your progress.

39. Test yourself every 3 or 4 weeks.

In working out, it is best if you test yourself regularly. Test different variables in your body such as your waist, body fat, muscle size, and such. By doing this, it would show you the results that are tangible, due to your workout program. When you see differences, then you are assured that all your efforts are paying off.

40. Don't take certain medicines after working out.

It is not a good idea to drink certain medicines after going through your workout session. Some people actually take ibuprofen and acetaminophen after exercising to relieve muscle pain. However, some experts say that these drugs can actually suppress muscle development, if you take them after working out, which is why it is best to avoid them.

41. What to do when you are bored.

If you have been walking for quite some time already, in order to lose weight, there is a possibility that you have become bored with it. When this happens, you need to find a good alternative to walking, so that you can keep on exercising. Some of the options that you have when it comes to this would be biking, swimming, and running.

42. Getting rid of your protruding belly.

If you want to flatten out your stomach, then you should do more abdominal crunches each time you visit the gym. To make your crunches more effective though, one of the techniques that you can follow is to exhale with force when you reach the top of your movement. When you do this, it actually forces your abs to work harder, which results to having more muscles in that part of your body.

43. How to effectively achieve six-pack abs.

Although it is true that you need to go through crunches to achieve better abs, there are times when you may not be able to achieve it fast. One of the things that can prevent you from having fabulous abs is actually the fats that you have in your stomach. This is because, the fats would hide your abdominal muscles. With that, you should get rid of your fats in order to have abs.

44. Building bigger biceps.

When you workout, you may also want to build bigger biceps, which is why you want to perform arm curls. To become more effective on it, it is wise to bend your wrists when you perform the routine. By extending them backwards slightly, you would actually be targeting your biceps more, and work it harder.

45. Working out at your own home.

There are lots of benefits when you workout at your own place. Aside from the fact that you won't have to deal with gym membership fees, you also won't have to step out of your home and go through traffic. However, you need to make sure that you are really committed in going through it, since there are also lots of distractions at your home.

46. Exercising when you are weak.

There are some people who still try to go to the fitness gym even when they have fever, cough, or colds. This is actually useless, since your body would be focusing its resources in healing itself. With that, it is best just to get some rest at your place, and only workout when you are already at the best of health.

47. Ride your bike to the mountains.

Going to the mountains with your friends while riding bicycles is actually great. This is because, it gives you the cardiovascular exercise that you need to build your stamina. On top of that, you can also inhale fresh air once you reach your destination. Choose your bike well though, to be on the safe side.

48. Hiring a trainer for exercising.

If you want to improve your weightlifting ability or for other sporting events, you can always hire a trainer for it. A trainer can provide you guidance in going through the routines that you need to tackle. On top of that, he would also make sure that you are progressing effectively.

49. Paying your exercise trainer in advance.

In hiring a trainer for your exercise routines, you may want to pay him in advance. This is because, it would ensure that you would follow through on your workout sessions. On top of that, it would also ensure that the trainer would be guiding you properly.

50. Building your muscles more by stretching.

After working out a certain muscle group, it is actually a good idea to stretch them. When you stretch them, they would actually get developed faster. Do the stretching for 20 to 30 seconds, so that your muscles would get developed faster. This should be done on a regular basis, so that you can see results soon.

51. Exercise to lose weight.

Exercising to lose weight can be effective, especially if you combine it with a balance diet. This is because, it would depend on how much calories you would be burning and how much you are in-taking. Thus, if you can burn more calories than you eat, then it would result to weight loss.

52. Focus on your goals.

When you exercise, you should remain focused on your goals, so that you won't be wasting your time. Thus, if you want to improve your strength, then you should lift more weights. On the other hand, if you want to become faster, then you should focus on workouts that would bring out that result. By focusing on your goals, you can determine the right exercise routines for it.

53. How to repair your muscles faster.

After working out, it is best if you get enough rest in order to recover faster. What you can do to make your recovery faster though is to lightly exercise the muscles you have worked out the following day. This is because, when you do that, it would actually help your body in delivering more nutrients to the muscles that need repairing.

54. Choosing the color of your workout clothes.

When you choose the colors of your workout clothes, it is best to just stick with the simple ones such as black, white, and gray. This is because, these colors would go with

anything. In other words, you no longer have to spend a lot of time in matching the colors.

55. Choose the right footwear.

It is very important to wear the right footwear for your workout routines. This is because, the right shoes can help in preventing injuries to happen. Aside from focusing on acquiring the right size, you should also make sure that you are buying something that is in good quality, so that your investment would be worth it.

56. The best time to workout.

There may be certain times of the day when the fitness gym is filled with a lot of people. In most cases, this would be after office hours or early in the morning. Thus, if you can choose what time to visit the gym, then do it at the middle of the day. By doing that, you can ensure that you won't have to wait for your turn in order to use certain workout equipment.

57. Resting in between your workout sets.

Keep in mind that resting in between your sets is important. However, if you want to make good use of your time while you are at the gym, then you should rest shorter during the early sets, and longer at the later part of the session. It is best to do this, since your muscles are still fresh at the beginning part, and they need more time to rest as you approach the end of your session.

58. Avoid talkative persons at the gym if you want to save time.

When you visit the gym, you would eventually notice that some persons simply do not know when to stop talking. If you accidentally get beside them, then they may get you delayed. With that, if you want to save time, then see to it that you avoid such persons. If they really want to talk to you, then just tell them that you have to proceed, and that, you can talk once you are done.

59. Do not forget your triceps.

Lots of people workout their biceps, since it is the muscle group that they can immediately see in front of the mirror. However, you should also workout your triceps, since it is also a large muscle group. By working out your triceps, you can make your arms larger.

60. The best way to build your triceps at home.

Triceps are muscles that can be found opposite your biceps, and they are not very easy

to target. To develop them while you are at home though, you can perform the closed grip push up for it. This routine is just similar to the traditional pushup; and, the only difference is that, you need to position your hands near to each other on the floor.

61. How to build your arms faster.

Making your arms bigger would also make you look like a bigger person. To achieve that, you should workout not just your biceps, but its opposing muscle as well, which is your triceps. The best thing about working out these muscles is that, while you are putting pressure to one of them, the other one is forced to rest.

62. Frequency of strength training.

It is true that you can do cardiovascular exercises on a day to day basis. However, when it comes to strength training, you have to see to it that you have at least a day of rest in between your strength training exercise routines. This is to ensure that your muscles are given ample time to recover and get developed.

63. How to avoid injuries.

In order to avoid injuries, you need to make sure that each exercise routine you perform is done properly. To achieve that, you can ask an expert for help in performing it. This is important not just in preventing injuries, but also in making sure that you can achieve your goals soon.

64. How to exercise at work.

If you want to continue burning more calories even at work, then you should see to it that your physical activities are not limited. In other words, whenever you need to talk to an officemate, you should avoid using other means than talking face to face with him. Thus, you should not make use of the phone, chat, and email.

65. Perform your exercise routines slower.

It is actually best not to rush yourself whenever you exercise, especially when it comes to strength training. Performing the routines slower would actually ensure that you are targeting the right muscle groups. On top of that, it would also help in preventing injuries.

66. Increase your intensity regularly.

In order to prevent workout plateaus, it is best if you increase the intensity of your exercises regularly. You can achieve this by increasing the amount of weight that you would be lifting from time to time. Aside from that, you can also do it by increasing your

number of repetitions. It is best to do this, so that your muscles would be prompted to develop better and bigger ones.

67. Keep in mind that each routine usually targets certain muscle groups.

When you workout, especially with strength training, you have to keep in mind that each of the routines targets certain muscle groups. Thus, it is not a good idea to simply perform any type of routine that you come across with. It is best to identify the muscle groups that you want to enhanced, and select your routines according to that.

68. Practice proper breathing.

When you workout, you have to make sure that you practice proper breathing. This is to ensure that you won't run out of breath when you exercise. On top of that, it would also help you perform the exercise routines properly. See to it that you practice breathing technique, so that you can go through your workout session without becoming too fatigued.

69. Bench press can get your chest and triceps developed.

When you do bench press, you can actually target not just your chest muscles, but also your triceps with it. With the regular bench press, it would naturally build up your chest muscles. To target your triceps, all you have to do is to place your hands closer to each other. This would take away the pressure from your chest muscles, and be applied to your triceps.

70. Trick in bench pressing.

If you want to achieve better results with bench pressing, you can actually perform a trick for it. To do it, all you have to do is to try to look at your dominant hand without making your head turn for it. When you do this, you won't feel that you are actually putting the same pressure to the other hand; and, because of that, you would be able to lift more weight.

71. Making chin-ups easier.

Lots of people find chin-ups difficult to perform, especially to those who are thinking about pulling themselves up in doing the routine. To make it easier, you should think about pulling your elbows down with it. The reason behind this is that, thinking of pulling yourself up can make you focus more on your weight, than when you think about pulling your elbows down.

72. Warm up your muscles before lifting weights.

When it comes to lifting weights, it is always best if you do warm up exercises first. This prevents injuries, aside from the fact that it can also help you loosen up and perform the routines well. To warm up, you can simply perform stretching exercises, or do light cardiovascular routines.

73. How to tell if you are using weight that is too much for your muscles to handle.

The best way to tell if you are using the right amount of weight when you workout is to try to perform the routines slowly. If you are forced to swing the weights to lift them up, then you are using too much weight. Don't use too much weight so that you won't put yourself at risk for injuries.

74. Protect your spine at all times.

Whenever you lift weight, you should keep in mind that improper execution of the routine can hurt your back or your spine. With that, you need to make sure that you can protect your spine at all times. To ensure that this is the case, you should practice proper posture, so that the pressure of each routine would be directed to the muscles you intend to develop.

75. How to breathe properly.

Breathing properly during working out is important if you want to achieve desirable results from your exercise program. To ensure that you are breathing properly, you should exhale when you exert effort, and inhale when you are resting. With that, if you are lifting weights, then you should exhale when you lift the weight, and inhale, when you return back to your starting position.

76. Know what routines target what muscles.

Different routines target different muscles. Thus, you have to know the routines that target the muscles that you want to enhance. For example, if you want to develop your chest muscles further, then the routines that you should be performing are pushups, chest press machine, bench press, and so on.

77. To build muscles, you need to load up on protein.

Proteins are the building blocks of your body. Thus, you need to make sure that you eat food items that are loaded with it. Without adequate protein supply, your body would not have the necessary tools to repair your worn out tissues. On top of that, it would also not have the capability of building up better muscles.

78. Walk at the park in the morning.

If you are wondering when is the best time to do your walking, then you should know that it is during the morning. Walking at the park early in the morning would give you a lot of benefits. Aside from boosting your energy levels at the start of the day, it would also give you the opportunity to inhale fresh air and absorb vitamin D3.

79. Exercising without going to the gym.

Keep in mind that you can always exercise without going to the gym. You can walk at the park, around the block, or even at your home. Aside from that, climbing up and down the stairs in your office or at home can also make you exert the effort to improve your physical condition. Moreover, there are also other workout routines that you can perform at home; and, some of them may require workout equipment, while others don't.

80. Don't break your exercise habit.

One of the obstacles that you can encounter when it comes to working out is when you feel like breaking the exercise habit. Once you do, it can become a regular thing to you, and eventually make you put a stop to your exercising. Thus, you should avoid long breaks in working out as much as possible. By doing that, you are ensuring that you can be in top shape for the rest of your life.

81. Preventing injury in running.

To prevent injury in running, you can actually do something different for one week in every six. For that one week, try to cut down the distance that you usually cover in half. Aside from that, instead of running 6 days for the week, you can also bring it down to 3. By doing this, you would be providing your body with a better chance to recover, which is also a good way to prevent injuries.

82. Shed off weight with milk.

Drinking lots of milk can actually help you when it comes to losing weight. This is because, milk contains a lot of calcium, and studies have proven that people who consume more calcium have lesser amounts of body fats. With that, you should include milk into your diet and combine it with your exercise program.

83. What to do with your tight muscles.

When you work out, you would find out that some of your muscles are tight, while others are more flexible. To get around it, you should spend more time in stretching your tight muscles. By doing this, they would become more flexible, which can help you more when it comes to performing certain exercise routines.

84. How to recover faster.

If you have been injured, one of the best ways to recover faster is to exercise the soonest time that it is possible. This does not mean that you should not give your body ample time to repair the injured muscles. What it means is that, as soon as you can feel that you are capable of exercising again, you should immediately go through some routines. Just make sure to focus on low intensity exercises though, so that you won't strain your muscles.

85. Using a supplement.

You may have heard or read about people making use of supplements in conjunction with their workout programs. If you want to make use of one, you should know that there are a lot of different supplements that are available in the market today. Thus, you need to make sure that you properly select the product that you would be using, so that it can really help you attain your goals.

86. Make a list of your goals.

Aside from coming up with your long term goals, you should also have short term ones. List these goals into your notepad or a sheet of paper, which you can post on your refrigerator. It is important that you see your list on a daily basis, so that you would be constantly reminded of them. On top of that, make sure that each of the goals have dates on when you want to achieve them, so that you can see them as your deadlines.

87. How to become more committed in exercising.

It may be difficult for some people to fully commit themselves to exercising on a regular basis. If you want to make sure that you become fully committed into it, one of the things that you can do is to go to the gym each day or at least every other day, for a period of one month. By doing this, it would become a natural routine for you, which would become so much easier to do.

88. Make sure that you derive pleasure in working out.

Some people are not built for the gym. Thus, if you don't enjoy being in the gym when you work out, then you should try working out at your own place. There may be certain things in the gym that prevent you from enjoying it. Thus, try it out at your own home, since it is very possible that it is where you really want to exercise.

89. Running hills.

Running uphill can be quite challenging. To make sure that you can do it faster though, what you can do is to focus on an object at the top of the hill, while keeping your head

up. This can help you breathe easier, which would greatly help you in running faster and in making it to the top.

90. How to build up your endurance.

One of the best ways to build up your endurance is to join a marathon. To make sure that it would work, you should work hard for it, and aim to win the race. When you are able to do this, even before the marathon, you would already have your endurance improved.

91. Drawing X's on your calendar.

There are lots of people who draw lots of X's into their calendars these days to mark the days of the month, when they went to the gym. If you do this, just before the month is about to end, you would be able to see how many times you were able to go to the gym. Thus, it would motivate you to go to the gym more, so that you can see more X's on your calendar.

92. Getting stronger legs with lunges.

Lunges can actually build stronger muscles in your legs. However, if you want to make it more effective than it is, you should also do the lunges in reverse. Doing it this way can actually get your front legs work more. To execute it, you only have to step backward, instead of stepping forward.

93. What to do when you are stressed out.

If you are stressed out, it is not an excuse not to go to the gym. In fact, it even gives you more reason to visit the gym, since exercising can actually relieve you of stress. This is because, when you workout, your body would actually release endorphin, which can make improvements on your mood.

94. Measuring fitness.

When it comes to measuring fitness, your weight is not the only thing that you can monitor for it. Keep in mind that if you are also going through strength training, then chances are, your muscle growth can offset your fat loss. Thus, aside from checking out your weight, you can also consider your progress in working out. If you are able to increase the number of repetitions you can do for pushups and sit-ups, then that is also a good indication of fitness improvement.

95. Squeezing the muscles in your butt.

When you need to lift weights over your head, then you should try squeezing your butt

muscles. This would actually result to achieving a position, which can provide ample protection to your spine. With that, it can lower the chances of getting injuries at your back.

96. Squeezing the bar.

When you bench press and you want to put more pressure into your chest muscles, then you should try to squeeze the bar. The squeeze should follow an inward motion to properly target your chest muscles. If you want to target your triceps, then you should be squeezing the bar outwards.

97. Sleep at least 8 hours each night.

Each time you work out, you have to consider the fact that you are putting pressure to your muscles. With that, if you want to get your muscles developed, then you have to provide your body with enough time to repair them. When you sleep for at least 8 hours every night, not only would you be providing your body a chance to repair your muscles, but you are also ensuring that you would have high levels of energy the next day.

98. Eat more fruits and vegetables.

Fruits and vegetables are loaded with nutrients that can help your body in having good levels of energy. Aside from that, they can also ensure that you are properly hydrated. Thus, it is best to eat more of them, so that you can attain your goals in working out soon.

99. Eat more eggs.

Egg whites contain the rare protein called albumin. This type of protein can be absorbed by your body easily. Thus, it speeds up your muscle recovery, aside from helping your body in building muscles faster. Aside from that, the yolk of the egg also contains essential fatty acids, which can help in boosting your energy levels.

100. Exercise one arm at a time.

There are certain forms of exercise that can be done with just one arm or with both arms. If you want faster results from them though, it is best if you do it with just an arm each time. This is because, isolating one arm in working out can get you higher quality sets than if you use both arms together. Because of this, your muscles would get developed faster.

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Fashion Tips

1. Get fitter.

One of the most important things you need to take note of about becoming fashionable is to get fitter. Therefore, if you are carrying some extra pounds, then you should lose some of it soon. You can do it through dieting, working out, or a good combination of both.

2. Have confidence in yourself.

No matter how fashionable your clothes are, you won't look at best in it, if you don't wear it with confidence. With that, you need to be confident that what you are wearing complements with your body figure, as well as your skin tone. With good confidence, people can see it by how you are carrying yourself.

3. Smile.

Complement what you are wearing with a beautiful smile. When you smile, it would make you look more beautiful or handsome. Aside from that, people would also see you as someone who is approachable. The more friendly you look, the more people would look up to you, which is one of the keys of being fashionable.

4. Fix your hair.

Being fashionable means that you should have the complete package. In other words, aside from wearing the right shirt, pants, shoes, and makeup, you should also wear the right kind of hairstyle. The best hairstyle should be something that wouldn't just complement with your face, but also with your whole getup.

5. Take care of your skin.

Having a radiant skin goes a long way, as far as becoming a fashionable person is concerned. The condition of your skin would definitely affect your whole fashion statement. Therefore, it is best if you are able to maintain it, so that it would complement with whatever you are wearing.

6. Take note of what being fashionable is all about.

If you want to become fashionable, you should keep in mind that it is not just all about wearing the right clothes. It is also about wearing the right makeup, the right hairstyle, the right pair of shoes, and the right accessories. Don't forget that having the best skin, the best health, and being fit can also contribute to how fashionable you become.

7. Know how much makeup to wear during summer.

During summer, it is not a good idea to wear heavy makeup. Wearing minimal amount of makeup during summer time is the best way to do it, due to the fact that it is going to be hot outside. By wearing minimal makeup during summer, you can easily make it complement with your summer clothing.

8. Having hair color during summer.

Having hair color during the summer months can be fun. However, you need to take care of it properly, so that it won't fade easily. One way of doing that is to use a conditioning treatment every week, or at least twice in a month. Don't wash your hair too often though, since it can speed up its growth, which can make your natural hair color appear sooner.

9. What to think about in buying makeup items.

When you visit a particular store for makeup, you should think about what you want to do with your makeup items, so that you can better decide on what to purchase. Aside from that, you should also consider the kind of event you would be wearing them. Consider these things, so that you can purchase the right items to be fashionable.

10. Men wearing belt, suspenders, or both.

It is not a good idea to wear belt and suspenders at the same time. Aside from making you look funny, it actually defeats the purpose of wearing a belt or suspender, since they have pretty much the same purpose. Thus, you should choose between them, depending on your clothing; and, do not wear them together.

11. Matching your shoes and your belt.

Aside from making sure that you are wearing a belt and shoes that are in top quality and condition, you should also know how to match them properly. In most cases, you may only need to choose between the colors black and brown in wearing them. To match them properly, just make sure that they have the same color or shade. Thus, black belt goes with black shoes, and brown belt goes with brown shoes.

12. Wearing jackets.

There are times when your new jacket may have loose stitches on the shoulder part, or at its vents. These basting thread is not a good sight to see, which is why you need to remove it, before putting on your jacket. Remove it with a pair of scissors, so that you won't be affecting the quality of your jacket.

13. The bottom button on your jacket.

Wearing a jacket properly is one of the things you need to do to become fashionable. When it comes to its bottom button, you need to keep in mind that it is not intended to be buttoned. You should also remember that this fashion rule also applies to wearing a vest.

14. The length of your jacket sleeve.

When you are choosing the right jacket to wear at an important event, make sure that it has the right sleeve length. One way of determining that is to check if it is short enough to let your shirt cuff show for about half an inch. Thus, when you shop, it is necessary to wear or bring the shirt that you intended to wear with it.

15. The right coat fit.

When it comes to choosing the right coat, it should have the right fit, in which it would flatter the shape of your upper body. It should be loose enough for you to slip a hand into it, in order to reach the inside chest pocket. However, if you can pound your heart with your hands even when the jacket is closed, then it is too big.

16. The length of your tie.

Some men wear ties that are either too long or too short. To make sure that this is not the case, then you want to wear a tie that is just long enough to reach your belt line. The right length of the tie should be something that won't end below or above the belt.

17. When to wear a tie.

Wearing a tie should be done when you are using it with a suit or even a sport coat. Wearing your favorite tie with just your shirt and no jacket is actually not a good idea. This is because, if you are going to attend a wedding, that is actually the kind of getup a kid would have.

18. When to wear black suits.

If you are attending a formal event during the night time, then wearing a black suit is good. However, if the event falls during midday or the afternoon, it is best not to wear a black suit, but go for other pleasant colors. If you take a look around you, men that would be wearing black suits during daytime are usually the priests, funeral attendees, secret agents, and undertakers.

19. Wearing shorts.

If you are planning wearing shorts for an afternoon event with your friends and colleagues, make sure not to wear socks that are visible with it. Wearing visible socks with shorts is a usual practice by kindergarten kids. Thus, make sure that your socks are short enough, in order for you to hide them appropriately.

20. Things to consider in buying a suit.

When you are buying a suit, you should keep in mind factors to consider in order to choose the best one. Some of these factors include your budget, the price of the suit, its brand, quality, size, style, and color. BY considering all these things, you can have the guidance you need to choose the one that would suit you best.

21. Wearing sandals.

There are some men who may want to consider wearing socks with sandals. However, this is actually not a good way to become fashionable. Sandals are best worn without socks, since its purpose is to make you feel cool and relaxed during hot weather. Thus, never wear sock with sandals if you want to look good in it.

22. Tucking in your shirt.

If you like wearing your shirt tucked in, then you should wear a belt with it. If you don't like belts, then wear a suspender at least. Wearing none is not a good way to tucked in your shirt. Keep in mind though that your belt or suspender should match your shoes, to complete your fashion statement.

23. Wearing flip flops.

Knowing the purpose of wearing a certain footwear is important, as far as making a good fashion statement is concerned. With that, you should know that flip flops are created for people to wear in beaches and pools. Thus, if you like to have a pair of flip flops, then you should purchase them only for that purpose.

24. The right length of your pants.

Your pants should never be too short nor too long. A good way of determining the right length of your pants is to see, if it ends just right at your shoes. A slight break at its end should be good. However, if your pants breaks both at its front and back, as well as its sides, then you need to cut it short.

25. Jacket buttons.

When buying a coat or a jacket, you should take note that the number of its buttons should not exceed three. Aside from that, if you have a jacket that has three buttons,

you should take note that only the top most button should be used. If you feel that it does not look good in doing that though, due to its design, then it probably is.

26. That bulging tummy.

Not only men, but there are also women who are having a difficult time in being fashionable due to their bulging tummy. If this is your case, then aside from wearing the right dress or shirt, you should also do something to cut down the size of your tummy. You can achieve that with a good combination of dieting and exercising.

27. Wearing an eyeliner.

One of the challenges in wearing an eyeliner is preventing them from smearing or running. To prevent this from happening, all you actually need to do is to make sure that you are buying the right eyeliner brand. There are brands today that offer stay proof wear-ability; thus, these products should be the ones you should consider in your next trip to the makeup shop.

28. Wearing blush.

Lots of women do not have an idea, when it comes to where their blush starts in applying makeup. As a rule of thumb, all you need to do is to measure about two fingers from your nose, in order to determine the spot to start applying your blush on. Do this so that you can never go wrong.

29. Having a tousled look for your curly hair.

Having a tousled look for your curly hair is one of the best things that you can do, when attending a party. It would not just accentuate your overall beauty, but it can also make you hair look healthy and radiant. To achieve that, all you need to do is to brush your hair with your fingers after washing it.

30. How to make your lips pout.

Having a lips that pouts is one of the things that lots of women aim for today. If you are one of them, as long as you have a shimmer gloss, you would be able to achieve that in no time. Just apply the gloss at the bottom, top, as well as the middle part of your lips, so that it would capture light to attain what you want.

31. Making cheek bones appear higher.

When you have cheek bones that appear higher, you would be able to complement it with a formal attire to be fashionable. To do that, just use a bronzer and apply it at the bottom part of your cheekbone. To accentuate its effects, use a highlighter on the

cheekbone itself.

32. Check your makeup kit periodically.

Wearing worn out makeup items is not a good way to become fashionable. Thus, you should make sure that they are in good shape, and are not too old. To achieve that, make sure to check your makeup kit every 3 months or so, so that you can see what items to retain and to replace.

33. Swimsuit for smaller bust size.

Wearing swimsuit should be done in accordance to the shape of your body. For example, if you have smaller bust size, then you should wear something that is created for it. The best type of swimsuits for smaller bust is the ones that have padding. Aside from that, it would also help if it has prints as distraction, and ruffles to add more volume.

34. Wearing a swimsuit with a belly bulge.

If you have a bulge in your tummy and you want to wear a swimsuit, it is best to have something that can take people's eyes away from it. One way of doing this is to wear a plunging-halter suit. Aside from that, you can also opt for swimsuits that have built-up tummy controls. In general, try to emphasize your positive traits, so that you can cover the negative ones.

35. How to hide thick thighs in wearing a swimsuit.

One of the worst things you can do is to wear shorts with thick thighs, since they can make them as well as your butt look bigger. To hide thick thighs, it is best to wear a swimsuit that has a higher cut on the leg. Aside from that, you can also mix up your bikini pieces for it, such as wearing something dark at the bottom, while wearing a light colored top.

36. Swimsuits for well endowed women.

If you are well endowed when it comes to bust size, then wear a swimsuit that is made for it. The best type of swimsuit when it comes to this is the one that comes with a built in bra or underwire. To make sure that you won't overemphasize it, just avoid wearing keyhole and demi-bra swimsuits.

37. Wearing the right clothes during summer.

When it is summertime, you should take note that it is going to be warm. Thus, the best types of clothes should be something light to your skin, thin, and can effectively absorb

sweat. Aside from that, short sleeves, and clothes that are made without collars are the ones you want to wear for utmost comfort during summer.

38. Covering a bulgy tummy.

If you don't have time to trim down your tummy, there is no need to worry, since there are certain clothes you can wear to hide it. Some of which are clothes with banded tops, which are basically shirts with bands at their hemlines. This design would actually attract people to look at the upper part of your body, instead of your tummy.

39. Going to a party.

There are different types of party clothes that you can choose from. Aside from that, you should also consider the colors when you purchase them. More importantly, whether it is going to be for a formal or an informal event, make sure that your clothing fits your personality.

40. Being fashionable during rainy season.

Even when it is constantly raining, you can still make a good fashion statement, as long as you choose the right clothes for it. In general, clothes with collars and long sleeves are best worn during rainy season. Aside from that, you can also wear a jacket or a sweater. Just make sure that the colors complement with each other, so that you would look your best.

41. Going out with your friends.

When you go out with your friends on weekends, it is best to consider the temperature outside when it comes to your fashion statement. There is no room for a jacket if it is quite warm. However, it can be a good addition to your whole getup if the night is quite cold, and if you are visiting a crowded place.

42. Fashion for teens.

As a teenager, you can already come up with your own fashion statement, especially if you base it on your personality. For example, if you are the girly girl type, then you may want to wear something that accentuates your feminine side. On the other hand, if you like to rock, then a graphic shirt would perfectly let your personality shine through.

43. Getting rid of pimples.

Having pimples may affect your fashion statement in a negative way, since it can lower down your self-esteem. Thus, you should come up with ways to hide or fix it. A quick fix that you can apply on it would be a concealer. Aside from that, you can also apply tea

tree oil topically, so that it would heal quicker.

44. Choosing a lipstick.

If you are at a store and trying to purchase a lipstick, make sure that you buy something that can match most of your clothing. This way, you would be able to make use of it as often as you can. However, if you are purchasing it for a particular event, then you should ensure that you can remember the color of your dress so that you can properly match them.

45. Wearing a printed item.

Even if you are wearing a printed clothing item, it is still best to match it with the right color for the rest of your outfit. To do that, all you actually need to do is to pick out a single color from the printed pattern, and base your choice of colors for the rest of your outfit on that. By doing that, you are making sure that your shirt, skirt, and other clothing items are matched properly.

46. Learning how to coordinate colors properly.

One of the best and easiest ways of coordinating colors properly is by accessing the internet for it. There are actually a number of sites, which can offer you color wheels. Color wheels can actually show you which colors go in harmony with each other. By using it, you would be guided in matching the colors of your shirt, pants, and shoes.

47. Take note of the neutral colors.

Taking note of your clothes that belong to the neutral color category can help you in mixing and matching them for a classy look. Neutral colors would include black, white, brown, grey, beige, as well as olive green. These colors can be combined with each other. Aside from that, you can also add more effect into your outfit by combining them with more vibrant colors that match with them well.

48. Choosing the best colors to wear.

If you are trying to choose the best colors for your wardrobe, you should consider the color of your hair, as well as your skin. The best colors to wear nearest to your face would be those that match properly with the color of your skin. However, make sure that they also complement with your hair color, so that you can emphasize your best features with them.

49. Using the color wheels.

Using the color wheels, which you can find through a number of sites through the

internet, is one of the easiest ways to coordinate colors. They show you which colors work in harmony with each other. Just take note that those colors that are next to each other complement; however, if you want a more dramatic effect, then you should go with colors that are directly placed opposite to each other.

50. Making sure your curls last.

Making your hair have that telephone wire look can be a good fashion statement. However, you want to make sure that they last for the whole duration of the event, so that you can maintain that glorious look you are able to achieve. To do that, make sure that your hair has been completely dried out, prior to using your curling iron.

51. Don't forget the accessories.

Accessories are the finishing touches that you want to apply for your fashion statement. Wearing accessories can actually prevent you from looking boring. Some of the accessories you want to consider wearing would include scarves, purses, hats, belts, jewelry, and many more.

52. Take note of the latest fashion trends.

Being in line with the latest fashion trends can help a lot, when it comes to choosing the best outfit for certain occasions. This is because they can provide you an idea on what clothes to wear and purchase. Taking note of the trends can be done by checking them out through the internet, as well as the television.

53. Watch fashion TV channels.

Watching models walking on the catwalk can help you a lot in being fashionable. You can see how to properly carry yourself in wearing certain types of clothing. Aside from that, some of these programs can also offer you with the latest fashion tips that you can take advantage of.

54. Use a scarf.

Accessorizing is one of the best ways to complete your outfit; and, one item you can use for it is a scarf. One of the best things about wearing a scarf is that, there are literally lots of them that you can choose from. It is best that you have a good collection of them, so that you can mix and match them with different outfits.

55. Wearing boots.

Having a pair of knee-high boots is one of the best things that you can do to become fashionable. Aside from that, boots can actually complement with short dresses and

skirts, as well as with jeans. Moreover, there are lots of different styles that they are made out of. Choose a pair that has heels, to achieve a more feminine look.

56. Wearing sunglasses.

Having a good pair of sunglasses can also go a long way, as far as being fashionable is concerned. Sunglasses are best worn during the summer months, but they can also work even during the colder months. Aside from making you look good, sunglasses can also ensure that you are providing your eyes with adequate protection.

57. Maintain the health of your hair.

Having an unhealthy hair is certainly not fashionable. Thus, you should make sure that you take care of it properly. One of the things you can do for your hair is to trim it every 6 to 8 weeks to prevent damage ends. Aside from that, you can also prevent it from getting dried out by not washing it every day.

58. Wearing jeans.

Always remember that a particular pair of jeans may look good on someone, but it may not have the same effect to another person. Thus, you should properly determine what kinds of jeans go well with your body type. Have a friend accompany you when you want to buy a new pair of jeans, so that she can help you choose the pair that suits you best.

59. Fashion for petite ladies.

One of your goals when it comes to being in line with fashion is to make you look taller, when you are petite. To achieve that, you can wear a shirt, pants, and shoes, all in one color. Dressing all in one color can make you look taller and slimmer, especially if you wear something that has a dark shade.

60. Choose clothes that fit well.

For petite women, it is vital that one wears clothing that fits well. It is very important for you to avoid loose clothing, since it can make you look shorter. Aside from that, you should also avoid garments that have lots of extra fabric, since it can make you look heavier than you are.

61. A good trick to look taller.

One of the tricks that you can easily pull off to make you look taller is to wear clothes that have vertical lines. This is because the lines can make your body, legs, as well as your arms look longer. Vertical lines do not need to be stripes. They can also be seam

lines, as long as they are vertical.

62. Using V or U shaped necklines.

If you want to look taller, then you should wear tops that have V or U shaped necklines. These styles of necklines can actually make you look thinner, aside from the fact that it can accentuate the shape of your body. More importantly, these styles of necklines can create the illusion of height.

63. The easiest way to add height.

Wearing high heels is one of the easiest ways to add height to your petite figure. Some of the high heels that you want would include sling backs and pumps. On the other hand, the type of high heels you want to avoid would be the ankle straps, since it can make its wearer look shorter.

64. Bulky garments for petite ladies.

Wearing bulky garments is definitely not the way to go for petite ladies. This is because, it can make you look wider instead of taller. This does not mean that you need to avoid texture completely. Just avoid those garments that can make you look broader. One example is to wear thin sweaters instead of the thick ones.

65. Wearing handbags for petite women.

Wearing handbags is not bad for petite women. However, since you want to look taller, you should avoid those that are huge. Even if huge handbags are preferred by lots of women today, you should not go by that trend. Choose medium sized ones, so that you would appear taller.

66. Choosing the best pants.

If you are petite, then you want to wear pants or jeans with straight cut legs. This is because the straight legs can help in making you look taller than you really are. If you want to achieve a slimmer look though, then you should choose a pair of pants that has no bulky pockets and cuffs.

67. Wearing orange.

Wearing the color orange is something that lots of people avoid, since it is quite challenging to pull off. However, if you want to take on the challenge and wear something orange near your face, then try to apply something on your skin to have a darker shade. Aside from that, hold your orange garment near your face, and if it brightens your face, then you should choose that.

68. Matching makeup with hair color.

If you are a brunette, you should know that since your hair is dark, it can cause more contrast on your skin. In other words, your skin might not get a chance to shine due to the fact that your hair absorbs more light. To get around that, wear makeup color in peaches and corals, so as to brighten up your skin and provide it with a glowing effect.

69. Dressing up for a curvy woman.

If you are a curvy woman, there is no need to hide your curves. Wearing bigger clothes can actually hide your curves and make you look bigger than you are, which is not good. Therefore, it is best to wear something that has just the right fit for your body, so that you can effectively accentuate your curves.

70. Making your legs look longer.

Curvy women usually want their legs to look longer; and, if you are one of them, then remember to wear skirts that end just before or after your kneecaps. Doing this would make your legs look longer. Aside from that, choose darker colored skirts, so that you can also make your legs look slimmer.

71. The best lengths for jackets.

Shorter jackets are very flattering, especially when worn by curvy women. This is because they can make you look taller and slimmer. Aside from that, when you wear a shorter jacket that has the right color, it can make your waist look smaller, and accentuate the beauty of your legs.

72. Focus on lengthening the appearance of your neck.

If you are curvy, one way to look at your best is to make your neck appear longer than it is. A good way to achieve that is to keep your neckline open. A scoop neck or a deep V shaped neckline should do the job for you. This would not just lengthen the appearance of your neck, but would also emphasize the curves on your upper body.

73. Wearing shapewear.

Wearing shapewear is a good idea, if you want to hide the slight bulge on your tummy. Lots of women are actually wearing it, and so should you. However, you should take note that they can be uncomfortable at times. Thus, you should only wear them if it is really necessary, and if it's not going to be for a long period of time.

74. Choose a fitted jacket for your tummy bulge.

When you are not able to get rid of your tummy bulge, there is nothing to worry about, if you are planning to wear a jacket for it. You should avoid wearing a big jacket for it though, since it can make you look bigger. Choose a fitted one, since it can hide your tummy bulge, aside from giving you a better shape.

75. Being a blonde.

If you are a blonde, it can become quite challenging when it comes to choosing the right makeup to match with your hair color. Wearing bright or dramatic colors may not suit you well, since they can look harsh. To make sure that you are wearing the right makeup colors, fill up your makeup kit with shades of burgundy and pale pinks.

76. Using pomade to revive your curls.

If you want to revive your curls at midday in order to stay as fashionable as you can be, you can actually use a pomade for it. Put adequate amounts of pomade on the palms of your hands and rub them together gently. Apply the pomade on your curls, and scrunch a bit, until you get your desired effect.

77. Using a hair straightening iron.

If you want to straighten out your hair for a certain occasion, you can actually use a straightening iron for it. However, you want to make sure that you won't damage your hair with its heat so that it would still look gorgeous after the event. To achieve that, just let your hair air-dry, so that you won't have to use the tool for a longer time period.

78. Redheads and makeup.

In most cases, redheads can have a hard time choosing their makeup colors, due to the fact that they have harsh contrast between their red hair and very light skin tone. One of the things to do in choosing the right makeup color is to base it on your skin tone. Thus, the lighter you are, the softer your makeup should be. If you want to have warmer tones, some of them that would work with redheads would be champagne and tawny.

79. Don't attract more attention to your tummy if you don't want to.

One of the ways to attract more attention to your tummy is to use pants that have lots of details, such as pockets, belts, and such. Therefore, if you have a bulging tummy and you want to hide it, such types of pants should be avoided. Choose pants that are plain and simple, so that people won't look at that part of your body.

80. Men's biker jackets.

Wearing a biker jacket is a good idea, especially if you are going out with your friends.

Choose one that is made out of genuine leather though, so that it would be light, and stunning. Aside from that, you can also purchase one with studs on it, so that you can create your own fashion statement.

81. Choosing the right fabrics.

Selecting the right fabrics is essential, in order to achieve the kind of looks that you want to have. For example, if you want to hide something, such as a small bulge on your tummy, then go for a free flowing fabric like cotton. Cotton will not cling to your body, aside from the fact that it can provide you a comfortable feeling.

82. Opting for a tailored jacket.

If you want to have a more unique feeling in wearing a jacket, then have something that is tailored. Aside from the fact that a tailored jacket is flattering, it is also a jacket that never goes out of style. If you want to draw less attention to the middle part of your body, such as hiding excess pounds, then go for a single vent, and avoid the double breasted ones.

83. The healthier you are, the healthier your skin and hair would be.

Achieving better health can have positive effects on your fashion sense. This is because, the healthier you are, the better your skin and your hair would look. Thus, you won't have to deal with lots of things to hide certain imperfections on your skin, or to make your hair look radiant. With that, it can give you more time to focus on the right types of clothes and accessories to wear.

84. Making your makeup last.

First of all, do not wear heavy makeup if you are going to an event, where the venue is quite warm or if its going to be held at the middle of the day. Whatever the case may be, one of the best ways to make your makeup last is to use a makeup-sealing item. Aside from that, make sure that you are always situated at a place where the temperature is favorable.

85. To tuck in or not to tuck in your shirt.

If you want to hide something, then you should remember that tucking in your shirt is the last thing that you want to do. Let your shirt flow freely over your pants or skirt, so that it will not accentuate your tummy. Aside from that, when you do that, it can also elongate your torso, especially if it has the right fit for you.

86. Adding more bulk to your body.

If you are one of the many skinny men who try to look bigger than they are fashionably, then you can purchase a blazer with small shoulder padding for it. Using such type of blazer will provide more shape to your body. However, make sure that the padding is not oversized, since it can actually achieve the opposite of what you want.

87. Selecting the right length of jacket if you are skinny.

In purchasing a jacket, you need to consider whether you are skinny or fat. If you are skinny, you want to make sure that the jacket won't make you look taller, since it can also make you look slimmer. Thus, opt for something with just the right length, so that you can achieve a more balanced look. As a rule of thumb, purchase a jacket that fall right below your buttocks.

88. Paring the right pair of pants with the right pair of heels.

If you are short or petite, using a pair of heels can be an effective way in making your legs look longer. To emphasize it more though, you can wear a pair of wide-leg pants with your high heels for it. Just make sure the pair of pants you have picked won't accentuate your waist, since it can defeat its purpose.

89. Making your waist smaller.

Making your waist smaller can be achieved through proper dieting and exercising. However, if you don't have time for that, then simply purchase a belt that complements with most of your outfits. Wearing a belt just above your hips can actually provide the illusion of a smaller waist, especially if you pair it up with longer tops or dresses.

90. The benefits of wearing high heels.

It is pretty obvious that wearing a good pair of high heels would make you look taller. However, this is actually not the only benefit that you can derive from it. Wearing high heels can actually help in making your calves look great, even if they are out of shape. There is no need to choose super high heels for this, since any kind of heel length would do.

91. Worrying about a broader shoulder.

If you think that your upper body is a bit large for comfort, then you should wear a shawl for it. Aside from a shawl, a scarf can also achieve the same effect, which is to hide your problem area. Just pick the right color in accordance to your whole outfit, so that you can make a good fashion statement.

92. Splurge on fashionable items that are important to you.

It is always best to go with your senses when it comes to purchasing items that can help you with being fashionable. Thus, if you feel like purchasing a very nice fashion accessory, such as a bag, a pair of sunglasses, and such, then opt for the best that you can afford. By doing that, you would become more confident in wearing them, which would also improve your looks.

93. Choosing the right fabrics for a thin man.

If you are quite thin, you can actually improve the way you look, by making sure that you are purchasing the right kind of fabric for it. For skinny men, it is best to go with heavier fabrics, since it can add more bulk. Thus, if you are looking for a good pair of pants, choose one that is made out of corduroy, especially if it has the right style.

94. Being fat.

Even if you have gained a lot of pounds quite recently, there are still some things that you can do to make you look fitter. One of which is to make sure that your clothes are not too tight. When your shirt hugs your body, it actually emphasizes your lumps and bumps. Thus, draw lesser attention to it, by wearing something that is loose enough, without overdoing it.

95. Making your hair look bolder.

If you are a brunette, you can actually do something to make it look bolder. A good idea is to color it with something that is two tones darker than the roots of your hair. This will make your hair super shiny, especially if you color it with a coffee shade or deep chocolate.

96. Drawing more attention to your shoulders.

If you want to make your body look fitter instead of fat, then avoid wearing shirts with sloped shoulders. Tops with sloped shoulders can actually make people put their attention to your midsection. Thus, instead of sloped shoulders, opt for slightly squared ones, so that you can draw more attention to your face as well as your shoulders.

97. The best summer hair colors.

During summer, it is best to go with natural colors when it comes to your hair. Natural hair color simply means colors that are natural to your skin tone. Aside from that, such hair colors should not clash with your eyebrows and face, which make it look as if it is your real hair color.

98. Wearing highlights.

Wearing highlights these days is not as popular as they are years ago. However, you can still take advantage of them in order to make a statement. Wear highlights that are at least a shade lighter than your natural hair color, and try to spread them just underneath the layers. By doing it this way, the highlights would actually provide more volume to your hair, aside from making them more natural.

99. Hiding your midsection.

If you want to hide a bulgy midsection, then you should empty your pockets. Your pockets should be free from things like mobile phones, wallets that are overstuffed and so on. This is because, the more bulky your pockets would look like, the more attention it would draw to your midsection.

100. Purchasing more fashionable clothing.

One of the best ways to make it easier for you to shop for more fashionable clothing is to wear all your favorite clothes at home. Take note of their colors and their fit, as well as how they accentuate your best features. Remember them when you go and shop, so that you can purchase similar shapes, sizes, colors, lengths, fabrics, and styles.

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First Date Tips

1. The first date is the discovery period.

Keep in mind that the first date is usually the discovery period. In other words, it is the time when you learn more things about the other person. Aside from that, you should also open up about yourself, so that your date would also know more about you. This is the time to see if you would really be good together or not.

2. Don't forget to smile.

Smiling would not just make you feel better, but it can also make the other person more comfortable of being with you. A smile would encourage a more positive atmosphere between the two of you. With that, you can soon share funny stories and jokes, which would make your first date more enjoyable.

3. Shave your face.

Although not all women love their men to have shave faces, it is still safer to go on a first date with a clean face. This is because, a woman may think that you are untidy or have the tendency to be violent if you won't have a clean face on the first date. Aside from that, some women actually have bisexual tendencies, and they simply love looking at a soft face.

4. Do not have sex on the first date.

Even if your body is telling you to sleep with the guy that you are dating, you should not have sex with him on the first date. This is because, there is a huge possibility that you still do not know lots of things about him after the first date. Aside from that, if you do it on the first date, it may cloud your judgment on whether to continue dating him or not.

5. Don't be too serious on the first date.

Dating should be fun, and you should enjoy it even on the first date. Being too serious may put your focus too much on the questions that you need to ask the other person with. It can make you feel that you are trying to interview him, or you are the one who is being interviewed. Try to enjoy the company of the other person, so that you can get the most out of it.

6. If you are still not over your previous boyfriend, then do not date yet.

You should be fair on the other person that you would be going on a first date with. With that, if you are still not over your ex, then you should postpone the date. If you

really like the new guy, then give yourself some time, so that you won't end up thinking or even talking about your ex on your first date.

7. Impress your first date with your voice.

Always remember that women do not want men that sound immature, which is usually the case if the person's voice has a high tone. Thus, you should try to use a deep voice on your first date, so that you can impress your girl. If it cracks, then you need to practice it until you become more accustomed on keeping it low.

8. Do not talk about topics that can make her uncomfortable.

When you are on a first date with a person you really like, focus more on light topics when you talk to her. Don't talk about sex since it can make her uncomfortable. Aside from that, you should also avoid very serious topics, since you want to establish an atmosphere between the two of you that is more relaxed and friendly.

9. Use non-smelling deodorants.

It is a complete turn off to a woman you are dating if you start to smell. Always remember that you can get nervous on your first date, and it can get you perspiring fast. Thus, you need to make use of a good deodorant, so that she won't be able to smell your sweat. You can also use a mild perfume if you want to or an aftershave.

10. Don't act like you are in a relationship already.

Since it is still going to be your first date, then you should avoid acting like you are in a relationship already. In other words, don't show any kind of jealousy if your date accidentally glanced at another girl. Acting like this can scare off the other person, and it would ruin your chances of going out more.

11. Don't put your date on a pedestal.

No matter how much you regard your date as your dream man or a dream girl, you should always remember that you are in the same league. This is because, if you put your date on a pedestal, your date may have the tendency to look down on you, which creates an imbalanced relationship. Aside from that, it can make you look past his or her faults, which can make problems in your relationship later on.

12. Not all good things in the first date may be true.

Keep in mind that there are some people who are very good in acting, which can help them in impressing their first dates. Thus, you should not expect that all the good things you saw in your date are true. Try to observe on your succeeding dates, so that you can

see if it is still there or not.

13. Always remember the true definition of Getting To Know You.

Getting to know you means that the other person wants to learn things about you such as your likes, dislikes, hobbies, dreams, and such. Always remember this, since some men may say that they want to know you, just so they can get under your pants. If you feel that your date is like this, then you should not go out with him again, unless the feeling is mutual.

14. Don't be blind on your first date.

No matter how you see the other person as the best partner that you could ask for, you should still be open to learning more about his or her negative characteristics. You need to recognize the fact that nobody is perfect. If you can accept the person's negative traits though, and he or she can also accept yours, then it is a sign that you are in for the long run.

15. Avoid anything that can cause bad mood.

When you are on your way to your first date, you should avoid anything that can cause your mood to become bad. For example, if you know that you would be going through heavy traffic, then you should leave your place earlier. You don't want to start your date on a bad mood, since the other person can feel it, and you may make the atmosphere negative as well.

16. Never forget her first name.

In your first date, you have to keep in mind that women are quite sensitive, even when it comes to their names. Thus, you should not forget her first name. Aside from that, you should use her first name whenever you can during your conversation, and say it in a sweet tone, so that she can feel that you are sincere and that you care.

17. What to do when it is cold outside.

If during your first date, it is going to be cold outside, then make sure to wear warm clothing. Aside from that, you should also bring a jacket with you. By doing this, if your date forgets to bring her own jacket, then you can offer her yours, without you feeling cold. This will surely impress your date, and would see you as a true gentleman.

18. Do not forget what aftershave you wore on your first date.

It would always come handy when you have a good number of aftershaves that you can choose from. With that, you should not forget what aftershave you would be using on

your first date. By doing that, and if you are lucky enough to set a second date with her, then you can ensure that you can wear a different aftershave for the second time around.

19. Do not drink too much.

On your first date, there is always a chance to drink a few glasses of wine or bottles of beer, especially if you have easily become comfortable with one another. However, you should control the amount of alcoholic beverage that you drink. You don't want to get drunk, since the other person may not appreciate it. Aside from that, if you get drunk, you may not even recall much of the details of your first date the next morning, which could leave you clueless on whether you want to go out with the same person again or not.

20. Where to take her on your first date.

It is quite a usual thing to bring your first date to a fancy restaurant; and, this is actually not a bad idea. However, if you know that she prefers to do something different, then you should come up with a different way of impressing her. For example, if she is into sports, then you can take her to a sporting event, such as volleyball, basketball, or baseball, just before you head to a place for dinner.

21. You are not a bad person if you are not interested.

It is very possible that after a few minutes of spending time with your date, you would realize that you are not interested after all. With that, if you can see that your date is really into you, there is no need to reciprocate. Just be polite, and end the date as early as possible after giving yourself a chance to become interested again.

22. Give your date a chance.

Every person has certain preferences on the type of man or woman that they want to build a relationship with. However, you need to realize that nobody is perfect. Thus, even if you see certain characteristics or behaviors of your date that does not impress you at the start, you should still give him or her a chance. For all you know, you may even eventually enjoy that he or she has those certain mannerisms once you get to know them better.

23. Set boundaries on your first date.

You should set boundaries on your first date, so that you wouldn't be taken advantage of. By setting boundaries, you would be able to identify your limits and act in accordance to them. This ensures that your date would respect you, and would ensure that you won't get offended by going beyond their limits.

24. Dress appropriately.

When it comes to the clothes that you want to wear on your first date, you have to consider the place that you are going to. For example, if you are taking her to an expensive restaurant, then you may want to wear something formal for it, but do not go over the top. On the other hand, if she wants to go and play bowling, then you should wear something that is comfortable.

25. Know your date before going out with her.

Prior to your first date, it is very possible that you have already spent a few minutes of talking to the woman that you are going out with. You should take that as an opportunity to learn things about her, which would help you decide on where to take her to. For instance, if she loves animals, then you may want to take her to a zoo, an aquarium, and such.

26. Never assume the best or the worst.

Do not assume that just because the person has shown interest in you and asked you out that he is really interested in a relationship or is even single. This is because, there are people today who have multiple dating partners. On the other hand, do not assume that a guy is already married, just because he is successful in his career. Ask questions to find out the truth.

27. Become fit.

If you think that you lack confidence, then you should become fitter. Getting fit like eating a well balanced diet and going through exercise routines regularly, would not just boost your confidence, but it would also improve your looks. Moreover, it would also make you more energetic, which would help a lot in making your date enjoy your company.

28. Recognize the difference in thinking between man and woman.

When you are dating a woman that you really like, you have to recognize the fact that men and women have differences in the way they think. Women usually want their dates to make emotional or friendship sense, for them to become more interested. Thus, you should ensure that she would see the side of you that she likes, such as a person who is understanding, discreet, and also humorous.

29. Know what you want.

On your first date, you should know whether you want a long term or a short term

relationship. This is important, so that you can let your date become aware about it. Thus, even if you really hit it off, if you only want a short affair, then you should let him know that it is what you want, so that he would know what to expect from you.

30. Don't mention introducing him or her to your parents on the first date.

Even if you really like your date, such as you see him or her as a possible candidate to be your partner in life, you should not tell your date that you want to introduce them to your parents. This is because, you are still at the initial stages in your relationship. In fact, the other person may not even consider you being in a relationship yet, until you go out for a few more times.

31. Never interrupt.

When you are on your first date, and you are beginning to have a good conversation with the other person, it is important not to interrupt. This is because, interrupting your date is a sign of disrespect. Let your date finish what he or she is talking about first, before asking another question or responding.

32. What to do to find out if he is really interested in you after your first date.

Even if you had a great time on your first date, you may still wonder whether he is really into you or not. To find out whether he is really interested in you, then you should wait a couple of days for his call. Be patient, since a man would find a way to spend more time with you if he really wants to. If he does not give you a call, then move on.

33. Be a shoulder that she can lean on.

In dating the woman of your dreams for the first time, you should show her that you are like a shoulder that she can lean on anytime she wants. Women need their men to be strong, confident, and someone who knows what to do in different situations. Thus, do not be a crybaby, and show her that you have emotional strength.

34. Do not forget that women like to talk.

Most women like to talk, even those who seem to be the silent type. With that, if you want your date to have a good time and the same time, get to know her better, then you should let her talk and listen attentively. To get her started, all you have to do is to ask the right questions; and, make sure that they cannot be answered by a simple yes or no.

35. Make her trust you.

In order to let a woman open up to you, you need to show her that you can be trusted.

Trusting someone is not easy for most women, since they usually get hurt easily. Thus, you need to work in earning her trust, and you should start on it even on the very first time that you go out with her.

36. Do not touch your date without considering if she likes it or not.

You have to learn to read signals that would tell you whether a woman wants to be touched or not. If she is leaning towards you, and touching you lightly, then it means that you can reciprocate. It is very important that she shows signs that she wants to be touched before initiating it, so that you won't spoil everything.

37. Dating is fun, but it requires effort.

You have to invest effort, especially on your first date, so that you would be able to make it a fun activity. Aside from that, it would also give you chance to learn more things about the other person. Through your first date, you would already be able to get an idea whether he or she is worth investing more of your time and efforts on.

38. Do not expect something from your date that you do not possess or capable of doing.

On your first date, you should not expect something anything from the other person that you, yourself are not capable of doing. Aside from that, you should also not expect too much from your date, so that you won't get disappointed. Know yourself, so that you know what you can expect from him or her.

39. Be the one to pay for the date.

Even if your first date was not really planned, or it happened spontaneously, you as the man, should always be the one to pay for it. Keep in mind that lots of women today may be willing to pay for the dinner or something. To impress her, you should be able to reach into your pocket first, and shoulder all the expenses on your date.

40. What things you want to discover on your first date.

There is no need to dig in so deep when it comes to gathering information about your partner on your first date. However, even if it is good to focus more on lighter topics, it is also best if you get a better idea on what he or she believes in, as well as their goals. Ask questions if you have to, but do not insist if your date looks for a reason not to answer them.

41. Observe how your date treats the waiter or the waitress.

On your first date, one of the things that you can watch out for is how he or she treats

the restaurant staff. If your date is rude to the waiter or the waitress, then there is a big chance that he or she is an obnoxious person. If that is the case, then there is no reason to get on a second date with the person.

42. Soft touches.

If your date gives out signals that she wants to be touched, then you should remember that women usually love soft touches. You may be able to get a chance to do this while you are talking pretty close to each other, or when you are dancing. Touch her softly, so that she can feel how you admire her.

43. Keep it mysterious.

Lots of women love to date with mysterious men, since it sparks their curiosity, which excites them more. Thus, on your first date, it is a good idea to give out some details about yourself, but do not do reveal everything. Aside from sparking their curiosity, it would also make them want to learn more about you, which would increase your chances for a second date.

44. Palm reading.

One of the best ways to impress a woman on your first date is to read her palm. This is because lots of women love their palms read, since it gives them a chance to learn something about their future, even if it may not be true. Aside from that, it would also give you a chance to hold her hands.

45. Do not think too much of the future.

On your first date, it is possible for you to think too much of your future. In other words, you may begin to wonder whether he or she may be your potential husband or wife, and such. Since you are even not in a relationship yet, do not think about these things about your future. Just focus on experiencing the date, so that you can have more fun in it.

46. Give the date another a chance.

Keep in mind that on your first date, it is also possible that you may not hit it off with the other person immediately. Thus, if you are not sure if you are really interested or not, then it is a good idea to give the other person a chance. Go out for a few more times, so that you can have a better idea if you want to go out with the other person more.

47. How to impress your date by your looks.

A good combination of shaving your face, dressing nicely, and having a good posture would help you score some points with the woman you are dating. This is very important on your first date. This is because, the said combination would make you look like a man who can take care of himself, looks good, and is confident.

48. Don't overdo on being polite.

Although lots of women would appreciate it when you open up doors for them, it is best not to overdo it. Opening up the door to the restaurant for your date would surely impress her. However, if you overdo it by opening every door that you come across with in strolling in the mall, then she may think that you are treating her like a helpless girl.

49. Know yourself better.

On your first date, it is very possible for the woman to ask you questions about yourself. She may ask you about what you want to achieve in your life; and, if you show signs that you are not sure about your answer, then it may turn her off. Know yourself better, so that you can give out answers that would impress her.

50. Having a business card on your first date.

If you have a business card, bringing it along on your first date is actually a good idea. This is because, you may be able to find a chance to give it to her to remember you by. Since it would contain your contact information, then she would know that you are looking forward to seeing her again.

51. Your first date at the park.

There is nothing wrong in doing your first date at the park. This is true, especially if your date has told you that she does not want to go to fancy places. By getting on a date at the park, you would be able to enjoy the view. Make it more interesting by cooking up foods for it.

52. Do not force yourself to like your date.

There is no need to force yourself to like the person you are dating for the first time, just because you think that he really looks well, and that he is nice. This is because, these are not the only factors that would determine the kind of relationship you may have with him in the future. To like a person, you should have certain things in common, which include your values.

53. See that your date is not too reliant on text messages and emails.

If you observe on your first date that your partner is too reliant to text messages and

emails, then you should be careful. If you really like him, make sure that he does not use these forms of communication to get in contact with you. It is always best that he calls you, since it shows that he really cares for you by not depending on lazy forms of communication.

54. Looking at your date in the eye.

On your first date, it is a good idea to maintain eye contact when you are talking to her. However, you should only look at her eyes for a few seconds and look away from time to time, so that she won't feel uncomfortable. Aside from that, staring can also be scary at times.

55. Stand up when your date goes to the powder room.

During the course of your date, it is possible for her to excuse herself and go to the powder room. When she does that, it is best if you stand up together with her. It would show her that you respect her. Aside from that, it also shows how gentleman you are, and would definitely impress her.

56. Check your zipper.

Do not be ashamed in closing your zipper in front of your date if you really need to. To prevent this from happening, then it is best to constantly check it, especially prior to arriving at the venue. Fixing it means that you are quick in correcting your errors. If you won't fix it immediately, you cannot expect her not to notice it eventually.

57. Know how to dance.

Even if you do not possess the natural talent of dancing, it is still a good idea to learn how to do it. Dancing can be learned, and it is important when you go on a date, even on your first date. If you know how to dance, then you can impress your date more. Aside from that, you would also become more confident in taking her to the dance floor.

58. The things you want to know about a woman.

There are things that you need to know about a woman on your first date. It is important to know these things, so that you can see if she is worth investing your time and effort on. Such things would include her likes, dislikes, and whether she is involved with someone or not.

59. Carrying on with the conversation.

One of the biggest obstacles that you may encounter during the first date is the times when you experience complete silence. Although you are having a good conversation, it

can be awkward in experiencing these moments of silence. Thus, it is best that you know how to counter it immediately. Always remember that there are lots of different things that you can talk about. Aside from that, come up with a question, so that you can continue talking.

60. Compliment her.

Even if you are dating a very beautiful girl, you should keep in mind that she also has insecurities. Thus, you should not forget in complimenting her. Give her compliments that are sincere and genuine, so that they can have more effect on her. Focus on her hair, her skin, her clothes, and her shoes. Aside from that, telling her that she is beautiful at the instant you meet her can also work.

61. Don't forget to tell her how brave you are and state examples of it.

Women love their men to be brave, since most of them expect their men to have the ability to protect them and give them courage. Thus, if you have certain experiences in life that depict how brave you are then state them. For example, if you have saved some people in a fire then tell her about it. Don't mention the word brave and let her find out that you possess this trait.

62. It is not time to discuss your past relationships on your first date.

Your first date is not the time for you to discuss your past relationships in. This is because, your date is not interested about your past yet. He or she wants to know how you are at the present first, before your date digs deeper. Only reveal your past, once you have dated for a good number of times already.

63. When to date if she is not available after her work.

If she has lots of things to take care of after her work duties, then you may ask her to go on a lunch date with you. Taking a lunch break together can be an interesting way of going on a first date with someone you like. By spending just a short amount of time with her during lunch, you may be able to know why she can't go after work, and do something about it, especially if she is interested in seeing more of you.

64. Know why ladies love nice guys.

To be considered as one of the nice guys, you should know what it means to them. Women see nice guys as someone who has a stable background, desirable, presentable, trustworthy, helpful, discreet, and friendly. Aside from that, women also see nice guys as fun to be with.

65. Avoid the movies for the first date.

It is not a good idea to watch a movie for your first date. Aside from the fact that it is not safe for the ladies, it would also not give you a chance to talk to each other more. When you are inside the movie house, you would not be able engage into so much interaction; and, this would defeat the purpose of getting to know each other better.

66. Pay attention to your date's behavior.

During your date, it is very possible that you can only notice the positive traits of your partner, especially if you like him a lot. However, you still need to be paying attention to the negative traits. Try to see if you can stand his negative traits, since that would tell you more about whether you can be in a relationship with him or not.

67. Avoid each other's homes on your first date.

It is always best to be at a neutral territory on your first date. Stay away from each other's home, since it may get you both tempted to go insider together and do something inside the bedroom. Staying away from your homes would help you prevent having sex, which is something that you should not do on the first date.

68. Be mature.

There are certain people who may tend to play games during their first date, such as pretending to be not interested to the other person, when they are indeed interested. You may think that this is a good strategy. However, it may only send out the wrong signals, which can turn off the other person. Be mature and show the other person what you really feel.

69. Don't play the Mr. Nice Guy role too much.

Although lots of women like nice guys, overdoing it can have its negative consequences as well. For example, if you are being too friendly, then your partner may eventually see you as a friend material instead of someone to have a relationship with. For example, if there is something that either of you can decide on, such as what to do next after eating dinner, it is best if you can make the decision for it, so that your date would realize how manly you are.

70. How women want to read between the lines.

Aside from women being good in reading between the lines, you should be aware that they want you do be good at it as well. In other words, during your first date, she may tell you something, which means another thing. For example, if she tells you that she is fat, then she may want you to tell her that she is beautiful. Aside from that, her Maybe can also mean No. Take note of these things, so that you can respond well.

71. How to show that you are interested.

If you are really interested in your date, then you should show it. Showing it can be done by saying it. Aside from that, you can also use your body language for it. Thus, if she is leaning towards you and you want to reciprocate, then you should also move closer to her. Send out positive signals, so that you would both be able to enjoy your first date.

72. Put your mobile phone in silent mode.

One of the things that can insult the other person you are dating is to take calls and send out text messages, while you are eating dinner. Thus, it is best to put your phone on silent mode or vibrate mode during the date, so that the text messages and calls won't disturb you. If you really need to check on something, then excuse yourself and go to the comfort room.

73. Listen well.

During the date, you may think that one of the most important things to do to make the most out of it is to talk. However, you need to consider that the other person may also want to share his or her experiences to you as well. Thus, you should know when to listen, and you should listen well, so that you can respond appropriately.

74. What to do if you feel nervous about your first date.

If you feel nervous about your first date, you should know that it is quite normal. However, if it bothers you, then you should take a deep breath, just before going to the venue of your date. Aside from that, you should believe in yourself, and be more confident, so that your nervousness would not get the better of you.

75. Think fast.

Always keep in mind that women do not want to be bored. Thus, you should be able to think fast, so that you can keep your date exciting and interesting. Aside from that, your ability to think fast can also help you when it comes to having a good conversation with your date.

76. Ask the right questions to lead.

When it comes to talking with your date, you need to ask the right questions in order to lead effectively. For example, if you want to take her to a coffee shop, you should ask her a couple of questions first, which she would probably answer with Yes. The questions should be related to asking her to the coffee shop, so that by the time you ask that question, she would most likely say Yes to it.

77. Bring something interesting.

On your first date, it is actually a good idea to bring something that can spark the interest of the other person. For example, if you have a novel that really sparks the interest of a lot of people, then bring it. You should not read the book during the date. It can serve as your prop, which can help you whenever you run out of topics to talk about.

78. Calling your date.

There is no need to call your date on the day that you are going to meet. This is because, if she is really interested, then she should be there. Aside from that, if you are going to call her, it would tell her that you are somewhat desperate in going on a date with her, which can turn her off.

79. What other places you can take her to aside from the restaurant.

Your first date does not have to start and end inside a fancy restaurant. There are other places that you can also take her to. Some of which would be the theatre, sporting venue, bowling, ice skating, and even the circus. Try to check what she is interested in, so that you can make it more exciting for the both of you.

80. Don't sell yourself short on your first date.

During your first date, there would be times when you would be asked questions, which can give you a chance to talk about yourself. When that happens, it is best if you talk about yourself positively, so that the other person won't be turned off. If you believe that you are a good person to date, then let the other person see it through your actions and your answers.

81. Do not forget to tell your friend or someone in your house about your date.

On your first date, it is always best to be on the safe side by telling someone about it. You should also tell your friend about the venue of your date, as well as the name of the person you are going out with. It is safe this way, and they can always check out the place or give you a call just in case it is getting late and you are still not home.

82. Don't try to ask about your date's ex.

Asking about your date's ex is not a good idea, especially on the first date. This is because, if your date would start talking all about the things he liked most of his ex, then you may have a tendency to make yourself just like your date's ex in the coming days to impress him. Aside from that, the positive traits your date's ex has can become a

source of your insecurities.

83. Don't try to find faults.

When you try to find faults in the other person, you may end up not enjoying your date. Aside from that, it can also make you a judgmental person. Try to learn more about the other person and enjoy the date, so that you would be able to make the most of it.

84. You can ask about your date's living arrangements or where they live.

There is no need to think too deeply about what questions you can ask on the first date, and what you should not. If you are curious about where your date is living, then ask him about it. If he is reluctant in saying it, then respect it. However, it can also be a sign that he is hiding something from you.

85. There is nothing wrong about saying No.

There is no need to be agreeable all the time on your first date, and even on your other dates. It is perfectly fine to say no if you are not at the same page as your date. It is best to be true to yourself, so that you can also be honest to the other person. In fact, disagreeing can even spark up a healthy and fun debate, which can bring you closer to each other.

86. Make your first date special.

If you want to make your first date special, then make it as memorable as you can. Talking for a number of hours with your date is something where you share memories, but not making them. Make memories by doing something different such as going for a stroll at the park after dinner, visiting the flea market, or playing a game of pool.

87. How to send signals that you like the girl.

There are lots of things that you can do to show that you like the girl you are dating for the first time. One of which is to look into her eyes a bit longer than usual, and then smile. Aside from that, you should also be a gentleman, so that she can see that you really admire her.

88. How to tell if the person you are dating is not being honest about his feelings.

If a person likes you, he or she would act it out. Thus, it would be clear to you if she likes you through the way she talks to you, as well as the way that she would act around you. This also applies to guys. With that, if your date tells you that he likes you but act otherwise, then you would know that he is not being completely honest.

89. Know what you want on a date.

You should know whether you are dating the person in order to see if you can start a relationship with her or you just want to have a casual encounter. By knowing what you want in the date, you can also choose your partner properly according to that. Aside from that, it would also help you act in accordance to what you really want.

90. Out of your league.

Being out of your league is not true. It is a concept, which can make you unhappy if you believe in it. This is because if you believe that your date is out of your league, then you would begin to think that you are not worthy for him or her. Aside from that, it may even lead you to find partners who are not good enough for you as well.

91. Holding hands on the first date.

Wondering when to hold your date's hand is quite normal. Keep in mind that holding hands on your first date is perfectly fine. However, you should see if she approves to it or not. Once you are on the date, you should be mindful of her actions, so that you can tell whether she would like it or not.

92. Choosing the restaurant for a romantic dinner.

Taking your date for a romantic dinner is a good idea. However, if there are lots of restaurants to choose from, it can become confusing. The best way to do it is to visit the restaurants that you are considering reserving a table in. When you visit them, try to check the view that each of the restaurants can offer. Aside from that, see if the place is filled up with flowers or candles, and do not forget to ask about the kind of music that they play.

93. Do not overanalyze things.

There is no point in analyzing things too much during your first date. Just take note of the things that you think are important, and share it with your friends for the analysis if you want to. Try to get to know your date well by going through a simple conversation, so that he would also open up to you more.

94. How to recognize that your date is the one.

Recognizing whether your date is the one that you are looking for or not, is not easy to do on the first instance that you go out. This is because, the first date is usually the introductory part of a potential relationship. In other words, after the first date, there are still a lot of things that you need to learn about him or her. However, it should help you determine whether your date is worth a try or not.

95. How to overcome your shyness.

If you are shy and you are about to go out on a first date with someone you are really interested in, then it is best to overcome your shyness. To achieve that, you should try to become more confident on yourself. If you need to, you should work out, and try to identify your best traits, so that you would believe that you can pull it off.

96. Do not fear failure.

Lots of men and women have fear of failing even on their first dates. If you are one of them, then you should not fear it. Instead, if you fail in it, such as doing something that is a complete turn off, then you should just learn from your mistakes. Failing is not entirely bad, as long as you learn valuable lessons from it.

97. Loosen up on your first date.

There is no need to be so tight and stiff on your first date. It is best to loosen up, so that you can have more fun with your date. If you won't loosen up, it is very possible for your date to become such a boring event. Thus, if you are really interested in him or her, then you should enjoy their company and relax.

98. Don't be too hard on yourself.

If you have said something, which made her uncomfortable, then just apologize about it if you need to. Do not be too hard on yourself, since committing a mistake is very possible, especially on the first date. Take it easy, so that you won't put too much pressure on yourself.

99. Always be open to the possibility of not being liked.

There is always a possibility that your date would end up not liking you. There is no need to put pressure on yourself when it comes to that. The important thing is that you are able to accept it, and that, you can tell signs that indicate it. When you are able to do that, then you can simply move on with your life without having to work hard on trying to make the other person like you.

100. Do not try to make the other person jealous.

Making your date jealous, such as flirting with another guy you bump into on your first date is a complete no-no. First of all, it is very possible that your date does not feel anything yet, which means that he may not even feel jealous about it. Aside from that, if he knows what you are trying to achieve, then it would be a complete disaster on your part.

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Fitness Tips

1. Determine the reasons why you are not fit.

One of the best ways to get fitter is to determine the reasons why you are overweight. It could be that you are ignoring service size whenever you eat, you lack exercise, you love to watch television while eating, and more. Once you are able to do that, you can begin making up a plan that can help you lose weight and achieve your fitness goals.

2. Be determined in achieving your fitness goals.

If you are not determined enough in achieving your goals of losing weight, then you may be wasting your time in it. Losing weight is something that is achieved only with hard work and determination. Thus, you should be willing to do all the necessary things, even if it means sacrificing certain things for it.

3. Build up your motivation in losing weight.

To be able to have the drive to exercise and become more cautious in your diet, you should have the motivation for it. To achieve that, it is best to list down all the possible negative effects of becoming overweight. By making up a list, and referring to it from time to time, you will constantly remind yourself of the consequences if you won't lose weight soon.

4. Be inspired.

Inspire yourself to lose weight by watching people who are fit. You can do this by regularly checking out the sports channel, or visiting stadiums to watch athletes play. When you do that, you would have the desire to become just like them, which would help you in doing things to achieve your goals.

5. Learn to love fruits and vegetables.

If you don't love eating fruits and vegetables, then you should teach yourself to love them. Do not do it in an abrupt manner. What you can do is to introduce the fruits and veggies in a slower pace, such as just adding a serving of them each day. Once you get accustomed to that, which may take a week, you can gradually increase the amount of fruits and veggies in your diet, in order to become healthier.

6. Become more conscious on your food portions.

One of the things that one can do to gain more weight is to super size his food portions. Thus, it is important that you become more conscious on your portions from now on. To

do this, you can remind yourself that you may have to purchase more larger clothes if you continue eating large quantities of foods.

7. Drink more water.

Drinking lots of water can help you lose weight. This is because it can suppress your appetite in a natural way. Aside from that, it can also make you feel healthier and fitter, due to the fact that it helps in flushing out toxins from your body. In addition, no matter how much you drink, it won't make you gain weight, since it does not have any caloric content.

8. Start the day with a glass of water.

As soon as you get up from bed in the morning, give yourself a refreshing drink of cold water. It is one of the best things to do to start your day fresh. Aside from that, it would also help you minimize the quantity of your breakfast drink. More importantly, drinking water first thing in the morning will awaken your digestive juices, and get them prepared for your breakfast.

9. Eat banana early in the morning.

When you wake up in the morning, it is a good idea to eat a piece of banana. It would help in giving you the necessary energy to start your day. As long as you don't combine it with anything, banana would not cause any kind of hyper acidic reaction in your tummy. Thus, do it around 15 to 30 minutes before you eat breakfast. Many people do this just before they go out to do their morning walk.

10. Drink water just before lunch or dinner.

Just before enjoying your lunch or dinner, it is a good idea to drink a glass of water. Water would actually take up some space in your stomach. Thus, even if you have not even finished eating a whole plate of meal, you would feel that you are already full.

11. Stay away from sodas and sweetened drinks.

Many people are so fond of drinking sodas and sweetened drinks. If you are one of them, then this practice may very well be one of the reasons why you have gained lots of weight. Thus, it is time to cut down your consumption of such drinks. Sodas taste sweet because they are filled with sugar, which would only load your body up with more calories; and, that is not a good idea.

12. Choose fresh fruits instead of fruit drinks.

You may be thinking that drinking fruit juices is a healthy practice. Although it is better

than drinking sodas, such juices may still contain extra calories, especially if they have been processed. Thus, it is far better to eat fresh fruits than drinking fruit juices, since they contain more vitamins, aside from the fact that they can also provide you with fiber.

13. Eat more food items that contain water.

Food items like watermelons and tomatoes are filled with water. Thus, you should include them into your daily diet, since they would make you feel fuller, without putting yourself at risk to gaining more pounds. On top of that, most of these foods are also filled with dietary fiber, which your body also needs in order to lose weight.

14. Eat more vegetables to eat less.

When you are eating more vegetables you would actually be eating lesser amounts of foods. This is because vegetables are loaded with fiber. Fiber can actually make you feel full longer, since it prolongs the digestion process. Thus, it would suppress your appetite, and pave the way to losing weight.

15. Think before you eat.

Whenever you are at the dining table, do not base your decisions on your instinct, especially when it comes to choosing the food items to eat. This is because your instinct may normally tell you to eat everything in sight, especially if you are really hungry. Before you put something on your plate, you should think first, if it is something that you really need or not.

16. Go easy on sweet things.

Sweet things like chocolates, cakes, and candies can be tempting to eat, especially when they are presented very well. Before you put them inside your mouth though, you should remind yourself that they taste sweet, since they are loaded with extra calories. Thus, minimize your consumption on such things, so that you won't gain more weight.

17. Eat only on times when you need to.

If you feel the need to open up your refrigerator and grab something to eat, you should think first, whether it is time for your snack or not. If it is not, try to drink a glass of water first, since there are times when your body would mistaken thirst as hunger. If you really need to grab a snack though, make sure that it is something healthy.

18. The best snack items.

When you snack between meals, it is wise if you also become conscious not just on your

food portions, but also on the types of foods you eat. The best types of foods for your snacks would be fruits and vegetables. Munching on carrots or an apple would not just help in maintaining your health, but it would also control your appetite for the coming meal.

19. Drinking coffee.

Some people think that drinking coffee is a bad idea, especially when a person is trying to lose weight. On the contrary, drinking hot coffee at breakfast is actually a good idea, since it can help in boosting your energy levels. Just don't drink coffee shakes in coffee shops too often though, since they are filled with lots of calories that can make you gain weight.

20. Stay away from foods that have been fried. Fried foods are called as such, since they are cooked either in fat or oil. Thus, the more amounts of fried foods you consume, the more oil your body would absorb. Keep in mind that even when the external oil has already been drained, there are still lots of it that remain in the food itself.

21. Skipping meals.

There are lots of people today who skip their meals, especially breakfast for thinking that it can help them achieve weight loss. Skipping meals can actually result to more weight gain, since it can lower down your body's metabolism. Aside from that, it can make you feel too hungry when it is already meal time, which can result to binge eating.

22. Eat a large breakfast.

Breakfast is actually the most important meal of the day. This is because it is where your body would usually source out its energy for the day. Thus, it is best to fill up yourself at breakfast, so that you can boost your body's energy levels. Aside from that, it can also help you in controlling your food portions come lunch and dinner times.

23. Eating eggs.

Eggs are actually healthy, especially the egg whites, since it contains the protein called albumin. Eating an egg a day can boost your metabolism, aside from providing your body with quality protein. However, make sure not to exceed two eggs in a day, since the yolk is actually filled up with a lot of extra calories that you may not need.

24. Eating chocolates.

Although chocolates are to be avoided when you are on a diet, you should still try to enjoy them, but only once in a while. They should be treated as a luxury instead of a routine. In other words, you may eat a small amounts of chocolates just to satisfy your

cravings, but do not do it on a regular manner.

25. That bulging tummy.

If you have friends who are avid drinkers of beers, then you would notice another thing in common with them, which would be their bulging tummies. This is actually due to the fact that beers and other alcoholic beverages are filled with extra calories. Aside from that, they can also get your body's metabolism to slow down. Thus, as much as you can, you should avoid drinking beers, or put a stop to that habit permanently.

26. Including protein in your diet.

Having a good amount of protein rich foods in your diet is a must in order to lose weight, as well as to stay healthy. This is because protein can help your body in building more muscles, and it is harder to process than other food groups. Aside from that, protein can also help in boosting your body's resistance to diseases.

27. Choose the right kind of meat.

Although lean meat is good, it is still better to go with white meat. White meat is actually far better than red meat. Sources for white meat would include fish and chicken. When you eat chicken though, make sure that you won't include its skin, for it is loaded with fats and cholesterol.

28. Choosing the right bread.

When you are shopping for bread, in most cases, you would be choosing between white breads and multigrain breads. It is actually best to choose the latter, since white breads in most cases, no longer contain high fiber content, and they are highly processed. Multigrain breads actually have high fiber content, and they even contain certain amounts of protein.

29. Eating pork.

Although pork is also a source of protein, it is also a source of fats and it is red meat. Thus, it is best if you reduce the amount of pork that you intake. Keep in mind though that there are a lot of products that are also made out of pork. Some of which would include bacon, sausages, hotdogs, and ham.

30. Limiting your sugar intake.

When you want to lose weight, you have to limit your sugar intake. Thus, when it comes to drinking coffee, you may have to limit the amount of sugar that you add into it, or go

with black coffee. If you can't have these things unsweetened though, there are lots of sugar substitutes available today. They taste sweet, but they won't make you gain weight.

31. Grazing.

Grazing simply means that instead of eating 3 large meals in a day, you would be having 5 or 6 smaller meals. Doing this would actually help you in losing weight. This is because it can help in boosting your body's metabolic rates. Aside from that, it would also help in suppressing your appetite.

32. Go easy on salt.

Eating foods that have high salt content is a big no-no when it comes to dieting. Eating too much salt can actually make you gain more weight. Thus, it is time to cut down your salt intake. If you cook your own food, try to bring down the level of salt that you add into your recipes. Aside from that, make it a point to avoid salty chips as well.

33. Bake foods instead of frying them.

Frying food items can actually add lots of fats into your system, since you would be using oil. Thus, it is better to bake your food, without the use of fats, since it won't make you gain weight. Baking is indeed a healthier way of cooking food than frying. Thus, it is time to bake more and fry less.

34. Using non-stick pans.

When you cook your own food, there may be times that you may have to fry some of them. To lessen the amount of oil that you use, then it is best to utilize non-stick frying pans. Non-stick pans are available in many supermarkets today, and they are one of the best things that you can invest on in order to lose weight.

35. Cooking your vegetables.

As much as possible it is best to eat vegetables at their raw state. This is because when you cook them, you would be reducing the amount of nutrients that they can offer to your body. However, if you really need them cooked, try boiling or steaming them, so that you can preserve more of its moisture and nutrient contents.

36. Eating parsley.

If you are trying to come up with a list for food items you can include in your snacks, then try parsley. Parsley is actually filled with lots of vitamins, and it can also make your breath fresher. More importantly, it can help in attaining your fitness goals, since it is

also loaded with fiber.

37. Crash diets.

Crash diets are programs that can help you lose weight in just a short period of time. However, in most cases, they work at that time period only, and once you stop it, which you may have to at some point in time, you may eventually gain back the weight that you have lost. Thus, if you are looking for a long term solution for your weight problems, then you should remember that crash diets is not the one.

38. Set more achievable goals.

When you set your goals for losing weight, such as the amount of pounds that you want to lose, make it as achievable as possible. If you set goals that are too hard to achieved, then you may get discouraged when you are not able to attain them. Thus, start with something that you believe you can reach first, so that you can start your diet program on the right path.

39. Don't forget to reward yourself.

Whenever you achieve your short term goals, such as losing a few pounds or so, don't forget to reward yourself for it. Rewarding yourself should not be done by eating out, or eating your favorite guilt foods, since it might bring back the weight you lost. Instead, it is best if you simply buy yourself a shirt or a gadget that you have been longing for.

40. Eating in restaurants.

Eating out in restaurants should be minimized when you are trying to lose weight. However, when you find yourself in it, make sure to order foods that are healthy and not too fattening. Keep in mind though that most restaurants provide very large food portions. To get around it, ask for another plate, and only fill it up with the right portion to eat. Take home the remaining food, and place it in your refrigerator.

41. Eat low calorie food items first.

Whether you are eating out or at your own house, you should start with the soups, salads, and vegetables, and, eat your protein and carbohydrate sources last. When you do this, by the time you put your attention to eating meats and high calorie food items, you are almost full. Thus, it helps in controlling your calorie intake, as well as your portion.

42. Make use of a food journal.

Using a food journal can help you in losing weight, since it can let you effectively

monitor the foods that you eat. Aside from that, you may also use some of its pages, to plan out your healthy meals for the coming weeks. Thus, it is best that you get one soon, so that you can put it to good use.

43. Eat at the table and not somewhere else.

When you eat in front of your computer or while watching television, it can actually make you have more food than you need. This is because putting your attention to something else other than eating, can distract your senses. When that happens, your brain may not be able to effectively interpret the signals sent by your stomach that it is already full.

44. Bring your own lunch.

At work, whenever it is lunch time, you may be tempted to eat out in fast food chains or restaurants. Aside from the fact that they can cost you more money, they can actually make you gain more weight. Thus, it is time that you cook and bring your own lunch. This way, you have full control of what you eat, which is essential when it comes to losing weight.

45. Add more spices into your recipes.

Adding more spices to your foods can actually make you lose weight. This is because spicy foods can make your body's metabolism go up. With higher metabolic rates, your body would be able to burn more fats and calories. On top of that, it can also increase your energy levels to desirable points.

46. Avoid processed foods as much as you can.

Examples of processed foods are hot dogs, sausages, burger patties, and such. Eating them would actually put your health at risk, since they mostly contain preservatives that add more toxins to your body. Aside from that, they also contain lots of salt. Thus, it is best to avoid them as much as you can. Eat foods that are unprocessed, so that you can become healthier and lose weight.

47. Think positive.

You should have a firm belief that you would be able to attain your fitness goals soon. By doing that, you would have the confidence of taking on the challenges head on. Always think positive, so that you won't get easily discouraged, when you are not able to lose weight immediately. Aside from that, it can also help you have the motivation you need to stick to your plan.

48. Managing stress.

Stress is actually one of the factors that can lead you to eat more. However, you should always think that in the long run, it is more stressful if you stay fat than to stop your bad eating habits. This is because when you are overweight, you would be putting yourself at risk to its negative effects. Aside from that, it can also affect your self-esteem to certain degrees.

49. Get your family involved.

When it comes to losing weight, it is best if you have the support that you need in attaining it. Thus, you should inform your family and friends about what you are trying to achieve. This way, they can help you by constantly reminding you of the right foods to eat. Aside from that, they may even join you on your quest to becoming healthier.

50. Get enough sleep.

Sleeping for 8 hours each night is actually one of the things that you can do in order to lose weight. This is because providing ample time for your body to recuperate can make you more energetic the following day. Aside from that, when your body lacks rest, it can abnormally boost your appetite in trying to compensate for the lack of sleep.

51. Take a picture of yourself.

Prior to starting your fitness program, you should take a picture of yourself. This way, you would have something to compare to, once you are able to gradually achieve your fitness goals. For example, if you lose 5 pounds in a week or two, you would surely notice the difference if you are going to take another picture of yourself by then.

52. Exercise while losing weight.

Although dieting can already help in making you lose weight, it is still best to pair it up with a good workout program. Exercising while you are losing weight ensures that you look more toned and trim, once you are able to reach your ideal weight. There is no need to go through very strenuous routines for it, especially if you are not into bodybuilding.

53. Increasing your physical activities.

Any kind of increase in your daily physical activities can work wonders for you when it comes to losing weight. This is because it can boost your body's metabolism, which helps in burning more calories and fats. Thus, try to come up with more physical activities to do each day, so that you can reach your goal soon.

54. Exercise options.

There are lots of options you have when it comes to getting enough exercise. Some of which would include dancing, walking, running, biking, swimming, and more. You can also do some weight lifting if you want to. The important thing is to get your body moving so that you can burn more fats off.

55. How much exercise one needs.

Some people are not very sure about how much exercise they need to put themselves into, in order to become fit. The amount of exercise you need would actually depend on certain factors, which include your fitness goals, the amount of weight you need to shed off, and more. Thus, determine your goals first, so that you can decide how much exercise you need to perform each day or week.

56. A step you need to take prior to exercising.

To be on the safe side, you should consult with your doctor first, prior to getting involved with a certain workout program. Visiting your doctor would help a lot as far as evaluating your current physical fitness is concerned. By doing that, the doctor can tell you whether it is safe for you to go through certain routines or not. Aside from that, he may also be able to recommend the routines that would suit you best.

57. Come up with other ways to increase your physical activities.

Aside from going through certain workout routines, there are also other things that you can do in order to perform more physical activities. Some of which would be to get involved with gardening, fixing certain things at your place, and such. Coming up with these things would actually offer you more benefits than just physical fitness.

58. Park your car two blocks away from your destination.

If you are on your way to your office, park your car a couple of blocks away from it. By doing that, you will have to walk towards it, which would give you a chance to get some exercise. You can also do this when you visit the malls or the grocery stores. Walking a few blocks will not just make you fitter, since it can also help you save more money by consuming lesser amounts of fossil fuel.

59. Never use the elevator again.

If you need to visit someone at a certain building, or your office is at the 4th or the 5th floor, don't use the elevator in getting to it. Use the stairs instead, so that you can let your legs have some exercise that it needs. It may be tiring at first, but once you gain more stamina by doing it on a regular basis, you would no longer feel fatigued once you reach your desired floor.

60. Don't be too aggressive.

Most people, especially those that are starting their workout programs for the first time, approach it too aggressively. Doing this can actually lead to unbearable muscle soreness, body aches, and even possible injuries. Keep in mind that doing your workout aggressively may not provide you with the results you want immediately. Thus, start it slow, and be more patient.

61. Vary your routines.

Once you have started with your workout program, you may eventually find some routines to be a bit boring. Thus, it is best if you vary them, by doing some new routines from time to time, or by increasing their intensity. Just make sure that the routines you are doing are done in accordance to your goals, so that you would stay on track.

62. Take a day off from your exercise routines.

Taking a day or two to relax is not a bad idea, as long as you get enough exercise for the rest of the week. This is because your body actually needs enough time to rest. In other words, taking a day off from your exercise routines is actually part of your exercise program.

63. Learn more about exercising.

Learning more about exercise routines can now be done through the internet. Aside from that, you can also read books about it. By gaining more knowledge about the different routines that you can do, you would gain better understanding about them, especially when it comes to how you can benefit in performing them.

64. Get a partner.

Exercising alone can eventually become boring. Thus, it is best if you find someone to be your exercise buddy. He or she can be your office mate, your best friend, or even your spouse. As long as you have someone to go with you at the gym, you will always have more desire to do so, which can help you in the long run.

65. Walk around the park.

When you exercise outdoors, there are lots of benefits that it can offer to you. For example, if you decide to walk or ride your bike around the park early in the morning, you would be able to inhale fresh air, which is something fitness gyms could not offer. Aside from that, it can also give you the opportunity to meet new people, who could eventually become your fitness buddies.

66. Purchase a mountain bike.

Many people today, even coworkers, schedule a regular weekend getaway by riding their bikes to the countryside. Some would even go to the mountains, especially those who have their own mountain bikes. Going through such activities can actually boost your stamina, and give you a good workout every week. Thus, it is a good idea to own a mountain bike soon.

67. Know when to stop.

In working out, you would know when your body has had enough of it. There would actually be certain signals that your body would give you; and, it is wise to listen to them. This is because there is not a good reason to push your body beyond its limits. If you are going to do that, you would be putting yourself at risk to certain injuries. Aside from that, you may get discouraged, when you experience too much muscle soreness than you can bear.

68. Start your workout program properly.

One of the best ways to start your workout plan properly is to go with it at a slower pace. This is because, taking it slow can prevent you from getting involved with certain injuries. Aside from that, it would also make the routines more bearable for you, which would encourage you more in going through them.

69. Working out at home.

If you do not have the luxury of time to visit the fitness gym to get some exercise, you can always do certain routines at home. There are lots of exercises that you can do at your own place today, some of which would be the sit-ups, pushups, jogging in place, and more. Do the routines at home, so that you can lose weight without having to spend more time in visiting the gym.

70. What to do to learn more routines.

If you are exercising at your own place these days and you want to learn more routines, one of the best ways to do it is to check out exercise videos. These videos are mostly made by experts in the field, and they are available in most video shops around. All you have to do is to select the types of routines you want to learn more about, play the video at your place, and follow them.

71. Working out at a fitness gym.

When you are working out at a fitness gym that is quite popular, there may be times in

the day, when it gets filled up with lots of people. Whenever this happens, it is quite possible that you may have to wait for your turn in using certain gym equipment. To avoid this, determine the time of the day, when not many people would visit the gym. In most cases, more people would usually hit the gym during the middle of the day, and after working hours.

72. Maximizing your time at the gym.

If you don't want to waste too much of your time in the gym, then you should avoid people who talk too much. There are times when you may meet a person or two, who simply do not know when to stop talking. They can actually get you distracted in what you are trying to do if you listen to them. Thus, it is best to avoid them while you are working out; and, if you want to talk to them, only do it once you are done with your routines.

73. Choose the exercise program that would suit your lifestyle.

There is no point if you need to force yourself to get some exercise. It should be something that you can enjoy, as well as fit the kind of lifestyle that you have. Always remember that it is very important that you are able to stick to your workout program; and, you can only do that if the program suits you best.

74. Talking to your officemate.

Due to technological advancements, when you want to talk to a colleague who is a few stations away from you, you may simply need to send an instant message, an email, or pick up the phone. However, since you want to make sure that you increase your physical activities, then you should stand up and approach him. By doing that, you will be able to burn more calories.

75. Doing something after lunch.

After eating lunch at work, instead of playing online games on your computer while waiting for your lunch break to get done, you should step out of the office, and walk around the block. Doing that would provide you time for a quick midday exercise. Walking around the block would not just burn more fats, but also prevent you from getting sleepy once you get back to work.

76. Don't buy new batteries for the remote control.

If your television's remote control no longer works for busted batteries, don't mind purchasing new ones for it. It is actually better if you do not have a remote control around. With that, you will have to stand up and walk towards your TV set in order to change channels or change the volume level.

77. Don't place your mobile phone beside you at all times.

When you are at home, it is best to have your mobile phone around, but not beside you. Place it a few meters away from you, so that each time someone calls, or if you receive a message, you will have to stand up and walk towards it. After answering the call or sending back a message, place the phone back at its designated place again.

78. Dealing with a job that lets you sit down for most parts of the day.

Sitting down for a whole day would not just make you gain more weight, but it can also put you at risk to back aches. To get around it, you should do some stretching every 30 minutes to an hour or so. If you have some idle time, spend it walking around the office and chat with your coworkers while standing up if it is allowed.

79. Avoid the coffee shops as much as possible.

If it has been your practice to visit a coffee shop after work, then you should at least minimize it. In most cases, it is actually not the coffee products that can make you put on more weight, but the tasty pastries that most coffee shops offer. If you really need a cup of coffee, make some at your own place, so that you won't get tempted of pairing it up with something sweet.

80. Have a pet dog.

Having a pet actually offers more benefits than just having a special companion. Your pet dog can actually help you lose weight, especially if you play with him more often. Aside from that, you can also both have a good exercise by walking him on a daily basis.

81. Bond with your kids more.

When you are bonding with your kids, in most cases, you would end up playing certain games, which can make your heart pumping harder. Thus, the more time you spend with them, the more exercise you can get. Doing that would not just help in attaining your goals, but it can also help in getting closer to your loved ones.

82. Do something during commercial breaks.

If you always find yourself watching television at nights, do yourself a favor by walking around and doing something else during commercial breaks. Aside from walking around, you may also do some shadow boxing, stretching, or even dancing. These activities should get your blood pumping, which can help in burning more fats and calories.

83. Dance around your room.

Every weekend, you should make it a practice to listen to upbeat music and dance like crazy. Close your door, and jump around if you want to. Make up some crazy moves and entertain yourself by facing the mirror. Pretend that you are a star performing in front of a large crowd if you want to, and simply have a good time.

84. Clean your room every weekend.

On weekends, you should clean your room, and whenever it is possible, set it up in a new way. This would not just offer you a way to get more excess weight off, but it can also help in getting your room more organized. Don't forget to include the area under your bed, so that your room would become spotless.

85. Do breathing exercises.

Some people may think that breathing exercises would not help them lose weight. However, it actually can, since it gets your lungs working. Aside from working out your lungs, breathing exercises can actually get your muscles around the midsection to work as well. Thus, do this constantly, so that you can achieve your weight loss goals soon.

86. Build more muscles.

Building more muscles would not just make you look fitter, but it can also help in losing pounds of weight. This is because muscles actually require lots of calories to maintain it. Thus, the more muscles you build, the more fats and calories you would be burning, which would eventually lead to weight loss.

87. Purchase dumbbells.

If you can't visit the gym to go through bodybuilding workout routines, then all you need would be a couple of dumbbells. There are lots of routines you can do with dumbbells, which can help in building up your biceps, back muscles, shoulders, and more. Once you go through such routines, you would become fitter and lose weight along the way.

88. Don't mind the muscle soreness.

Once you do some routines with dumbbells or machines for muscle building, you may experience muscle soreness after. You should be glad that you feel them, since it is a sign that your body is working in order to build more muscles. This actually means that even after performing the routines, your body continues to burn more calories, in order to repair and develop your muscles.

89. Look at yourself in the mirror.

After waking up, get up, undress, and look at yourself in the mirror. If you are not very satisfied of what you see, then it will give you more reason to go through exercise routines to improve your physical condition. This would also offer you a chance to take note of the parts of your body, which you want to put more work on.

90. Set up a good workout program.

Aside from choosing a healthy diet, it is also best to set up a workout program that would suit you best. In most cases though, it is good to start with cardiovascular routines first, before you start with weight lifting. When it comes to weight lifting, you can choose between using dumbbells, machines, barbells and resistance bands or combine them all.

91. How to start working out the right way.

If it is going to be your first time to go through a workout plan, make sure that you start properly. Starting properly means that you need to go slow first, and gradually increase your pacing. As you progress, it is best that you assess your current condition, so that you can determine whether you need to push yourself harder or not.

92. Fitness is not all about losing weight.

When it comes to fitness, it is not all about losing pounds and pounds of weight. This is because some people actually want to gain weight, to attain better fitness, such as building more muscles. Thus, if you want to have bigger and stronger muscles, you should not be surprised if you gain weight because of it.

93. Installing your own fitness equipment at home.

Whether you want to build more muscles or to simply lose weight, it is also a good idea to install your own fitness equipment at your place. For example, if you want to develop your back muscles more, then one of the routines you may want to perform would be pull ups. To do this at home, you can actually install a pull up bar for it, which can be done in just a few minutes.

94. Setting up your place to get fit.

If you have decided to do your workout at home, then you should properly check if you have ample space in it. Keep in mind that you may need to have certain types of equipment installed to perform your exercises. Thus, you should designate a room at your home, where you can install and store your exercise equipment, as well as perform your routines.

95. Taking advantage of the internet.

When you need to perform certain routines at home, you may want to learn more about how to do them properly. To solve that, you can actually access exercise videos through the internet these days. Some of them are free, while others require payment. Search for the free videos first, so that you can save some money along the way.

96. Watch the mirror while working out.

While you are working out, it is best that you have a large mirror, where you can watch yourself on. Watching yourself in the mirror can actually help you in performing the routines properly. Proper execution of the routines is actually very important, since it lets you target specific muscle groups effectively.

97. Move around during parties.

Whenever you go to a party, there is always that big possibility to gain some additional pounds, because of the presence of so much delectable foods. To minimize the weight that you could gain, you should constantly move around, chatting with friends, and meeting new people. Aside from that, if good music is played, then it is a good idea to start dancing.

98. Eat before hitting the grocery store.

If you are planning to go to the grocery store, it is wise to eat something first. The reason behind this is that, when you get inside the grocery store and you are hungry, then you may have a tendency to pick up all the attractive food items that you would come across with. Therefore, it is best if you visit the store after lunch, or after your afternoon snack.

99. Eat slowly.

When you eat slowly, not only will you be able to enjoy your food more, but it can actually help you lose weight as well. This is because your body would actually take a certain amount of time, before it sends a signal to your brain that it has had enough of food to eat. Thus, if you eat slowly, then you would be able to reduce the amount of food that you intake.

100. Bring a grocery list and stick to it.

When you shop for grocery items, it is best that you come up with a list of goods that you need to buy. When you have a list, you would have better guidance on what food items you really need. However, it is also very important to stick to it, so that you won't end up purchasing unhealthy food items.

101. How to avoid junk foods.

If you are really fond of eating junk foods, then it is important that you come up with a way to avoid it. One of which is to make sure that you won't see a single pack of junk food around your place. Thus, it is time to clear your cupboard from them, and replace them with healthier foods that you can eat.

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Flirting Tips

1. Know the purpose of flirting.

Flirting is playful in nature, which is practiced by a person in order to express his or her interest in another individual, either romantically or sexually. There are ways to flirt subtly and there are also ways of flirting that can be obvious at times. You can flirt with the use of your eyes, body language, touch, tone of your voice, or a combination of the mentioned behaviors.

2. Prolonging eye contact.

Whether you are talking to someone or looking at someone at a distance, prolonging eye contact can send the message that you are interested in her. It should be noted though that maintaining eye contact should only be done to some extent. Do not overdo it, especially if you are looking at another person across the bar, since it can make her uncomfortable.

3. Smile.

Smiling sends all the right messages, and people love to look at a person who has a pleasant and happy face. This is the reason why smiling is one of the most effective tools, when it comes to flirting. With that, if you are interested in a person, you should smile, so that you would appear approachable and ready for a conversation.

4. Asking questions.

Asking questions and showing the other person that you are interested in his answers is one of the best ways to flirt. It would make him feel good that you are interested in his experiences, opinions, likes, as well as dislikes. Make sure that you listen to his answers though, so that it would become effective.

5. Touch playfully.

Poking, playfully punching the guy, or playing with the girl's jewelry is a way to get closer to the other person without overdoing it. These playful touches are subtle ways to flirt without being openly sexual. Choose the proper timing though, so that your actions would not come as inappropriate.

6. Get closer to your guy and break away.

If you want to flirt with your guy and you want to send a cue that you are ready for a kiss, then you should try to get closer to him. Briefly look at his lips and break away from

him, to tease him a little. By sending out this message, he would know that you are waiting for him to make the first move for a kiss.

7. Choose songs for flirting.

While you are listening to the radio or through your music CD collections, try to identify songs that can make you more confident to flirt. By doing this, you would have the confidence to flirt with any person that you are interested in, once you hear one of the songs. Choose songs that you really like and are lively, so that you can also become more energetic.

8. The right earrings for flirting.

There are different types of earrings that you can wear today. However, if you want to wear something that can enhance your capability of flirting with a guy, then you should wear dangling earrings. This is because, these types of earrings can make a guy notice your neck's smooth curves. This is a subtle way to show some skin and it is pretty effective too.

9. Watch more movies about love.

Movies that are about love usually start with a guy meeting a girl at the first time. During this stage, you can actually see lots of techniques in flirting, which are executed by the actors of the film. Take note of them, since these are well thought of by the directors and script writers.

10. Keep a few candies or gums inside your purse.

Whenever you go out, most likely, you would bring a purse or a small bag with you. To make it easier to catch a guy's attention and start a conversation with him, you can always ask him if he wants a candy or a gum. This is a very good icebreaker, and it is not too obvious that you like to get to know him better.

11. The bump method.

If you are at a crowded party, and you want to spark up a conversation with a particular guy, then you can use the bump method for it. All you have to do is to run into the guy, and apologize to him by being too clumsy. Smile while you are talking to him, and introduce yourself.

12. Compete with the other person.

Competing against each other can set off sexual signals between the two of you. You can challenge the other person to play darts, a game of pool, a card game, or even

wager on something. By doing this, you won't just have fun with one another, but it can also bring you closer to each other.

13. Don't become tensed.

Being tensed and crossing your arms is not a good way to start flirting with another person. With that, you need to maintain a smooth body language, so that your flirting would become more effective. While doing that, you can lead towards him and try to imitate his body language subtly.

14. Flirting is fun.

Flirting is something that is fun, which is why it is not a good idea to take it too seriously. When you take it too seriously, your expectations may become too high, which can get you disappointed in the end. By doing it for fun, your flirting would bring out positive effects, since you would come across as a confident person who simply wants to have some enjoyment.

15. Don't forget to give compliments.

Compliments can get you anywhere as far as flirting effectively is concerned. Everyone loves to receive compliments, which is why it is one of the best ways to spark up a good conversation with another person. Just make sure that your compliments are not too personal and that they are genuine.

16. Not all flirting efforts work.

Always remember that there may be times when a person may respond negatively or reject your flirting. Whenever that happens, the best thing to do is to walk away, and look for another opportunity or another person to flirt with. Don't try to persist, since a negative response does not mean that the other person is just playing hard to get.

17. Only flirt with a person that you are interested in.

It is not a good idea to flirt with someone whom you are not interested in going on a date with. This is because, it can lead him or her on; and, it would not be a pleasant experience for the person when you turn them down. Thus, make sure that you are applying your flirting skills only to those you want to date.

18. When someone flirts with you and you are not interested.

There may be times when a person that you are not interested in flirts with you. When this happens, there is no need to do something that can insult the person. All you have to do is to make up an excuse or simply walk away, in order to send out the message

that you are not interested.

19. Go on spontaneous dates.

Going on spontaneous dates with the person you really like is a good way to be with him. To do this, you can simply ask him if he wants to accompany you to the nearest ice cream shop, and do it in a way that he won't be able to say no. By doing this, you can spend more time with him, and apply your flirting skills while you are enjoying your ice cream.

20. Tease a guy you just met.

In meeting a guy for the first time, in most cases, he would try to tell you his first name first. When he does that, try to make him repeat himself by indicating that you were not able to catch it the first time. When you do this, he would repeat himself and lean towards you. Once he does that, give him a smile, to indicate that you are joking. This would be a good ice breaker, which could result to an interesting conversation later on.

21. Practice your flirting skills.

There are lots of ways that you can practice your flirting skills. For one, you can do it while you are eating at a restaurant, and you see a beautiful girl at a distance. Whether you plan on getting to know the other person or not, practicing your skills can boost your confidence, which can help you in talking to the girl that you really like.

22. What to do when you are interested in a guy across the bar.

When you spot a guy that you are interested in across the bar, one of the best ways to get his attention is to look at him. Let him catch you looking at him and smile before looking away, to send the right message across. By doing this, he can see it as a go signal to approach you.

23. Build up your confidence.

You have to take note that in order for your flirting efforts to pay off, you have to have self-confidence. One of the best ways to build up your confidence is to wear clothes that really suits you well. Aside from that, you can also aim to become fitter. Boost your confidence, so that you won't have second thoughts in flirting.

24. Signs that the other person is flirting with you.

Aside from learning about different ways to flirt, it is also essential to know the signs that would tell you that the other person is flirting. Some of the signs to look out for would be touching her hair, increased eye contact, sitting or standing closer to you,

touching you, laughing at your corny jokes, and such. By recognizing these signs, it would make you more effective on how to react to it, especially if you also like the other person.

25. Make sure to flirt only in appropriate places.

There are places that are appropriate to flirt with another person in, and there are also those that are not. Some of the places that you can apply your flirting skills in would be in nightclubs, parties, and in informal events. On the other hand, you should refrain from flirting when you are at a funeral or inside the church.

26. Show your interest.

Whenever the other person is talking about his or her experiences, you should show genuine interest in it. To do that, you have to indicate that you are listening attentively by asking follow up questions or by saying something related to his or her story. By doing that, your date would be encouraged to continue talking.

27. Memorize some jokes.

Memorizing great jokes can actually go a long way, when it comes to impressing a person that you just met. Practice telling your jokes to your friends, in order to see if they are really funny. Keep in mind though that telling a joke that is so bad can also come out as good at times.

28. How to send out a signal that you want to kiss the guy.

There may be times when your guy is not confident enough to kiss you, or he is just too focused talking to you that he may not be able to think about kissing you. To send out a signal about this, you can actually touch your teeth or your lips with your tongue, while looking at him. This is something that is simply irresistible to most guys, which is why it works most of the time.

29. Know the difference between flirting and sexual harassment.

Flirting are playful methods of letting the other person know that you are interested in him or her. Making comments that are sexual in nature, or touching another person inappropriately, may make the other person lose interest in you. Aside from that, it can even be considered as sexual harassment, which can put you in big trouble.

30. Don't try to immediately achieve lots of things with flirting.

When it comes to flirting, you have to go slowly with it, so that you can also see if the other person is really interested in you or not. Learn about the signals of flirting, and

watch the other person's body language. If he or she shows signs that they are interested, then that is the time to take the next step, which is to ask them on a date.

31. Wearing red clothing.

Studies show that most men are attracted to red clothing, especially when it is worn effectively. Thus, if you don't have red clothes, then it is time to buy some of them and try it out on your next night out. By wearing red, it would make you look hotter to the other person, aside from the fact that you would also become more confident, knowing that it attracts most men.

32. Spray some of your favorite perfume at the back of your neck.

Whenever you are on a date with a guy you really like, one of the things that you can do to flirt with him is to lean your back towards him. To make it more effective, sprinkle some of your perfume at the back of your neck. By doing this, he would be able to catch your scent and make him hug you.

33. Let the guy know that you noticed his shirt.

Lots of guys like to wear shirts that are imprinted with their favorite bands, sports team, or even movie characters. Ask the guy some questions about it, so that he would know that you noticed his shirt. When you do that, it would boost his confidence more, since it shows that you are really interested in him.

34. It is not bad to become obvious from time to time.

There are flirtatious actions that are obvious but are also effective. An example of it would be throwing a ball or a Frisbee towards a person you are interested in. Being obvious is not bad, especially if you can pull it off effectively. Smile when you are doing it, so that the other person would find you cute, and would positively respond.

35. Don't forget about social networking.

There are lots of social networking sites that you can find on the internet today. One example of it is Facebook; and, one way of using it to flirt with someone you know is to post a comment in one of his pictures, and ask him what it is all about. After responding to your question, tell him to elaborate his answer to you in person, to prompt him to hang out with you.

36. Handwritten notes can still be effective.

Lots of people say hi or communicate through text messages these times. To make your approach more unique, you can actually slip a handwritten note to his or her pocket

when you are at a party or a get together event. This is so much better than text messages, since not most people are doing it today.

37. How to tell if a shy guy likes you.

Shy guys are hard to crack at times, but there are actually signs that can tell you if he is into you. For example, if he seems to be very good in talking to everyone else except you, then he is shy and he likes you a lot. Aside from that, it is also possible to see him smiling at you at a distant, but would not look at you when you are near him.

38. Flirt with your guy before seeing him.

If you have a date with a guy that you are interested in, it is also a good idea to flirt with him, even before the date. One of the ways to do it is through text messages. For example, you can tell him what color you want him to wear, since it makes him look more attractive. When you do that, it already sets up the flirting mood before seeing him, which can make your date more interesting.

39. Flirting only with your eyes.

If you want a guy to make the first move and approach you, you can actually flirt with your own eyes to prompt him to do it. If the guy is across the bar, walk by him, and look at him up and down while slightly smiling. By the time you reach your seat, he should already be following and ready to talk to you.

40. Your nails can also help out.

When it comes to flirting, you can also let your nails help out with it. Make use of a very feminine color to paint your nails with. Make sure that it matches perfectly with your dress. By doing this, not only would he be able to notice how attractive you are, but it would also boost your confidence in flirting with him.

41. Make him want more.

At the end of the date, before going inside your place, give him a kiss and tell him you had a great time. This would make him want more, which would prompt him to set another date with you. Do it in a subtle way, so that it would become more effective.

42. Let him do something for you.

If your date is kind of a shy person, then you have to come up with ways to make him more comfortable, especially if you really like him. Ask him to do something for you, such as grabbing a table napkin or ordering something at a restaurant. If he really likes you, he would be glad to do it for you, and it would boost his confidence.

43. How to flirt effectively.

Always remember that your flirting efforts would become more effective when you are more confident. Aside from that, you should also not be afraid of taking risks. Moreover, to make your flirting work, you should be positive in doing it as well as enthusiastic.

44. Once you are already in a conversation.

There are some people who may already know how to flirt at a distance, but do not know what to do when they are already talking to the other person. To carry a conversation, there are actually lots of things that you can talk about. Talk about the surroundings, your experiences, and share your opinions. Don't forget to ask questions as well, so that you would also know the other person better.

45. Flirting is also having fun.

Flirting should be fun. Enjoy it and it would become more effective. Be spontaneous in doing it and do not forget to be playful and light hearted. By doing all these things, you would not just enjoy flirting more, but it would also get you closer to the other person without really even trying too hard.

46. Props can also come in handy.

Whenever you leave your place and you are thinking about meeting someone new, then do not forget to bring a prop or two. Props can come in handy, especially when you are stuck in talking about something. Aside from that, it can also make the other person ask you questions or talk about certain things related to your props. Some examples of it would be an interesting book, magazine, personalized cap, and an unusual jewelry.

47. Drive him crazy with a secret that does not exist.

Once you have become more comfortable in talking with each other, tell your guy if you can tell him a secret. When he affirms, tell him that you changed your mind about it. This move will drive him crazy in wondering about what you were going to say. It can lead to a more fun conversation and get you closer together.

48. You can always make the first move.

Once you see signals that the other person is flirting with you, there is no need to wait for him or her to make the first move. You can always do it, if you want to. Just a simple hello would start up a great conversation. Make sure to prepare some questions though, so that you can carry the conversation properly.

49. Listening is one of the keys to flirting effectively.

Listening effectively whenever the other person is talking can help you in making your flirting more effective. This is because, it can help you respond well to what he or she is talking about. Aside from that, it would also draw them to you, since every person loves to be heard.

50. The proper way of maintaining eye contact.

Maintaining eye contact with the other person is essential to let him know that you are into him. However, you should do it gently. In other words, look at his eyes for not more than 3 to 4 seconds and glance away. Staring is actually not a good way to impress your date, especially if you have a blank stare.

51. How to tell if a girl really likes you.

Whenever you are talking to a girl that you are interested in, you can actually look at her eyes to see if she also feels the same way. One of the things that you can check out for this is her pupils. When they are dilated, while she is looking at you with deep interest, then it is a sign that she is really into you.

52. What her crossed leg is telling you.

In most cases, women always have their legs crossed when they are sitting down and talking. If you are talking to one, and her crossed leg is pointed towards you, then it is a clear indication that she is interested in you. This is actually true, especially if she rocks that same leg back and forth while still pointed at you.

53. Expose your neck.

For a woman to attract her man, one of the techniques that she can use is to expose her neck to him. There are many ways that this can be done. One of which is by tilting your head to one side. Aside from that, you can also do the classic hair flip. Whichever technique you use, it is best if you follow it up by looking at his eyes.

54. Wearing red lipstick.

Men, and even women are attracted to the color red, since it indicates youth, fertility, as well as sex. When it comes to men though, moist red lips is one of most attractive parts of a woman that can turn them on. Thus, it is best to wear a red lipstick, and to make it more effective, try flirting by biting your lower lip, while talking to him.

55. Use your shoulders.

When it comes to women, they are mostly attracted to men who are more dominant. This does not mean that you have to boss them around. This pertains to your appearance, which you can achieve when you stand tall and your shoulders back. Hold your head up high and come up with gestures that make you look more assertive.

56. Attract more women with your feet.

Body language can get you anywhere especially if you make use of it properly. One of the things that you can do with it is to attract more women with the proper positioning of your feet. Since women are more attracted to males that appear dominant, you want to stand straight with your feet about 6 to 10 inches apart, while your toes are pointed outwards.

57. Do not lose focus.

Always remember that one of the purposes of flirting, is to know the other person better. Thus, if you are already talking to her, then you should not lose your focus. This means that you should listen attentively to what she is saying. This you can show by nodding and tilting your head. Aside from that, you should also smile and laugh when the situation calls for it.

58. What to do when a woman starts flirting with you.

You would know when a woman is starting to flirt with you by taking note of some indicators about it. Some of which would be low-level touching, extended eye contact, and laughing. If you like the person, then you should respond accordingly, such as flirting back.

59. Mimic the other person's moves.

One of the most popular flirting gestures is to mimic the other person's moves. For instance, if she leans forward, then you can also lean forward; and, you may even be doing this without intending to. If you are aware of it though, do it in a subtle way, so that it won't appear like you are making fun of her.

60. Grooming gestures.

It is quite natural for a person to groom himself or herself when he or she is attracted to someone. These grooming gestures, such as fixing your tie, smoothing down your clothes, or checking your lipstick, can actually work better if you combine it with a smile. When you do that, it actually becomes an effective flirting gesture, which can get the attention of the other person.

61. On your first date.

When you are on a date with a woman you like for the first time, it is best to take note of some flirting gestures, which indicate that she likes you. Some of which would be when she rubs her chin, raises her voice to match yours, exposes her palm towards you, and such. By being mindful of these signs, it can give you an idea if she wants to go out with you again or not.

62. Be more approachable.

One of the issues lots of women have to deal with is appearing unapproachable. To ensure that this is not the case with you, then you should stand in a way that make men see you as a desirable target. All you actually have to do is to place your feet not farther than 6 feet apart when you stand up, and see that your toes are pointed inwards.

63. Become a funny person.

Lots of women can become bored whenever they are with guys who are always talking about very serious stuffs. Thus, it is best if you become a funny person, so that you can attract more women your way. Women love to laugh, and if you are good with it, then you would have a better chance in scoring a date with the person you like.

64. Checking a woman out is considered flirting.

There are lots of ways that you can flirt with a girl. In fact, checking a woman out and letting her catch you while doing it is actually one of the flirting gestures that lots of males are practicing these days. This flirting gesture is quite effective, since it makes a woman feel more attractive. Smile when she catches you, so that she won't feel uncomfortable.

65. Timing is key.

Flirting is something that you can do on a daily basis. However, for it to work, you have to make sure that you practice good timing. In other words, if you are planning to flirt with a person, make sure that she is also in the mood for it. With that, if she looks like she is very busy doing something, then you should do it some other time.

66. Don't let an opportunity pass you by.

Whenever flirting opportunities happen, you should know when and how to take advantage of them. Do not let any opportunity pass you by, so that you won't end up regretting not taking the chance. For example, if a woman accidentally spills her drink at the bar, then you should know what to do next. There is no need to rush it. Wait for the right moment and look her straight in the eyes, and smile when you shook your head.

67. Checking out if a woman is really interested in you.

If you want to see if the woman you are talking to is really interested in you, then try to do something to put a stop to your conversation temporarily. If she is really into you, she will come up with ways to carry on the conversation. In fact, she can even make excuses, so that she would be able to continue talking to you.

68. Flaunt what you have.

One of the best things to do in order to make your flirting more effective is to know yourself better. Identify your best assets, and flaunt them, so that you can make the most out of your best features. For example, if you have shapely legs, then show it. Aside from that, if you have kissable lips, then accentuate them by making use of the best lipstick available.

69. The sense of smell can also be tapped in order to attract the opposite sex.

It is a fact that people secrete pheromones, which can attract the members of the opposite sex. However, you can also make use of perfumes in order to capitalize on it. For example, most women are actually very attracted to men that wear perfumes, which emanate a musk aroma. Thus, choose your perfumes well, so that your money invested would be worth it.

70. Opening up a conversation.

It is quite pointless to start flirting with a woman, if you cannot effectively open up a smooth conversation with her. Therefore, apart from learning all the flirting techniques, you should also come up with lines to open up the conversation. Don't put too much pressure on yourself about it. However, it is best to make it as original as possible, since women want something new.

71. Talking with your partner.

When it comes to talking with the person that you are flirting with, you should use good language. Aside from that, you should also properly time yourself in talking, so that she can understand you well. There is no point in talking to someone whom you want to get to know better, if she could not even understand what you are talking about.

72. How to make her feel special.

When you are flirting with someone in a room that is filled with lots of people, it is best to make her feel special. You can achieve it by maintaining eye contact with her. Let her feel that she is the center of your universe, by being interested in whatever she says. By doing this, she will get the message that you are really interested in getting to know her

more.

73. Flirting inside the fitness gym.

If you are not aware of it, there are actually lots of things that you can take advantage of inside the gym when it comes to flirting with someone. One of which is the fact that gyms are usually filled up with mirrors. Through the mirrors in the gym, you can check out the person you are interested in, and you can even look at each other through it. Being in eye contact with someone you like in the mirror is actually quite exciting, which is why you should try it soon.

74. Choosing targets.

There is no need for you to have a crush on someone to flirt with him or her. Flirting can be done spontaneously, and you can even do it on a daily basis. When you instill this into your mind, then you would be able to practice your flirting skills more often. This would go a long way, as far as scoring a date with the one you really like is concerned.

75. Do not slouch.

Slouching is one of the things that you can do to turn off ladies. This is because it is a posture that indicate lack of confidence and energy. Put your chest out and bring your shoulders towards you back, so that you would look more manly and make ladies become more attracted to you.

76. Show signs that you enjoy talking to them.

While you are talking to the person that you are flirting with, it is best to show signs that you are enjoying the conversation. One of the things that you can do is to smile whenever it is appropriate to do so. Aside from that, you should also maintain eye contact. When you do this, the other person can see your signals, and it is also possible for her to show signals of her own as well.

77. Use your body to flirt with her.

Using your body to flirt with a girl that you really like is quite effective. For example, while you are talking to each other, you can point your body towards the direction of the other person, while maintaining good posture. Aside from that, you can also try to find excuses to touch her.

78. Do not forget about what flirting is all about.

Flirting is not all about baring your whole self or sharing your most honest opinions on very serious matters. Flirting is all about showing interest on the other person as well as

opening up doors to more future conversations with him or her. Thus, keep the conversation light, fun, and more enjoyable, instead of focusing on sad or serious things.

79. Awkward silences.

Whenever you are talking to a girl that you like, your conversation may come to a point when you experience awkward silences. If this happens, and you won't be able to remedy it, then she may think that you are not enjoying it. One of the best ways to go around it is to ask her a question. If you think you may not be that fast to come up with one, then prepare a list of it prior to going out.

80. Know how to wrap it up.

If you are really interested with the girl that you are flirting with, then you should not hesitate asking her out on a date, especially if she sends out signals that she is also into you. You should know when to wrap it up, so that you would make the most out of your conversation. If you are not sure about asking her out though, make sure to give her your phone number so that she has a way to get in contact with you.

81. Work it out.

Lots of people love to workout today, and if you want to take advantage of it to flirt with some girls, then choose gyms that are shared by men and women. While working out, make sure to flex those muscles of yours, to attract more admiring ladies. Do not overdo it though, and start a conversation with the one you like once you see an opportunity, so that it won't go to waste.

82. The fitness gym offers lots of opportunities to flirt.

In working out, you should always be on the lookout for opportunities to flirt with the lady that you are attracted to. For example, offer her assistance whenever you see that she is having a trouble in accessing an equipment. By doing this, not only would she appreciate the gesture, but it can help in breaking the ice and start a conversation with her.

83. Show that you are attracted.

A woman would love the fact that someone she is interested with is attracted to her. Thus, if you like someone, you should show your appreciation by looking at her while she is working out. Just make sure to avoid staring on a fix manner, so that she won't feel uncomfortable with it.

84. Don't hesitate in scanning the room.

When it comes to flirting, there is no need to wait for a man to initiate the actions. In fact, if you are ready, such as you are all dressed up and you are already at the bar, one of the first things you can do is to scan the room for possible males that you want to flirt with. For all you know, a hunk may already be checking you out, which can make things easier to do.

85. Do not stay in your group.

If you want to be able to spark up a conversation with someone you like, then you should not stay in your group. This is because, if you are in your group of friends, a man may not have enough guts to approach you for fear of embarrassment. Thus, you should come up with an excuse to separate from them for awhile, so that you can increase your chances of landing on a date later on.

86. Making the move.

Some girls think that they should wait for a man to initiate the moves when it comes to starting a conversation. Although this is true, since a man would surely approach you when you have sent out signals that you are interested, it does not necessarily mean that you should wait all night long. Thus, if you are flirting with someone, but he is still not able to make the move, then you can always do it, especially if you are really attracted to him.

87. Talking with a guy.

Many girls would assume that guys would always have something interesting to talk about. However, being a girl, you should also know how to keep a good conversation going by having something interesting to talk about. You should also do this, especially if you are the one who will approach the guy.

88. Your intentions should be clear.

When you are flirting and talking to a man, you should make your intentions clear. This is important, so that you won't be leading him on, especially if you are not interested in taking things to the next level. Make your intentions clear by choosing your words carefully, and by coming up with the right body language.

89. Flirtatious questions.

There are lots of flirtatious questions that you can use in order to flirt with a guy. These questions can be used while you are talking with the guy face to face, and you can also use them through text messages. Questions that you can ask can pertain to what he is wearing in bed, whether or not he likes the girl to make the first move, and such.

90. Flirting through text messages.

There are lots of advantages in flirting through SMS or text messages. This is because, there is no need to watch your body language for it. Aside from that, you can read and review your message for a lot of times before hitting the SEND button. Just make sure that your text message is really flirtatious and effective, so that it would really count.

91. When to take flirtatious risks.

Taking risks when it comes to flirting is one of the ways to speed up the process of getting into the next level, with the guy that you really like. However, you should see to it that he is worth the risk. A guy who is considerate and treats you with respect would be someone you can consider taking a risk for. This is because, when it won't work, you would be assured that it would not hurt so much.

92. Exchanging text messages with a guy you have flirted with.

When you are sending text messages to a guy that you have flirted with, you should be nice, but take your time in responding to his messages. This way, he would be longing for more from you. However, do not overdo it, since it can make him wonder whether you are really interested in him or not.

93. Ask her out on a date.

In working out in a gym and exchanging flirty glances with a woman, you may be surprised when you approach her and she seems not interested in talking to you. Keep in mind that it is possible that she prefers not to talk to anyone while working out. Thus, if you really like her, then ask her if she is interested in having a cup of coffee later on, so that you can have a better chance to get to know her later.

94. Gather facts about your guy.

If you are flirting with a guy in school, you should not hesitate in gathering some facts about him. Try to learn about his likes and dislikes, so that you know what he wants to talk about when he is with you. Do not make him know that you are researching about him though, since it can scare him off.

95. Do not avoid the guy that you are interested in.

If you are still in school and you want to flirt with a guy, then the last thing that you want to do is to avoid him. This is because, it would not give you the opportunity to talk to him. Aside from that, he may also notice it, which is bad news, since he may also end up avoiding you.

96. Touch if you can.

When you and a woman become more comfortable with each other after casual conversations, touch her if you can by offering to help her stretch her muscles. This is, if you are working out at the same fitness gym. If she enjoys the massage, then do it more often. Don't go too fast with it though, and try to see if she is really interested, so that she won't shove you off.

97. Dressing casually.

Lots of women attest to the fact that more men try and flirt with them when they are dressed casually, than dressing for a night out. This is true, especially when it comes to meeting people in everyday places like the grocery store, at work, or any other public place. With that, it is a good idea to dress down at certain times, so that men won't be intimidated and approach you.

98. Do not be desperate in flirting.

When you are at a bar or at a coffee shop to give yourself a chance to flirt with someone, it is best not to be desperate about it. It is not a good idea to make eye contact to every guy that you see at the bar. Wait for the right moment, so that you would be able to enjoy flirting more.

99. Do not be a moving target.

Always remember that a guy may need some time to observe you to become interested, as well as to gain enough courage to initiate his approach. Thus, you have to stay in one place at a bar for a certain amount of time, if you want the guy you are interested in to talk to you. Do not be a moving target, since such targets are usually harder to catch or approach.

100. Be happy.

When you go to a bar, you would most likely approach a person who is smiling, instead of the one who is looking sad or grumpy. This is because, people want to be happy, and happy people are simply more appealing than the ones who are unhappy. Thus, if you want to attract potential partners, then laugh all you want, and enjoy what you are doing, so that you can achieve success in it.

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Gardening Tips

1. Getting started with gardening.

Before you start with gardening, you need to make sure that you are going to have the time in taking care of your plants. Growing your plants requires tending loving care, and there are lots of things involved in it. Thus, check if you would be able to come up with an effective daily schedule first, before you start planting the seeds.

2. Acquiring the necessary materials.

When you start gardening, there are certain materials that you would need such as a rake, pots, shovel, and such. Thus, it is best if you gather all the materials first, so that you would be able to start with your gardening in a smoother way. If you need to purchase some of them, make sure that you visit reputable stores for it, so that you can be assured of their quality.

3. Making a plan.

Make a plan for your gardening. Your plan should include the kind of space that you would need for your plants. Aside from that, it should also involve the steps that you want to take, so that you would have something to refer to from time to time. Making a plan and following it should get you started on the right path when it comes to gardening.

4. Choosing the right plants.

When you are about to start with your gardening, do not forget to decide on the plants that you want to have in it. Whether you want vegetables, herbs, or flowers in your garden, it is best that you choose the ones that you really want, so that you would be motivated in caring for them. Gather more information about what various plants can offer to you, so that you can decide better.

5. Tell your friends.

It is best if you tell your friends about your plans in gardening. This way, they may be able to provide you helpful information such as where to purchase seedlings, where to buy gardening materials, and such. Aside from that, it can also entice them to have their own gardens at their backyards.

6. Focus on cleanliness.

Once you have already set up your garden and have started planting, it is best to focus

on maintaining its cleanliness. If the surrounding is clean, you can ensure that your plants would be safe from lots of bugs and other pests. Aside from that, it would also help you work better when the environment is clean.

7. Do not forget to check the soil condition.

Learning about how to check for the condition of your soil can be done through research. However, if you do not have the luxury of time to do that, you can always find experts that can help you with it. By checking the condition of your soil, you would be able to take the necessary steps in order to ensure that your plants would grow as healthy as they can be.

8. Do organic gardening.

Lots of people today practice organic gardening for a lot of reasons. It is best that you follow them, especially if you are planting fruits and vegetables. This is because, if you are planning to sell some of your produce, then you would benefit from the fact that most people today would prefer vegetables and fruits that are organically grown. Aside from that, if it's for your own consumption, then you won't be putting yourself at risk to the side effects caused by chemicals.

9. Using mulch.

Mulch is a covering, which you can place over the soil in order to reduce erosion, retain more moisture, prevent the growth of weed, and provide more nutrients. Thus, it is a good practice to make use of it on your flower beds, vegetable patch, and such. Doing this would help you save more water, provide your plants with more nutrients, and keep pests away.

10. The importance of keeping your soil healthy.

You should always remember that the soil in your garden, is one of the vital sources of life of your plants. Thus, keeping it healthy would also help in keeping your plants as healthy as they can. On top of that, when you are able to maintain the soil effectively, it would also make your plants tougher in fighting off diseases, and it can keep pests away.

11. Getting rid of aphids.

If you notice aphids on the leaves of your plants, it is best to take care of it immediately. One way to do that is to spray the leaves with soapy water, which you have to rinse off after a while. This practice should take care of the aphids. Aside from that, it can also encourage lady bugs to hang out in your garden, which is good.

12. Avoid chemical fertilizers.

When you use fertilizers made out from synthetic chemicals, then you are not doing organic gardening. Thus, it is a good idea to avoid them as much as you can. To provide your plants with the nutrients that it need though, what you can do is to make your own compost, which is more effective, safe, and economical.

13. Make your garden more attractive.

When you make your garden more attractive, you would be adding more value to your property. Aside from that, it can also make you more motivated in working in it. To achieve that, you can do some landscaping for it. This you can do on your own, or seek the advice of a landscaping specialist.

14. Planting trees.

If you are planning to plant trees in your garden, you should think about it for some time first. This is because, trees can grow so tall, and take up so much space in your garden. Aside from that, since they are bigger than most plants, they can also absorb most of the nutrients from the soil, which are also needed by the other plants.

15. Choosing the plants to grow.

Properly choosing the plants that you want to grow in your garden is very important. Although you want to select those that you really want to see in your backyard, you should also consider the general climate of your place, such as the amount of rain fall per year, the temperature, and such. By doing that, you can ensure that you would be able to choose plants that would easily thrive at your place.

16. Do not forget your budget.

When you are in the process of making up a plan for your gardening, you should not forget to include your budget in it. You should not forget to consider how much you would be willing to spend for your plants, in accordance to your overall monthly budget. Aside from that, you should also consider that there may be times in the year, when your garden would require more from you. By doing this, you can properly determine the kind of size you want your garden to have.

17. Shopping for your gardening needs.

When you step out of your place to purchase the things you need for your gardening, do not forget to make a list for it. Shopping for your gardening needs is similar to visiting the grocery. Thus, coming up with a list would make your shopping experience more pleasant and effective. It also ensures that you stay within your budget, as well as purchase all the things you need.

18. Sharing is better.

If you check out the costs of the supplies that you need for your garden, you would realize that the bigger their packages are, the better the price. Thus, it is a good idea to buy them in bulk. If you think that you can't use them all, then you can always have someone split it with you. By doing that, you and your friend would be able to enjoy the savings.

19. The benefits of trees.

Trees can offer you lots of benefits, especially during the summer. Trees can offer you the shade that you need during that time of the year. Aside from that, it can also act as protection for your plants. If you decide to plant trees though, make sure that you have ample space for them when they grow tall and big.

20. Purchasing expensive garden equipment.

There are certain equipment for your garden, which may come pricey, such as lawnmowers. However, in most cases, you may only need them once in a while. Thus, it is best if you split their costs with a friend or a neighbor. You can also take turns in storing them. By doing that, you won't have to pay much for the tools, and you won't get bothered in thinking that you are not using them much.

21. Check your tools every 6 months.

Checking your tools on a periodic basis, such as every quarter or every 6 months can help a lot. It is wise to constantly check those tools that you make use of on a regular basis, since they are most likely to get worn out first. By doing all these, you would ensure that your tools are always in good condition, and you can easily replace those worn out ones immediately.

22. Don't hesitate planting herbs.

Planting herbs can offer you with a lot of benefits. Most herbs are actually easier to take care of, than other plants. Aside from that, most of them would also improve the image of your garden. More importantly, most herbs can be used as home treatments for different types of ailments, and they can also help in improving your cooking skills.

23. Don't forget the flowers.

Whether you want to plant fruits and vegetables or herbs, it is also a good idea to plant some flowers. A few spots of attractive and well grown flowers in different parts of your garden, can go a long way, as far as beautifying your garden is concerned. Choose the

right color combinations, to maximize their effects.

24. Making compost.

When you make compost, it is best to dig just below the surface, and not make it too deep. There are lots of things that you can use for it. In most cases though, it is best if you use dead plants for it, such as dead stems, dead leaves, dead roots and such. Maintain your compost properly, so that your plants can really benefit from it.

25. Don't worry about earthworms.

If you see a bunch of earthworms in your garden while you are working on it, then you should be happy. This is because the presence of earthworms confirms that the soil where your plants are situated is healthy. This is because earthworms keep the soil fertilized, which can make your plants happy.

26. Planting a tree properly.

In planting a tree, you should make sure that you are going to dig a hole that is deep enough for it. It is also best if you provide it with a tree guard, especially on the first few days after planting it. On top of that, it is also important not to make the edges of the hole you are planting it in too smooth or square, as this can make root penetration more challenging for it.

27. It is best to diversify.

There are some people who may only plant one type of vegetable or plant into their garden. Although this is not bad practice, it is actually better if you diversify and plant a good variety of vegetables or plants in your garden. This is because it brings you closer to what a natural setup would be, which would encourage beneficial insects to visit it.

28. Planting plants out of plastic containers.

If you are going to use seedlings or plants that have been grown out of plastic containers, you may have to rip the roots just a bit once you transfer them to the ground. This is because, at some point in time, they may have already attached their roots unto the walls of the containers. Thus, you need to remove them gently, so that you won't get their roots damaged.

29. Getting rid of weeds.

The best time to get rid of weeds is prior to planting your fruits, vegetables, or flowers. Aside from that, it is important to remove their roots, so that they won't grow back. However, if they still manage to grow after you planted your fruits and vegetables, you

can use vinegar in removing them. Using vinegar is effective, and it won't harm the environment.

30. Ground covers.

There are different types of ground covers that you can use for your lawn or your garden. Aside from grass, some of which would include vines, shrubs, and herbs. Using alternative ground covers in your garden can make it more interesting, and prevent it from looking boring.

31. Don't forget about free stuffs.

There are cities or communities that compost or offer free mulch from time to time. If your community does this, then you should take note of the dates, when they regularly offer such things for free. By doing that, you would be saving money, aside from keeping your plants happy.

32. Make good use of old items in your place.

When you take a look around your garden or your backyard, most likely, you would find old items, which you can use. For instance, if you have a good number of old plastic containers, you can actually make use of them to start your seedlings. Aside from that, you may also find other things inside your house, which you can use to decorate your garden. Use the old things in a new way, so that you can save more money.

33. Choose multi-purpose plants.

There are plants that can be utilized not just to beautify your garden, but also serve as foods. For example, there are lots of fruits and vegetables, which are attractive aside from the fact that they taste good. By choosing to plant such fruits and vegetables in your garden, you won't just be beautifying your backyard, but also provide more healthy foods on your table.

34. The best plants for beginners.

If you consider yourself a beginner in gardening, it is a wise decision to choose plants that are naturally resistant to fungi and bugs. This is because they are easier to take care of, which saves you time, money, and effort. More importantly, since they won't get easily affected with bugs and fungi, you won't get discouraged in planting them, since they would grow faster and healthier with little effort.

35. Considering the plants' yield.

If you are one of the many people who want to have their own fruits and vegetables to

have more savings, then do not forget to consider your plants' yield. Aside from your plants' ability to produce, you should also consider how long it will provide you with fresh fruits or vegetables. By doing that, you would be able to save more money and enjoy your produce long.

36. Conserving water.

Aside from praying for more rain, one of the ways to conserve water with your gardening is to purchase a rain barrel or two. Having a rain barrel in your backyard can help you save more water, since you can easily let it get filled up with rain water. Aside from saving on water costs, your plants will love the fresh untreated water that you can provide to them.

37. Having a barrier for pests.

Rabbits and deer can feed on your flower buds as well as young foliage. Thus, it is important that you protect your plants from these animals by putting up a barrier for them. A circular wire collar, which comes with netting on its top can provide adequate protection against pests. Make sure that your fencing is tall enough though, so that such animals won't simply jump over them and destroy your plants.

38. Protecting sweet corn from raccoons.

One of the favorite types of plants that raccoons attack are the sweet corns. Thus, if you have a corn patch, it is vital that you make use of protection such as a single wired electric garden fence, to keep raccoons away. Single wired electric fences do not give out too much shock for the raccoons to endure; however, it would get them frightened enough from returning back.

39. Doing insect control manually.

Since you don't want to make use of insecticides, one of the best ways to control insects is to make use of your hands. This is considered by lots of gardeners as the oldest method of insect control, but still very effective. If you don't want to do it with your bare hands, you can always use a knife, or a certain object, which can help you push the insects into a container that has soapy water.

40. Always go green.

There are lots of benefits that you and your garden can take advantage of when you encourage natural and organic biodiversity. This will not just protect you and the environment, but it will also protect your plants. The reason behind that is, such kind of practice will attract insects and microbes, which will all help in protecting your plants from getting afflicted with diseases and pests.

41. Having too much sun or rain.

When your garden has too much sun or rain, it can either have soil erosion, or your plants may not grow as healthy as you want them to be due to lack of moisture. To prevent this, you should make use of mulch. Mulch will keep the soil in your garden intact. Aside from that, it can also prevent the sun to damage the roots of your plants.

42. Properly applying mulch.

Applying mulch provides a lot of beneficial effects to your plants. However, you need to apply it properly by not piling it up against a plant or a tree. You need to spread it evenly, so that you can let all the plants benefit from it. Aside from that, it is also important to water the plants just after applying the mulch as well as prior to it.

43. Landscaping your garden.

If you don't want to make it too difficult for you to landscape your garden, then choose locally grown plants for it. By doing that, you can ensure that maintaining your landscape would not be difficult. This is because the plants won't require too much attention when it comes to taking care of them.

44. Having an orderly garden.

To make your garden look for attractive, then you should plan its lay out well. To do that, it is best if you come up with a sketch that represents your garden. When you do that, you would be able to properly determine what goes where, which can make your garden not just attractive, but easy to work with as well.

45. Having a garden when kids are around.

If you have kids in your house, who may go to your garden from time to time, then you should avoid certain types of plants, especially those that are poisonous. Always remember that there are certain plants that have poisonous leaves such as sweet peas and elephant ears. Thus, it is best that you do your research about them, so that you can prevent having them in your garden.

46. Having plants in a dry area.

There are certain types of plants that can resist drought. Thus, it is important that you learn which types of plants they are, so that you can choose them for your garden. By doing that, you won't have to deal with a lot of problems when it gets too dry in the place where you are living in.

47. Providing water for a large enough garden.

If you have a garden that is quite large, it can become quite a challenge to water them, especially if you are just using a simple sprinkler or hose. Thus, it is important that you install a good irrigation system. When you do that, your gardening work would not just become lighter, but it can also ensure that water would reach the base of your plants, and not just the leaves.

48. How to make compost properly.

When you are making compost, it is important that you are careful when you are digging it, so that you won't be damaging roots. Aside from that, you should also take note of the things that you can include in it such as dead plant materials like grass cuttings, vegetable leftovers and such. Make sure that you won't include meat or bones in it though, since it is not a good idea to do so.

49. The order of preference when it comes to dealing with pests.

If there are pests that threaten the safety of your plants, it is best to deal with them in a certain order. For example, you should start with doing it by yourself, such as removing them manually. If that does not work, you can also install barriers or guards. If you decide to make use of biological agents though, choose those that are as natural as possible.

50. Transferring a tree.

Whether you have just planted a tree or transferred it to a new location, you should take good care of it for a few weeks. Keep in mind that transferring a tree can be quite a shock for the plant. Thus, you should provide it with lots of water for a week or two, to help it recover.

51. Using autumn colors for your garden.

Autumn colors are some of the colors that you want to make use of in front of your garden. When you do that, your garden would attract more attention to people that would pass it by. This is because autumn colors are not just attractive, but are very pleasant to the eyes. In addition, they can also make your garden look bigger than it is.

52. Making your plants grow faster.

If you want to have your plants grow faster, it is important that you water them on a regular basis. Aside from that, you may also want to let them listen to good music from time to time. Pleasant sounds can actually make your plants grow faster, especially the seedlings.

53. Getting rid of noise.

Relaxing in your garden can be made possible, even if there are lots of noise coming from traffic. To make sure that traffic noise won't bother you, you can install wind chimes for it, to encourage more natural sounds in your place. Aside from that, you can also attract more birds by having bird feeders around.

54. Seeing insects in your garden.

Always try to remember that not all insects are harmful to your plants. Thus, when you see insects in your garden, you should investigate first, whether such insects are good or bad to your plants. Do your research on it, so that you would be able to know which insects to kill and which ones to set free.

55. Preventing dryness from the hot sun.

Properly timing your planting activities can go a long way, as far as having healthy plants is concerned. Thus, it is best to plant during nighttime, so that your plants won't have to endure the heat coming from the sun. Aside from that, you can also plant during the daytime, especially if it is cloudy.

56. Consider the season.

Whether you are planning to plant fruits or vegetables, it is vital that you consider the season for them. Keep in mind that not every plant can flourish the whole year. Thus, it is wise to do some research about which plants go with what season, so that you can plant according to it.

57. Invite beneficial insects into your garden.

When you have beneficial insects in your garden, then you won't have to worry about a lot of pests and diseases, since such insects can help your plants in fighting them off. Some examples of insects you want to see in your garden include preying Manti, wasps, and butterflies. Organic gardening should help when it comes to attracting more of them.

58. Having more vegetable protecting insects in your garden.

One of the best things that you can do to protect your vegetables is having insects to do the job. Lots of insects can actually provide the protection your plant needs against pests. To get them to visit and stay in your garden though, you should plant more lavender, carrots, mustard, thyme, spearmint, and clover.

59. Getting rid of fungus and mildew.

When it comes to getting rid of fungus and mildew, it is wise to approach it in an organic way. To achieve that, you can come up with your own organic spray by mixing 3 tablespoons of baking soda, 1 tablespoon of household bleach, and 1.5 teaspoons of dishwashing liquid, into 4 liters of water. Spray the mixture sparingly, since too much of it can damage the leaves.

60. Choosing the best tools for your gardening.

When you are in the process of choosing tools for your garden, it is best to purchase those that are ergonomically made. Ergonomic garden tools and equipment can prevent certain injuries, since it can make your job easier. Thus, it is best that you purchase them instead of the regular kinds.

61. Things to do before working in your garden.

In any sporting event, it is best if you prepare your body for the tasks that it would be facing ahead. This is actually applicable even to gardening. Thus, you should do some warming up exercises as well as stretching, a few minutes before you start working on your garden.

62. How to get rid of cutworms.

Cutworms can destroy your plant, which is why it is vital that you get rid of them as soon as possible. To do that, you can come up with your own spray for it by mixing a good handful of pawpaw leaves, 5 cloves of garlic, and a cup of water to be blended in a blender. Store it for 2 days, and use a single cup for it mixed with 1 liter of water as a spray.

63. What to do with the grass clippings.

When one mows the surroundings of his garden, it may be a practice for him to pick up the grass clippings, and throw them into the garbage bin. However, since you have plants in your garden, you can actually let the clippings stay where they are, since they can provide more nutrients for the soil. This will lessen your job, as well as lessen your need for more fertilizers.

64. There is no need to purchase seeds on a yearly basis.

Purchasing seeds is actually required when you are about to start with your gardening. However, there is no need to do that again for the following year. This is because your produce from the first year, can already provide you with the seeds that you need. Just learn how to properly harvest and save seeds, so that you can still use them for your

purpose.

65. Come up with a good harvest plan.

One of the objectives that you can attain when you harvest the product of your garden is to save up on your grocery bills. However, you have to make sure that you are properly storing all the fruits and vegetables that your garden produces, so that they won't go to waste. If you can't store and preserve their freshness, then you may want to sell some of them after harvesting. Aside from that, you can also donate them so that you can help a lot of people with it.

66. Keep an eye out for sale and coupons.

Although you don't want to purchase cheaper tools and seeds, since it may lead to sacrificing quality, there are also other things that you can do to save some money. One of which is to become more aware of the sales and discount coupons. By doing that, you would still be able to prioritize quality, but able to save on costs.

67. Buy seeds online.

If you don't have much time to scour for the seeds that you need, and your garden is already prepared for planting, then you should buy your seeds online. Online shopping for seeds can now be done with lots of online stores that offer them. With online shopping, you can save on time and money, aside from the fact that it is very convenient to do.

68. Growing high value plants.

When you want to save money or if you want to earn more, growing high value crops in your garden could be an idea that you can really consider. However, you should also consider whether such plants are well suited on the climate of your place. Aside from that, you should also learn more about how to properly take care of them.

69. Spreading the leaves from trees.

There are certain trees that have leaves, which are very beneficial to the plants. Such trees would include birch, beech, honey locust, and silver maple. Thus, if you have them in your backyard, spread them around your garden. The dead leaves would actually become mineral nutrients, and the earthworms would convert them into fertilizers.

70. Grow things that you can drink.

Aside from planting fruits that you can eat, it is also best if you have plants that you can drink. Keep in mind that fruits like strawberries and grapes, can also be made into tasty

bottles of wine. Thus, if you are able to grow them yourself, you would not just be enjoying more drinks, but also enjoy the savings.

71. Planting perennials.

Having perennials in your garden can offer you with lots of benefits. They can provide you with their produce year after year, and they can save planting time. On top of that, maintaining them is limited only to the regular mulching, weeding, and fertilizing. Check out what perennials grow well in your location, and include them in your list of plants that you want to have in your garden.

72. Planting herbs.

Herbs like basil, mint, parsley, and dill, are pricey; however, they are actually easy to grow in your garden. Thus, you should include them, since they can offer you a good way to cut down your cost for the essential kitchen herbs. Aside from that, you can also sell them if you want to, especially if you got lots of them to spare.

73. Growing too much.

When it comes to the volume of plants that you want to grow in your garden, it is very important to consider the amount of space that you have. If you have too much plants, then they may not grow as healthy as you have expected them to be. This is because they would start to compete for the nutrients from the soil. Thus, have only the amount of plants that would be accommodated by your garden effectively.

74. Keep it fun and interesting.

If you have extra space in your garden, try something new in it each year. One of the best ways to keep gardening fun and interesting is discovering new things. When you grow a different plant each year on a certain part of your garden, you would be anticipating how it would look like, and its rate of growth, which can make you more excited in working for it.

75. Protect your equipment properly.

Always remember that your gardening tools and equipment can cost lots of money. Thus, you should protect them properly, by cleaning them each time you are done using them. Aside from that, you should also find a good place to store them, so that they would remain in good quality for a long period of time.

76. Monitoring your garden.

Monitoring your garden can be done easily if it is relatively small. However, if it is quite

big, then it may become a bit challenging. What you can do about it though is to divide your garden into a certain number of parts or sections. With that, you can schedule to walk through each section at least once a week, to check for possible diseases or insects.

78. Planting large trees.

If you want to plant large trees in your garden, you have to make sure that you have enough space for them when they grow. Keep in mind that as trees grow old, their roots would also grow beneath the surface. Thus, you don't want to plant it near your house, or any kind of structure, since it may cause some problems later on.

79. Your garden is your own territory.

Once you have established your garden, you should consider it as your own private territory. In other words, each person that would set foot onto it would have to ask for your permission first. Aside from that, since it is your creation, which came from your own imagination of what a garden should be, then you should be proud of it and prevent people to criticize it.

80. What your garden should have.

Aside from having plants in your garden, it should also have ample light from the sun. This is because most plants will need the sunlight in order to grow and bare fruits. Aside from sunlight, it should also have enough shade to keep the soil from drying out. More importantly you should also apply your skills unto it, so that you can grow your plants as healthy as possible.

81. Don't hesitate to change.

Gardeners all around the world are into constant change. In other words, they continue to evolve into something better each day. Thus, if you feel the need to change something, such as your garden's setup, the plants that you have, and such, then you should not be afraid to do it. Just make sure that the modifications you would apply are practical and sensible, so that you would continue to improve in it.

82. Be careful at all times.

Whether you are watering your plants, or cleaning the surroundings of your garden, care should always be practiced. This is because you would not know whether a broken piece of bottle is around, or even a snake. Always be on alert, to avoid any kind of accidents or injuries to happen.

83. Choosing plants that climb.

Climbers are some of the most useful plants that you can have in your garden. This is because they usually would not take a lot of your space. Aside from that, they can also spice up your fence or make a wall look more interesting. In addition, they are also very easy to take care of.

84. The best time to water your plants.

When it comes to watering your plants, it is a good idea to do it early in the morning. Doing it this way would help your plants maximize the benefits they can derive from water, since it would reduce water loss due to evaporation. Aside from that, it also prevents certain diseases since it allows foliage to dry off quickly.

85. Harvest in the morning.

When it is time to harvest fruits and vegetables from your garden, it is a good decision to do it in the morning. Doing it at this part of the day would ensure that you are harvesting them at their peak, since it is the time when plants are provided with more moisture and nutrients from the environment. Preserve your harvested fruits and vegetables by placing them inside the refrigerator a few minutes later.

86. Providing the best nutrition for your plants.

One of the best ways to ensure that your plants are provided with the best nutrition is to care for the soil more. To achieve that, feed the soil by covering it with dead leaves that are small or large. You can also place more leaves on vegetable beds as well as under the skirts of shrubs. By doing this, you are feeding the soil, so that it would feed your plants.

87. Expand your awareness to care for your plants better.

It is best if you could allot a time each week, which you would spend in your garden, and sit back on your favorite chair. While you are seated, try to observe and understand the harmony and complexity of different plants, insects, water, wildlife, and soil. With this greater awareness of nature, you would know better about what to do and what not to do, in your garden.

88. Know the size of your plants.

Prior to planting the seeds, you should make sure that you are aware of how big your plants would become in time. This is to ensure that you would be providing them with enough space as they grow old. Aside from that, this would also prevent you from having to remove it, when it already takes too much space in your garden.

89. Utilizing free fertilizers.

There are lots of sources of free fertilizers around you. Some of which would be grass clippings and human urine. When you make use of these free fertilizers, you are making sure that your plants are provided with the nourishment that they need. Aside from that, it also ensures that they grow without being contaminated with chemicals.

90. Weeding your garden.

In general, there are lots of kinds of garden crops, which would require weeding for at least three times. When it comes to weeding though, it is best done early. You should weed 5 to 7 days after sowing or transplanting. You should do it again 7 to 10 days later, and the third time would be after 3 to 4 weeks.

91. Get your kids involved with gardening.

If you love gardening so much, then it is more likely that some or all your kids would also love it. Thus, it is best to get them involved with it early on. By doing that, they would be able to pick up valuable lessons in gardening from you, which they would always remember when they grow old. With them on your side, you will have enthusiastic little helpers, who can ensure that your garden is always attended to properly.

92. Using the right tools.

In most cases, you can actually create a garden with only a shovel on your hand. However, if you want to be able to come up with a garden that is clean, organized, and productive, then having the right tools on hand would help you a lot in achieving it. Keep in mind that there are lots of different tools available today, and they are available in different designs. In fact, some are designed for men, while others are for women.

93. How to nurture young gardeners.

If you want to develop your kids' interest in gardening, then you should carefully choose the activities that you get them involved with. For example, if you are dealing with very young children, then you should show them things that would grab their attention such as roots, earthworms, bugs, sprouted seeds, and such. Aside from that, you should also increase their awareness by letting them see how water disappears into the ground when you water the plants.

94. Continue to learn more.

Many experts in gardening do not admit that they know everything about it. In fact, if you are going to ask them, most would say that they continue to learn something new every day. Thus, you should not stop learning more about gardening. Continue to do your research such as visiting websites, asking experts about certain things, and reading

books, so that you would learn new things and get to apply them.

95. Make gardening a more fun activity for kids.

When you are trying to teach your kids some lessons regarding gardening such as weeding, then you should not make it a boring activity. Make it as fun as it can be by making it a game. Aside from that, you should also make it short and simple, and don't insist on making them complete certain tasks when it is already too hot outside.

96. Teach your kids about insects in the garden.

Whenever your kids are with you in the garden, make them more aware about how insects can help the plants. You should teach them which insects play important roles in the garden, and which do not. By doing that, you can ensure that your kids won't kill beneficial insects when they see some of them, and would even help you remove those that can destroy your plants.

97. Search for free pickings.

There are gardeners today, who would offer free pickings for their excess produce. You can find them by asking your friends, or even through the internet. Once you find them, visit their place and see what they can offer to you. Aside from that, don't forget to ask the farmers some questions, since you may be able to acquire helpful information from them.

98. Getting kids to get more interested with plants.

If you want your kids to develop more interest in plants, then try to get them involved with miniature vegetables. Since they are little, they also would be interested in little plants like grape or cherry tomatoes. Let them pick the miniature vegetables that they want, and guide them in taking care of it.

99. Trading your produce.

Whenever you have excess produce on certain types of vegetables, you can actually benefit more from them by trading them. You can trade them for vegetables that you don't have, or even fruits. Try to have an eye for neighbors and nearby farmers who are willing to trade, so that you can do it anytime you need to.

100. Plant certain vegetables at the right garden spots.

In your garden, there may be places or spots that would have abundance of sunlight, while other spots would have more shade. With that, it is best to plant vegetables that need more sunlight in non-shaded parts such as tomatoes, and the same goes for the

vegetables that need more shade. By doing that, you are ensuring that your plants would have the amount of sunlight that they really need to attain peak flavor as well as nutrition.

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Golf Tips

1. Watch professional golf players play the game.

If you want to become a golf player, it is a good idea to watch professional golf players playing the sport. When you watch them, you would become more inspired in getting better with your game. Aside from that, you could also take note how they carry themselves on the field, as well as how they make their swings.

2. Find a playing partner.

Playing golf is interesting, especially if you do it together with a friend. Find a friend who also wants to learn how to play golf, so that you can each share some pointers. Aside from that, you can both boost your motivation by competing against each other from time to time.

3. Hire a trainer.

To begin learning the sport, it is best if you can hire a trainer. The professional trainer can guide you on how to execute the proper swing. Aside from that, he can also monitor how you handle yourself with each swing, and be able to make adjustments. Moreover, a trainer can provide you the guidance you need in every aspect of the game.

4. Buy a good pair of sunglasses.

Buying accessories for your newfound sport can be fun. One of the more important accessories though would be a pair of sunglasses. This is because, when playing the game, you would be doing it out in the field, when the sun is shining bright. A good pair of sunglasses would provide your eyes the protection that it needs.

5. Find a good pair of golf shoes.

There are lots of golf shoes available in the market today. However, you should know that they are not all the same. Thus, it is best if you do your research about the brands that are more preferred by professional golf players. This way, you can choose a pair of golf shoes that can really serve its purpose for a long period of time.

6. Buy golf clubs.

Having your own golf clubs is important if you are serious in playing golf. Just keep in mind though that golf clubs are pretty expensive. Therefore, you should purchase a set that are really made with the best materials. Aside from that, you should also know how to compare the different sets of clubs, so that you can choose the best ones while

playing the game.

7. Find a good caddy.

When you play at a certain golf course, it is best if you find a caddy that you can rely on. A good caddy should be able to give you the club you want in just a few seconds. Aside from that, he should also be someone who is easy to work with. Furthermore, once you find a good caddy, try to see if you can make him your regular assistant, so that you won't have to find someone else.

8. Go for smaller golf courses at first.

There are golf courses that have 18 holes, while others have only 9 holes. Aside from that, each of the innings of these golf courses may also vary in terms of their sizes, as well as in their designs. Since you are still starting out in playing the game, choose the courses that are relatively smaller first. Aside from that, visit those that offer simpler obstacles.

9. Book hotels that have or are near a golf course.

When you go on a vacation with your family, try to book a hotel that has a golf course on its own, or at least near to one. You can also do this even on business trips, as long as you have spare time. By doing this, you would be able to try out other golf courses, which are designed differently from the ones you are used to in your place.

10. Read stories about successful golf players.

Reading stories about successful players in the game of golf can be done through magazines, or even through the internet. Doing this would inspire you more in playing the game. Aside from that, you can also gather ideas on how they are able to improve on their game and follow them.

11. Take note how professionals do it.

It is a good idea to visit golf courses where well known professionals enjoy the game. When you do that, you would be able to see them play golf. With that, you would be able to take note on how they would do their putting, how they execute a powerful swing, how they decide between the woods and the irons, and so on.

12. Eat a healthy diet.

Although playing golf would not require running, jumping, and, other types of activities, it is still best if you watch what you eat. This is because playing golf would still require a lot from you physically. Keep in mind that golf courses are very big pieces of land. Thus,

you may often find yourself walking uphill or downhill in getting to the hole. With that, it is best if your diet can provide you with the energy that you need.

13. Try to lose weight.

If you have gained some weight than you think you should, then it is best if you lose some of them. This is because playing golf also need you to become flexible. Your flexibility can help you in executing the swing properly. Thus, eat right and get some exercise, so that you would become fitter.

14. Build your stamina.

When you watch professionals playing golf, it may be easy for you to conclude that playing it would not need you to have good stamina. On the contrary, you need to build your stamina in playing golf. This is because going from one hole to the next can become quite tiring, aside from the fact that you are going to do lots of swings. When you get tired, it might affect your judgment in selecting the clubs, as well as executing your swings. Thus, it is best if you have good stamina.

15. Develop a way to determine the direction of the wind.

Always remember that the golf ball is lightweight. Therefore, when it is in midair, the wind can easily affect the direction that it is going. Therefore, it is best if you can develop a way to determine the direction that the wind is going. By doing that, you would be able to properly target the hole by considering the wind's direction and speed.

16. Develop a way to determine the roughness or smoothness of the green.

When you hit the ball while you are putting, you might get surprised when it slowly goes to a different direction. It is actually the grass inside the green that influences it. Aside from that, it can also affect the speed of the ball. Therefore, it is best if you check the green properly. Moreover, don't forget that it is also possible that the green has an angle.

17. Think about playing golf at nights.

Before you go to sleep, while you are lying in bed, it is best to think about playing golf. This way, you would be more motivated in practicing your swing, and your putting the next morning. Aside from that, thinking about the sport at nights can also give you the opportunity to plan your steps in training for it.

18. Come up with a plan.

When you are about to learn how to play golf, it is a good idea to come up with a plan

for it. Your plan should provide you with the guidance on the steps that you need to take in learning to play golf. This would involve hiring a trainer, going to a driving range, buying your gears and accessories, and many more.

19. Set up goals.

When you play golf, it is best if you set up goals for it. For example, your initial goal may be to finish holes in a golf course with a par; and, once you are able to hit it, you can set goals that can offer you with more challenge. Setting up goals would provide you with the challenge that you need, aside from helping you in monitoring your progress.

20. List down the things you need to bring.

If you are on your way to a golf course to play the game, it is best if you can bring all the necessary things you need. Thus, you should come up with a list of things you want to bring. The list should help you check on the things you need. However, make sure not to forget checking the list. With that, you should hang it somewhere you can easily see, such as at the door of your refrigerator.

21. Find golf courses at your place.

When you are ready to play in an actual golf course, it is best if you find a good number of them at the city you are living in. This way, you would be able to learn more about the options that you have in playing golf. Aside from that, learn more about them regarding the difficulty of their innings, the sizes of the golf courses, as well as their distances from your place so that you can choose accordingly.

22. Visit the driving range often.

Swinging is one of the skills that you need to develop in playing golf. This is because it would help you in getting to the hole faster. Thus, it is best if you practice your swing more often by visiting the driving range on a regular basis. By doing that, you can practice for as much as you can, and even get to meet other players.

23. Practice putting at your office.

Putting at your office can provide you the practice that you need to improve your performance. However, it is best if your office is carpeted. Practicing at your office can be done during your break times. Just make sure that you have your own office room, so that you won't be disturbing your coworkers.

24. Play with your friends or business partners.

Playing golf can be made more interesting and fun when you play it with your colleagues

or business partners. You can make it a weekend affair, in which you would meet at an agreed time at the golf course you have chosen. By doing that, you won't just be improving your game, but it would also help build your relationship with your colleagues and partners.

25. Challenge yourself.

It is important that you continue challenging yourself, so that you would make improvements in playing golf. For example, each time you visit the driving range, try to hit the ball farther than you have done it the previous time. Aside from that, you can also try to hit the ball for the least number of times in sinking it into the hole at a golf course.

26. Teach your family in playing golf.

Teaching your family in playing golf can make practicing more fun. When you teach them at home, doing it at your backyard, you would be practicing your putting skills with it. If they want to take it further, you can also bring them with you when you go to the driving range. By watching their form, you may also realize your own mistakes in executing your swings.

27. Buy a good cap.

Wearing a good cap is important when you are playing under the heat of the sun. It is best that you choose your cap carefully though, so that it would serve you best. Choose a cap that is made in good material, so that it would provide you with the shade you need. Aside from that, make sure that it is the right size, so that it would fit you perfectly.

28. Always smile.

Smiling can help you relieve yourself from stress. Therefore, even if you are performing poorly, you should continue to smile. When you do that, you may not even notice that you are lagging behind your competition. Aside from that, smiling can become contagious, which can encourage a more positive atmosphere among you and your peers.

29. Make friends with other players.

Whether you are playing in a competition or at a driving range, it is best to take advantage of it to make new friends. When you do that, you would be able to make playing golf more fun and exciting. On top of that, with more friends, more people would be able to provide you with tips when it comes to improving your swing, your form, and such.

30. Bring a bottle of water.

You should never forget bringing a bottle of water with you when you play golf. This is to ensure that you won't get dehydrated. Getting exposed to the sun on a constant manner can get you dehydrated if you won't drink water from time to time. In addition, getting too thirsty can become a hindrance in playing your game the right way.

31. Watch out for snakes.

Keep in mind that some golf courses are quite big, in which some parts of it would be woods. Whenever there are lots of woods and grasses, there is always a possibility for finding snakes in them. Therefore, whenever you hit your ball out of bounds, you should be careful when you try to retrieve it, since you might accidentally step on a snake and get bitten.

32. Aim for a par first, before aiming for a birdie or eagle eye.

When you set your goals in playing golf, you should aim for more realistic ones first. For example, before you aim for a birdie, you should achieve hitting par consistently first. Par is actually the term used, which pertains to the number of shots needed for one to sink the ball into the hole. Consistently achieving par would make lots of people look up to you.

33. Learn more about the particular hole.

When you visit a golf course, it is best that you learn more about the round or the hole you are playing in. You should know its design well, by looking at maps that are usually available at the golf course. If you are able to do that, then you would be able to plan out your shots more effectively.

34. Learn more about the game.

To excel in the game, you should learn more about it. There are lots of things that you can do in order to gather more information about it. You can purchase books about it, and you can even do your research online. Moreover, you can also ask questions about golf to your professional golf playing friends.

35. Become more familiar of the terms.

When you play golf, you would eventually come across lots of terms that you may not understand as a novice player. Thus, it is best that you become more familiar about it. Learning more about different golf terms, can help you communicate with other golfers as well as your trainer better. Some of the terms you may want to research on would

include fore, bogey, bunker, handicap, and more.

36. Inhale the fresh air.

When you play golf, take advantage of all the benefits that it can offer to you, such as the fresh air. Playing golf offers you not just a chance to breathe fresh air, but also get enough exercise by swinging as well as in walking. In other words, it can also promote better health. Enjoy the game, so that you would be able to improve your performance in no time.

37. Don't get discouraged when your ball gets out of bounce.

One of the things that you would commit in playing golf as a beginner is hitting the ball out of bounce. This would usually happen, when you hit it inside a group of trees, bushes, or hitting it towards a body of water. Keep in mind that even professionals in the game can commit this mistake. Thus, you should not get discouraged, and just aim to improve on your performance.

38. Become more familiar about the different sets of golf clubs.

Always remember that golf clubs are created in different materials and styles, because they serve different purposes. Some are designed to maximize your power and achieve great distances, while others are designed so that you can make the ball go higher and avoid the trees. Each shot you take would require a different golf club, which is why you want to become more familiar about their functions.

39. Keep your golf clubs in a safe place.

Keep in mind that golf clubs are very expensive these days. Therefore, whenever you bring it outside your place to visit a golf course, you should put it in a safe place, to keep it away from thieves. When you store it inside your house though, you should also store it properly, so that people won't trip over them.

40. How to hire a trainer.

Hiring a trainer is one of the keys in learning playing golf properly. However, you should consider factors when it comes to choosing the professional to train you. Some of the factors would include his experience, his style of teaching, and more. In addition, don't forget to ask his previous and current clients, for their feedback about him.

41. How to find more information about golf.

Gathering more information about golf is important, since it can provide you with guidance in getting started with it. Lots of websites are launched today, which can offer

you lots of valuable data about it. Aside from that, some of these sites can also recommend trainers to you, as well as books that you can read.

42. Compete.

Once you have gained enough experience in playing golf, it is time to join various competitions about it. You can even suggest one, which can be played by employees of the company you are working for. When you compete, you would become more motivated in training, since you want to do good in it.

43. Buy a good sunscreen.

Playing golf would often expose you to the glaring sun. Because of that, you want to make sure that you can also maintain the health of your skin, by using a good sunscreen. When you buy one though, choose something that can last long, so that you won't have to reapply lots of time throughout the day.

44. Bring a mosquito repellent.

When you visit golf courses, you should be aware that there may be mosquitoes flying around, due to the fact that there are trees and bodies of water nearby. With that, you should bring a mosquito repellent, so that you can prevent them from biting you. Always remember that mosquitoes can cause certain types of diseases; thus, the lesser amounts of time they bite you, the better.

45. Research about the golf course.

Whether you are going to visit a golf course to attend a competition, or to simply enjoy a day with your friends, it is best that you do your research about it. By doing that, you would be able to know whether the golf course can offer you 9 or 18 holes. Aside from that, you can also anticipate the level of difficulty that it can offer to you.

46. Bring your family with you when visiting a golf course.

Visiting a golf course can be made more fun and interesting if you bring your family with you. This is because, you can treat them in the course's refreshments. Aside from that, you can also let them see more about the sports that you enjoy. Moreover, if you are visiting the place to play, they can also give you the support you need.

47. Make playing golf fun.

When you play golf, you should always make it a fun experience. You should not be too hard on yourself whenever you are having a bad day. Doing that would just bring you down further. Instead, always see it as a game, which provides you with entertainment.

However, just like any other game, you also want to win in it, which is why you should train harder.

48. Take care of your eyes.

In playing golf, you would actually be using your eyes a lot, in order to score better. Therefore, you should take care of them. One of the best ways to do that is to make sure that your diet consists of foods that are high in essential vitamins and minerals. Aside from that, it would also be better for you if you are wearing sunglasses whenever you are outdoors.

49. Develop your muscles.

When you see professional golfers play, you would probably think that the game is not very physical. However, you still need to develop your muscles for it, since you also need to have power in order to shoot the golf balls to great distances. Developing your muscles can be done by working out. However, you should also go to a driving range, so that you can practice your swing more.

50. Have a clear mind.

Playing golf would require you to have a clear mind, if you want to become better in it. This is because having a clear mind would make you more effective in making the right decisions, in terms of choosing the golf clubs to use, that way you aim, and many more. Thus, clear your mind prior to playing your favorite sport, so that you can perform at your best.

51. Turn on the power.

Aside from practicing your swing at a driving range, another way to increase your power would be to take note of the direction of your club head and your weight shift. When they travel in the same direction, then you can achieve a more explosive swing. Thus, after you do a backswing to do a swing, your weight shift and your club's head should be heading towards the target.

52. The release.

When you do your swing, you should release your energy in a way that it would be transmitted into the golf ball. In making a swing, there would be a moment when your hand and arms would seem to slow down, which is usually just before hitting the target. At that moment, you should imagine your energy getting transmitted to the ball, from your hand through the clubhead.

53. Do some stretching.

Just like playing other sports, you should do some stretching first. Stretching can prevent injuries to happen. Aside from that, it can also limber up your muscles well, which can help you become more effective in doing your swing. Just follow the usual stretching routines and focus more on your arms.

54. Warm up to increase power.

Warming up for a more powerful swing can be done just minutes before you get started. Warming up is not limited to stretching, especially if you want to have good power in your swing. What you can do is to do some practice swings, but with a stance that you would take if you were hitting waist-high balls. Go through the motion, and slowly bring your posture to your normal golf stance. Do it not more than 7 times, and you would notice more power in your swings.

55. The rebound.

Most good players experience spinal rebound after hitting the ball. When you swing, your stance would actually go through certain stages, while you are trying to deliver powerful speed towards the target. To maintain balance, it is best if you tilt your body slightly away from the ball. Doing that would prevent injuries, as well as strains.

56. Take a deep breath.

Just before you make your swing, you should take a deep breath first. By doing that, you can ensure that you are rid of all the nervousness or excitement that you are going through. Aside from that, inhaling enough amounts of oxygen can also help you deliver a swing that can drive the ball at the rate that you want it to have.

57. The hunches.

You don't want to do the hunches in playing golf. Hunches is actually a term, which describes your form whenever you are overreaching the ball. When this happens, you would actually lose coil and eventually lose power in your swings. Thus, you should not do it frequently. Aside from that, it is best to bend from the hips rather than the waist to prevent hunches.

58. Underswing or overswing.

Underswing usually happens, when your arms are moving too slowly when you swing, while the overswing is the complete opposite to that. If you tend to underswing, you can also choose a club that can usually deliver the ball farther, and you can also do the opposite if you overswing. You can make the right adjustments regarding this, if you are very familiar with the different golf clubs.

59. Line them up.

When it comes to the accuracy of your shots, if you are right handed, you should take note of your left hand grip. The tendons of your left hand's thumb should be directly at the middle part of the club handle when you are about to swing. Maintain their positions while making the swing, so as to become more accurate in it.

60. Checking your lies.

It is always best to check on your lies whenever you make a swing. When lies follow angles that are unfit, then you can be assured that you would be encountering swinging errors. For example, if you swing with lie angles that are too upright, then force would take your ball off target to the left. The opposite is also true if it is too flat. Therefore, you should check your lie angles.

61. Your trajectory.

When it comes to your trajectory, it is best that you become more familiar of your different golf clubs. This is because, the type of club you would use in swinging is one of the biggest factors when it comes to the balls trajectory. Thus, it is best if you keep on trying out different golf clubs in different types of shots, so that you eventually know when you need to use each one of them.

62. To have crisp shots.

If you want to have crisper shots, whenever you do your swing, then you should target the inner quadrant part of the golf ball. This would make your golf club make contact with the ball in an open position. To make this easier, when using balls with a logo, set the logo at the part where you want to hit the ball, so that it would become your target.

63. The Tweeners.

Many golfers refer to the odd distances between different golf clubs as the Tweeners; and, if you constantly experience inconsistencies with them, then you should come up with a solution. For example, if you are a type of person who loves to do power swings, then you should make use of a lesser club and hit it the way you want.

64. First tee.

Every time you set your feet on the first tee of the whole golf course, before you position yourself for swinging, you should take some time in studying it. You should try to identify the whole shape of the hole, as if you would be looking at it from the sky. By doing this, you would be able to come up with your own strategy on how you are going

to approach each hole more effectively.

65. Take your time.

One of the things about playing golf is that, you need to make the right calls, so that you would be able to come up the winner. For example, before swinging at the ball, you need to identify the best golf club you want to use for it. Aside from that, you should also decide on your aim, by considering the direction and speed of the wind.

66. Using music.

If you are playing by yourself, or with people you have met for the first time, then it would not be a bad idea to listen to music. This is because good music can help you in calming your nerves. It is best though that you listen to it only while you are waiting for your turn, so that you would be able to focus at what you need to do, when it is time for you swing.

67. The line between you and the ball.

Lots of professional golfers come up with an imaginary line between them and the ball. Before crossing the line, you should make up your mind about your aim, the kind of power you would hit the ball with, and such. Thus, you should only cross the line when you are fully committed in what you are going to do. If you are still unsure and you have already crossed it, you can always step back, and rethink your move again.

68. Balance.

Before you start with your swing, you should make sure that you are able to achieve perfect balance for your body. Having good balance will enable you to deliver the kind of power, which is needed to take the ball where you want it. Aside from that, it would also ensure that you would be able to hit the ball towards the direction you are aiming at.

69. Your head.

Keep in mind that every time you make a swing to hit the ball, your head would also make its own swing. In relation to this, you can actually observe how you rotate your head each time you swing to see if you are doing it properly. If you are swinging it on the same manner as your front shoulder, then you are going to make a good swing.

70. View par 5 as par 3.

If you want to challenge yourself more, so that you would be able to make improvements on your performance, then view a hole that is par 5 as par 3. In other

words, instead of planning for 5 shots in a par 5 hole, you should plan it for 3 shots. This may make you take some risks, but it is worth it, especially if you are not doing it for the first time at a tournament.

71. Practice more.

Practicing more does not have to be limited to playing the actual golf. Expand your horizons in playing golf by checking out video games about it. There are lots of gaming consoles available today, which can offer you realistic golf games. In playing such games, it can offer you more ideas in taking different holes.

72. Be prepared.

If you find yourself playing in a particular hole and it suddenly rains, it is best if you came prepared with your own rain gear. Even if you are still practicing, you should make use of your rain gear while playing. By doing this, you can still expect to perform the same way you are in practicing, if it happens during a tournament.

73. Putting.

When you do your putting, you should become more conscious on the angles created by your hand when you hold the putter. One of the best angles that you can take note of is the one created, when your wrist is bending backwards towards your forearm. Try to practice this kind of angle, and see the difference it can make in doing your putting.

74. Look where your ball should go.

Whether you are putting or are still trying to get to the green, you should take a good look at your target for a lot of times, before you make your swing. Looking at your target will provide your brain with the clear picture of where your ball should go. Aside from that, since looking at the target can also help you judge the distance, it can also help you come up with just the right amount of power behind your stroke.

75. Stroke for all distances.

You should take note of how you place your feet in accordance to the kind of distance you want to achieve with your stroke. Keep in mind that the longer the stroke, the wider the distance should be between your feet. On the other hand, when putting, your feet should also be near each other. Practice this, but don't forget to consider your balance, so that you can achieve what you want.

76. Triangulating your putts.

When you plan your putting strategy, you should look at the ball from three different

points. Look at it from behind, from behind the hole, as well as midway in between the ball and the hole. By doing this, you would be able to plan out your swing more effectively. This technique is called triangulating, and it is often used by professionals.

77. Be positive on the green.

When you are already at the green, one of the things that can prevent you from hitting a par, birdie, or an eagle eye, is negative thinking. There are times when people think about not being able to make the shot perfectly, due to some reasons, and it could actually happen. Therefore, since negative thinking can actually influence the outcome of the game, then positive thinking should affect it as well. With that, it is best to be positive at all times.

78. Make sound decisions.

In playing golf, as well as other sports, one of the things that you need to do in order to improve your performance is to make sound decisions. The best thing about golf though is that, you have time to do it, which is also the case for your competition. Thus, it is best if you consider all factors in choosing the golf club, hitting the ball at the right angle, and so on, so that you can come out the winner.

79. Take some risks.

Being too cautious may not provide you with the outcome that you want. Thus, it is also good to take some risks from time to time. When you take some risks, you would be able to discover more things about your abilities. Aside from that, you can also explore certain shots, which you may not have thought to be possible.

80. The bunker.

Considering the texture of the sand can save you some strokes, if your ball ends up in a bunker. For example, if the sand is soft and fluffy, you want to make use of a wedge, which is equipped with a large flange and can provide a lot of bounce. By doing that, you can make the right calls whenever you are stuck at a bunker and you want to minimize your strokes.

81. On short-iron shots.

When it comes to short iron shots, it is best that you are able to shift your weight, in order to execute a weaker swing, which comes from your arms only. Some players actually leave only about 10 to 40 percent of their on their back leg, when the club makes impact with the ball. By doing this, you would be able to make your iron shots more effective.

82. Hitting the ball in the sand.

When you hit the ball in the bunker, you should keep in mind that there is a tendency for you to dig your feet into the sand. When this happens, you would actually be making your club longer. With that, when you make a swing, your club may have a tendency to hit the sand, which is not a good idea. To play it safe, either you make sure that your feet do not dig into the sand, or choose a shorter club.

83. The golf swing.

The golf swing in general should be done in a smooth and natural motion. In other words, it should not be too quick, too slow, jumpy, or jerky. If you observe professionals do it, you would notice that they execute their swings in a fluid and almost effortless manner. To achieve this, you need to become more conscious of your stance. Aside from that, you should also practice proper breathing techniques.

84. Unnecessary body motion.

If you want to come up with a swing that is pretty effective, then you should eliminate unnecessary body motion, especially lower body motion. This is to ensure that precision is achieved when you are making your swing. When you are able to achieve that, then you can become more consistent on your swings, and be able to experience improvements in performance.

85. The grip.

Learning about the different types of grips is essential to delivering better strokes. In general, there are actually three types of grips, and they are called 10 finger, interlock, and overlap. For beginners, it is best to do it with the interlock grip. This is because this type of grip can help you use your hands as one piece, instead of having them fighting against each other when you swing.

86. The right stance.

When it comes to having the right stance in playing golf, there are lots of things that you need to focus on. Some of these things would include your knees, your feet, your back, your hands, your shoulders, and the position of the ball. For example, when it comes to your knees, you want to bend them a little, so that you can achieve proper balance.

87. Creating equilibrium.

The kind of swing that you can execute can often determine the kind of performance you can have for each hole. Thus, it is best that you do it good consistently. To make sure that it is the case, you need to create equilibrium with the ground, by keeping your

knees bent a little, while your feet would be shoulder width apart. By doing this, you can achieve a certain balance, which can improve the standard of your swing.

88. Shots going to the right.

If your shots have a tendency of going to the right, it is often a result when your body would move towards your left, when you do your swing. What you can do about it is to release your hands quicker in hitting the ball. By doing this, you would be able to see marked improvements when it comes to the accuracy of your shots.

89. Develop good flexibility.

Before you start playing golf, it is best that you develop good flexibility first. There are actually lots of reasons behind that. One of which is the fact that there is a possibility that you can injure yourself on the course, if you are not flexible enough. Aside from that, your flexibility can also greatly affect the power of your shots, as well as its smoothness.

90. Enroll in a golf training course.

To get started in playing golf at the right path, one of the best things that you can do is to learn more about it through a golf training course. However, you should keep in mind that there are different courses available today; and, they are not all the same. Therefore, you should do your research, in identifying the best ones.

91. Watch golf training videos.

Before you go through golf training, it is best that you become more familiar about it. One of the things that you can do for it is to watch golf training videos. By watching these videos, you can see the various steps or methods that are used in training beginners in the sport. With that, you would already have an idea on what you are going to get yourself into.

92. Play with your kids.

If you want to practice your putting, one of the best ways to make it more interesting is to play with your kids with it. When you play it with your kids, you won't even notice how much time you have already practiced your skill. Aside from that, you may even discover that your kid is actually quite a good putter himself.

93. Woods.

Woods is a term that is used to refer to the kind of golf clubs, which are used by golfers. The woods golf clubs are those that have larger heads, which look like big bulbs. You

want to make use of these types of golf clubs if you need the golf ball to travel a great distance after making your swing, since they are designed to be that way.

94. Irons.

Irons golf clubs are called as such, due to the material used in making them. Irons are the clubs that are used when a golfer wants to achieve better trajectory. However, you can also choose to use an iron, even if you need the ball to go sailing a hundred or more yards in one swing, by simply selecting those with lower numbers. Wedges and higher numbered irons are used for bunkers, or for high arching shots.

95. Putters.

Putters, as they are called, are used for putting. They are specifically designed as the clubs to be used when you are already inside the green. They are made in a way that you would be able to achieve a better aim for the ball, in order to sink it into the hole, with the least number of shots.

96. Trust your instinct.

When it comes to choosing your golf clubs for certain shots, it is also best to trust your instinct for it. There may be times that you have a gut feeling to use an iron instead of a wood for a certain shot, but your books would tell you otherwise. However, it is always best to trust your instincts, since lots of people have proven it right.

97. Wear comfortable clothing.

In playing golf, it is best that you choose clothing that you are comfortable with. You need to make sure that your arms are able to move well with the kind of shirt that you are wearing. Aside from that, your clothing should also be chosen in accordance to the kind of weather the golf course is having. Wear comfortable clothing, so that you would be able to move freely, and focus more on your shots.

98. Read news about golf.

Reading news about golf can provide you with a lot of benefits. For one, reading news can actually offer you information about whether the professional golfer whom you considered the best has won again, or has been beaten. Thus, it can inspire you or keep you motivated in improving your game. Aside from that, it can also provide you updated information about the sport in general.

99. Watch tournaments.

If you are still going to go through some training in playing golf, prior to that, you should

watch tournaments. By visiting golf courses to watch tournaments, you would be able to witness the kind of excitement the game can offer. Aside from that, you can also become more familiar with the environment.

100. Be inspired.

Being inspired in playing the game of golf is very important. This is because, it can help you have that drive to continuously work hard in order to improve your performance. Inspiring yourself can be done in a lot of ways. Aside from checking out professional golfers play, you can also talk about the game with your golfing buddies. Moreover, gathering more information about it, especially newer techniques, can also get you inspired.

101. Be patient.

Once you start playing golf, you can't expect yourself to become very consistent in your performance immediately. You should be patient; this is because improving your game can take some time to achieve. When you are patient, you would be able to wait long enough to see the fruits of your labor.

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Interview Tips

1. Do your research

It is best that you know certain things about the company you are applying a job for. Researching about the company can also help you answer possible questions, since it would help you learn more about the nature of their business. Aside from that, if they ask you questions regarding their company and you are able to answer them properly, then it shows them that you are indeed interested in working for them.

2. If this is not your first time to get interviewed, review your previous ones

Whether you were successful in all your past interviews or not, it is best that you review them for your upcoming one. This is because you can learn valuable lessons from them. Aside from that, if you committed certain mistakes in your past interviews, then you can make sure not to make such mistakes again.

3. Review the qualifications required by the company you are applying for

When you are scheduled for a job interview, you need to check back on the qualifications that the company is looking for. This way, you would be able to compare it with your present experiences and your skills. On top of that, it would also help you focus more on your particular skills that would help you qualify more for the job you want.

4. Get a haircut

Getting a haircut would make anyone look smart, fresh, and presentable. However, it is best that you do it about 2 or 3 days in advance. This is to make sure that you no longer carry the smell of the salon. Additionally, even if you do look more presentable with it, you may need a couple of days to get adjusted to it, which is very important when it comes to being confident during the interview.

5. Make sure to arrive early at the office where you are going to be interviewed

It is always better to arrive early at the place you would be interviewed. This is to show your prospective employers that you are really interested with the job. Aside from that, it also shows them that you have good time management skills. If you are currently working, try to apply for a leave of absence to ensure that you have enough time to prepare and get to the venue.

6. Do your usual morning routine early

By taking your breakfast early or doing your usual routine earlier than usual, you would be providing yourself with extra time in preparing for the interview. It is best that you are not rushing to get to the interview. With that, you are able to ensure that you are calm and collected when you get to the venue.

7. Eat well but don't overdo it

It is best that you eat well the day before your big job interview. This is to ensure that you will be supplying your body with the nutrients that it needs, so as to prevent any kind of stress. However, keep in mind not to overdo it, since overeating might disturb your system.

8. Go to bed as early as possible

Sleeping as early as possible would provide you enough rest for the upcoming interview. Make sure as well that you brush your teeth and wash your face prior to sleeping. By doing this, you can ensure that you would be able to sleep well and have enough energy for the next day.

9. Set up your alarm

To make sure that you wake up early for your job interview, it is best that you set up your alarm for it. Just make sure that you set it to wake you up twice, with a few minutes interval. With that you would be making sure that you would be able to start your day early, since the second alarm would definitely wake you up, if you happen to turn off the first one.

10. Take a shower

Taking a shower would ensure that you will feel refreshed for the interview. It would also help in making you look as presentable as possible. In addition, it would help in waking up every part of your body, in order to perform at your best for your job interview.

11. Eat a healthy breakfast

Job interviews, especially if it would take some time, can become draining. Thus, you need to have lots of energy to sustain yourself in answering all the questions that would be thrown at you. With a healthy breakfast, you can ensure that you would have enough energy to think of the best answers, even for the toughest questions.

12. Avoid problem foods

There are certain foods that may get your stomach upset. Some people are not used to

eating lots of dairy foods, while others cannot tolerate foods that are spicy. Whatever the case may be, make sure to avoid foods that can upset your stomach, since it would just add more to your concerns.

13. Brush your teeth

Brushing your teeth would not just make it stronger or tougher. It would also ensure that you would be comfortable in talking in front of your interviewers. The last thing that you want to happen during the interview is to see strange reactions from your interviewers every time you talk. Thus, it is best to brush your teeth, so that your breath won't smell bad.

14. Iron your clothes

One of the best things to do to become more presentable is to iron your clothes. Make sure to do this a day before your interview, so that you won't be rushing things on the big day. Just iron them and hang them inside your closet, so that they would look the same the next day.

15. Don't use sunglasses

Although using sunglasses can help you drive in a sunny day, it may not be a good idea to use one when you are on your way for a job interview. This is because, it can leave marks around your eyes. Aside from that, you may accidentally bring it with you inside the venue, which will just become another thing that you need to watch over for.

16. Don't forget to make use of a breath freshener

Although brushing your teeth may already get things done as far as your fresh breath is concerned, it may still be best to use a breath freshener. This is because, you could go through a series of interviews, which can take half a day. With a breath freshener that lasts long, you would become more confident with it.

17. Don't overdo your cologne or perfume

Part of being presentable is to smell good. However, you should make sure that you won't overdo making use of your favorite perfume or cologne. This is because some brands may be too strong for certain persons. Aside from that, it may even trigger an allergic reaction to one of your interviewers.

18. Be in business attire

It is best that you do your research about the usual dress code of the company you are applying a work for. However, if you are unsure, it is best that you wear your best

business attire. This is to ensure that you would be able to make a good impression, by looking as professional as possible.

19. Polish your shoes

You need to keep in mind that there may be certain types of interviewers who may look at you from head to foot, when you enter the office for the interview. Some do it as a technique to intimidate you, while others simply do it to check how you dress up. Thus, it is best to polish your shoes, so that the moment you enter the office, they would already be impressed by its cleanliness.

20. Plan your route

When you are on your way to the place for the interview, you don't want to get stuck in traffic and become late for it. Thus, it is best that you plan your route to the place, so that you can avoid any kind of traffic disturbances. You can do your research about this through the internet, or you can also go there a day or two before the interview, just to check on the best roads to take.

21. Have someone watch over your kids

If you have been used to watching over your kids, then you should hire someone to watch over them, at least for the time that you are going to have your job interview. However, it is best that you do it a day prior to it, so that you will have more time to prepare. Hire someone you can trust so that you would be at ease.

22. Hide your bad habits

You have to be selling yourself to the interviewer when you go through the interview. Thus, do not bring up certain negative experiences that you have gone through your life, such as your failing marks in high school, your tendency to procrastinate, and such. If you discuss these things, it may lead the interviewer to focus more on them instead of your good qualities.

23. Prepare introducing yourself

In an interview, there is always going to be the usual introduction, in which you would be telling the interviewers about your name, age, school attended, and such. It is best that you prepare your own spiel for this. By doing that, you would be having a good start, which can be a factor that can determine your entire performance.

24. Be flexible when it comes to scheduling for the interview, but avoid doing it after lunch

If you are asked by the company's representative regarding the schedule for the interview, you should be open to any possible time. However, if given a choice, it is best to have the interview in the morning. This way, you and the human resources persons would be starting out fresh. In other words, you are all in good mood and still full of energy.

25. Be prepared in the different types of interviews

Keep in mind that there are different types of interviews being conducted these days. Aside from the usual face to face, some would be done through phone or video conferencing. Therefore, you need to be prepared by setting your mind about it, so that you won't get surprised and lose sight on what you want to achieve.

26. Go to the restroom a few minutes before the interview

Since you are given the exact time when your interview would start, then you would be able to have enough time to make sure that you are properly focused when it begins. One of the things that you can do about it is to go to the restroom 3 to 5 minutes before the interview. By doing that, you can check how you look, as well as make sure that your bladder is empty.

27. Drink a glass of water prior to the interview

Whether it is going to be the final or initial interview for your job application, you can be assured that in order to get the job you want, you have to properly answer the questions asked. In other words, there would be lots of talking in your part. Drinking a glass of water before the interview starts should help ensure that your throat won't get dried up while you are talking.

28. Relax

While you are waiting for your turn to get interviewed, you need to relax yourself. If you are nervous about introducing yourself, then practice it, so that you would gain more confidence. Aside from that, you should also sit back read your notes, and enjoy a conversation with a friend if you have the chance. It is best to be relaxed before it starts, so that you would be calmed and collected by the time you enter the room.

29. Practice good posture

Whether you are already inside the room for your interview or are still waiting for it, you should always observe proper posture. When you sit or stand properly, you won't be putting too much pressure on certain parts of your body. Because of that, you would become more relaxed, and would be able to breathe normally, which are very important things when it comes to performing well in interviews.

30. Be confident

Whatever kind of position you are applying for, you can be assured that your employer wants someone who is confident enough in handling himself. Thus, it is important that you are confident about yourself. When you are confident, people would be able to see it on the way you move and the way you talk.

31. Be optimistic

Keep in mind that one of the best things that you can do in order to boost your self-confidence in getting the job you want is to think positively. You should always tell yourself that you can do it. By doing that, you would eventually reach your subconscious mind, and it would provide you with more motivation and drive, in order to get the job that you have been dreaming for.

32. Be courteous

Always remind yourself to treat the persons who will interview you with courtesy and respect. You can show this by preventing yourself from interrupting them when they are talking. Aside from that, show them that they are the ones who are in control, by simply following their lead, for the whole duration of the interview.

33. Make eye contact

In order to show your interviewers that you are sincere and that you are giving honest answers to their questions, you should look at them in the eyes. Aside from that, making eye contact would also show that you are listening to them attentively; and, this is one of the traits that they are surely searching for, in whatever kind of job that you are applying for.

34. Laugh politely

There are times when an interviewer would crack some joke, in which it is actually fine to laugh. Although laughing can take away your nervousness, and it is also quite embarrassing for the interviewer if you do not laugh at his joke, overdoing it is a different story. It is best that you keep your laugh under control, so that you would still show them that you are indeed professional.

35. If you should, compliment the company and not the interviewer

Always remember that when it comes to getting the job you want, flattery may not get you to it. Therefore, if you are planning on complimenting the interviewer, then you should think again. However, it is actually a good idea to compliment the company,

since employers like to hire people who actually like their company.

36. Ask the right questions

Although it is a good idea to ask questions, you should also pick those that are more appropriate. Aside from that, don't ask questions that are too obvious. Asking questions should be done in a professional manner, and it should appear that you are simply trying to supplement the knowledge you have regarding the business, which you have gained through research.

37. Don't ask about drug testing or background checks

Background checks as well as drug tests are often required by certain types of companies these days. In relation to that, if you get hired, your employer would tell you about it. Thus, it is best not to ask questions regarding it. Asking the questions may even make the other person think that you don't want to go through drug testing and checks, which is not a good way to impress them.

38. Don't ask about paid time off

Asking questions should be limited to general information about the company. Thus, it is inappropriate to ask about time off or paid vacation leave. Aside from that, when you ask about it, your employer may rethink hiring you, since he may begin to doubt your work ethics. In addition, he may also think that, you haven't even began working yet, but you are already thinking about having a vacation.

39. Don't try to ask questions just to prolong the interview

Prolonging the interview would not get you anywhere. The interviewers would not make use of a timer or a stopwatch, in order to see how much time you spent inside the room with them. Thus, asking questions to prolong it would not improve your chances in getting the job. Instead, just focus on more important questions to ask, to make a good impression.

40. Never lie in your interview

It is never a good idea to lie during the course of the interview. You should keep in mind that most interviewers are human resource personnel, in which they are most likely experts in psychology. Therefore, they would know how to look for signs, when someone is lying. Be honest, and if your honest answer puts you in a bad spot, always bring out the positive side in it.

41. Practice selling yourself

You should know how to sell yourself to your prospective employer. There may be a chance that you are not the most qualified candidate for the job; however, there is always a better way to present yourself to your interviewers, so that they would see that you are the best job applicant they have talked to for the week.

42. Discuss your hobbies, but be careful in doing so

There is a possibility that the interviewers would ask you about your hobbies. Even if you do have lots of hobbies, practice yourself in just discussing those that would not require much of your time. Because if you do discuss those that require time, your potential employer may think that you would not be able to provide your job with your full attention.

43. Take advantage of the first few minutes in building your confidence

Keep in mind that in most interviews, the first part of it would be the introduction, in which you would be telling them about yourself. It is best that you take advantage of it to build your confidence, by preparing for it. Anticipate certain introductory questions, so that you can prepare your answers for them.

44. Do not forget to bring copies of your resume

There are times when there would be more than one person who would interview you. Therefore, it is a good idea that you bring extra copies of your resume, so that you can hand it over to them. Interviewers would usually jot down notes on the applicant's resume; and, by making sure that each one of them has a copy of yours, you are making their job easier, which may score you some points.

45. It is best to turn off your phone

It is always best to avoid possible distractions, while the interview is being conducted. One of the things that may distract you as well as the interviewers is the ringing sound of your phone. If you put it in vibration mode, when someone calls you, you could still get bothered by it; thus, it is best if you turn it off, so that you can focus on the ongoing interview.

46. Prepare your references

You can be assured that your potential employer would ask you for character references. Therefore, it is best that you indicate them in your resume. If not, then be prepared in writing their names and contact details on a piece of paper, when asked. Just make sure that you ask your friends' and colleagues' permission beforehand, so that they won't get surprised.

47. Bring only things that are necessary

When you go to the venue for your interview, you don't want to be bothered with too many things to take care of. Therefore, it is best that you bring only those things that you really need. Bring a pen, a notepad, and other things, which you may think that you really need, prior to entering the room for the interview.

48. Practice your handshake

At the start of the interview, there is a good chance that your interviewers would shake your hand, prior to asking you to sit down. Keep in mind that some of them do this just to welcome you, while others do it, since a handshake can tell someone a lot about a person. It is best to have a firm handshake, but not too hard, so that they can see that you are a confident person and someone whom they can rely on.

49. Enhance your nonverbal skills

Your nonverbal skills would include the way you position yourself, while the interviewers are asking you questions. Negative nonverbal skills would include slouching, looking at the ceiling, not maintaining eye contact, and such. To present yourself positively, you should maintain good posture, avoid doing certain hand movements, and look at your employers straight in the eyes.

50. Listen to the interviewer attentively

One of the things that you want to avoid during the interview is to have your interviewer repeat his questions. Thus, it is best that you listen to him attentively. By doing that, you would not just make sure that you can understand the questions properly, but it would also show that you are interested in getting the job.

51. Prepare an answer about a question referring to your future

When an interviewer asks you about where you would see yourself in 5 or so years, then he is trying to see if you are planning to have a short term or a long term engagement with them. Thus, it is best to choose your answer wisely, since it can be the final question that can determine the outcome of the interview.

52. Prepare an answer about a question that would tell them why they want to hire you

This is the question that would give you the chance to tell them about how interested you are in working for them. Aside from that, you should also support your claim that you are the best candidate by mentioning some of your skills, which may help you perform at your best for the job you are applying for.

53. Prepare an answer for a question regarding leaving your previous job

When an interviewer checks your resume and see that you are either about to leave your previous job or already left it months ago, then he would ask you a question about it. Provide a positive answer for it, such as career development. Don't provide any kind of negative comment about your previous company, since that is not a good idea.

54. Prepare an answer for a question regarding what you have been doing ever since leaving the previous company

If you have left your previous job prior to applying for this new job you are being interviewed for, then you should prepare a good answer, if you are asked about what you have been doing after leaving the previous job. Try to focus more about doing things to improve your marketability, such as developing certain skills, or improving your knowledge on certain things.

55. Prepare an answer for a question regarding your strengths as well as weaknesses

Interviewers in most cases would ask you about your strengths and weaknesses. When it comes to your strengths, focus more on the things that you are used to doing, in which you are able to develop your skills. For your weaknesses, it is best to focus more on how you were able to come up with ways in improving yourself, or overcoming your weaknesses.

56. Prepare an answer for a question regarding whether you work better with a team or by yourself

In answering a question like this, it is best to consider that employers are trying to see your motivation as an individual, as well as your potentials of becoming a leader. Thus, answer it with something that would tell them how you excelled in both types of working environments.

57. Prepare for questions that would relate to your experience

When your potential employers ask you about your past experiences, it is best to consider the type of job that you are applying for in answering it. By doing that, you can provide them with answers, which will show them that you have gone through certain tasks, which can help you in doing your job well if you work in their company. Thus, focus more on your experiences that are related to the job you want to have.

58. Prepare to tell them instances when you went beyond your call of duty

Interviewers are in constant search for workers who would go an extra mile in either serving the company, or its customers. Therefore, it is best to prepare telling a short

story, which would show them how you go beyond the expectations of your employers or customers, so that they can also expect that from you if ever they decide to give you a try.

59. Elaborate your answers but don't overdo it

When you provide your answers to each of the questions, you should try to elaborate it, so that they would see a better picture of what you are trying to tell them. However, it is not wise to overdo it, since it can consume too much time. Aside from that, it may also lead them to think that you are trying to exaggerate things.

60. Don't forget to practice answering questions of interviewers

A day or two prior to the interview, it is best to think about all the possible questions that interviewers would ask you. Try to come up with your answers to these questions, and say it out loud. It is even better if you look at yourself in the mirror in doing this, so that you would be able to see your facial expression, and make adjustments if necessary.

61. Come up with your own questions

Keep in mind that employers want to hire people who are interested in their company. Thus, it is best that you come up with your own questions that you want to ask during the interview. However, you should think about these questions prior to the interview, so that you would be able to come up with professional and appropriate ones.

62. Prepare probing questions

Probing questions would show that you are not just asking questions, just for the sake of asking them. It would show your potential employers, that you are indeed trying to get certain facts in order to satisfy your curiosity. Aside from that, it would also show that that you are indeed interested about their company.

63. Make available an email address where they can contact you

In these modern times, there is a possibility that your potential employer may want to contact you through email after the interview. Thus, it is best to provide them with one. However, you should also ensure that it comes from a reputable site, so that they won't hesitate sending you a message.

64. Be friendly to all persons you come across with

When you are waiting for your turn to get interviewed, you would be coming across a number of persons. It is best to treat them with respect and courtesy. Although in most

cases, many of the people you would meet are also employment candidates, there is also a chance that you would rub shoulders with your interviewers.

65. If a company literature is available, read it

When you arrive early at the venue for the interview, the receptionist would most likely ask you to take a sit, and wait for a few minutes. If you chance upon a company literature, don't hesitate in reading it. Doing that would provide you more idea about the company, which could also help you in answering their questions related to it.

66. Be a professional in introducing yourself

Begin the interview by presenting yourself professionally. This would mean that you need to practice talking in a professional tone. Aside from that, you should answer their questions in the same way; and, don't ask personal questions or bring up personal issues. Presenting yourself professionally would also help you in building your confidence.

67. Take note of important things that might come out during the interview

There are lots of things that might come out during the interview. Aside from your experiences, skills, or talents, things like your relationship with your previous colleagues, may also come out. Thus, it is always best to be prepared so that you won't feel lost when they begin asking you questions.

68. Breathe deeply

Nervousness usually attacks a person just before the interview starts or upon introducing himself. Thus, it is best that you take a deep breath, just before uttering the first word. Breathing deeply would calm your nerves, which can effectively take away your nervousness. This is very important, since you need to be calmed and collected, in order to be comfortable in talking with your interviewers.

69. Don't be afraid in asking the interviewer to repeat his question

Although you may be shy in asking your interviewer to repeat a question, it is still better to ask him to do it, instead of risking giving out an answer that is out of topic. However, you should try to listen as attentively as possible, so that you won't keep asking him to repeat himself.

70. Let the interviewer offer you the seat

After entering the room, you would probably see a seat where, employment candidates are going to be interviewed. However, it is best that you wait for the

interviewer to offer you the seat, before taking it. By doing that, you would show them how polite you are. When the seat is offered, don't forget to thank them.

71. Be yourself

If you believe that you are indeed the person who should take the job, then you should be yourself when you go through the interview. Let them get a glance of your positive personality, as you answer questions by your interviewers. By doing this, you would be providing them with an impression that you are not hiding anything.

72. Don't forget to review your resume before the interview

When potential employers ask you questions, some of these queries would be related to the facts that they are able to read from your resume. Therefore, you should review your resume prior to going through the interview, so that you would be prepared in answering questions related to them.

73. Rephrase the question if you are not able to understand it perfectly

There may be times when, even if the interviewer clearly stated the question, you are not confident that you understand it properly. To make sure that you did, you should reword the question, to confirm if it is what the interviewer is asking about. Doing this would not just ensure that you understand it perfectly, but it can also help you provide the right answers.

74. Let the interviewer stay in control

Even if you have become quite comfortable in discussing things with your interviewer, it is still best that you let him stay in control. This would show that you respect him, and you simply want to follow his lead in conducting the interview. When you do this, you would be able to encourage a more positive atmosphere between you and the interviewer.

75. Be enthusiastic in providing your answers

When interviewers ask you a bunch of questions, you should show them that you are interested in providing them the answers. By doing this, it would give them the impression that you are an open book, which they can always acquire important answers from. Thus, it would show them that you are also someone they can rely on.

76. Do not interrupt

There may be times when you still have a lot of things that you want to say regarding a question they asked. However, you should not be carried away with it, and interrupt

your interviewers. Interrupting them would show disrespect, which is not a good thing to do if you want to get the job that you are applying for.

77. If you want to highlight certain strengths, make sure it would coincide with the position you are applying for

There may be times when you want to emphasize on your strengths, in the effort of impressing the interviewers to get the job. However, you need to make sure that the strengths you are focusing on are related to the position you want. This way, you can assure them that your skills can help you perform at your best with the job you want.

78. Salary expectations

One of the most common questions that may be asked by an employer is your salary expectations. Thus, you should come up with a figure just before the interview. For the amount you want, try to estimate how much they are paying for the position you are applying for. If you are currently employed though, try to make it higher than what you are earning, but don't overdo it.

79. Be prepared in saying something better, if a question comes up, in which you don't know the answer to

Just in case a question comes up, which you don't know the answer to, try to still make a positive impression, by admitting that you don't know it, but you are positive that they would provide you training for it. In most cases though, such questions may be technical in nature; thus, it is best that you are qualified for the position you are applying for.

80. Be prepared in saying something, if they tell you that there is a part in the job, which you do not have any experiences with

This can happen if they check your resume and they see nothing in it that may be related to some tasks, which are involved in the kind of job that you are aiming for. In this case, you should assure them that you are looking forward to developing more skills, which is one of the reasons you want the job. Aside from that, if you can think of an experience that you have gone through that is related to it, then you should mention it.

81. Don't talk too fast

Aside from making sure that you understand the questions perfectly, you should also ensure that your interviewers understand everything you are saying. Therefore, you should be conscious in pacing yourself when you give out your answers. Talk in a slower manner, so that you can properly construct your sentences, and explain things clearly.

82. Ask for water if you need one

At the middle part of the interview, if you have already discussed a lot of things, then there would be a possibility that your throat may become dry. If you experience it, you should not hesitate in asking for a glass of water. This would ensure that you can go on with the interview, and be able to answer questions, without minding your throat.

83. Don't assume that interviewers are very familiar with certain acronyms

Even if you are applying for a technical position, you should keep in mind that there is a possibility that your interviewers are not familiar with some technical terms. Thus, it is best that you make use of simpler words, so that they won't have to keep on asking you to explain things further.

84. Don't say anything negative regarding your previous employers

Whether you are currently employed or you have left your previous job a few months ago, you should not mention anything negative about the previous company you worked for. Be honest as you can, but always stay positive. Keep in mind that they could also become your previous employers if they hire you.

85. Discuss your hobbies if you want to, but don't overdo it

Interviews usually go through certain steps in the part of the employers. At the starting point, they may ask you about personal things, such as your hobbies. In answering a question related to that, you should make it brief, since they are just checking how normal you are living your life.

86. Make sure to let your interviewers know that you really are interested in the job you are applying for

There are instances when a person does not get hired, even if he answered the questions as perfectly as possible. A possible reason behind this is that, he was not able to provide an impression that he is really interested in the job. Thus, you should make that as a part in selling yourself to the company, so that you can get the job.

87. Don't forget to smile

Whether you are still at the lobby and waiting for the interviewers to call you, or you are already with them, you should not forget to smile. Smiling would not just encourage a positive atmosphere, but it can also make you feel better about yourself. Aside from that, since smiling is contagious, they could see you as someone who could encourage other employees to smile while they are working as well.

88. Thank the interviewers

Don't forget to thank the interviewers as the interview is coming to its conclusion. This would show them your appreciation in giving you a chance in getting the job that they are offering. Aside from that, it would also come out that you are indeed a person who practices professionalism.

89. Shake the hands of the interviewers if possible

Aside from thanking your potential employers for the time they spent in checking your qualifications, you should also shake their hands, before leaving the place. This is also a gesture that would show your professionalism. On top of that, if you were not able to shake their hands at the beginning part of the interview, then this is the time to make a good impression in it.

90. Keep in mind that they also have a schedule they need to follow

You would know if it is already the final steps of the interview, since in most cases, your interviewers would already put down their pens and your resume. Thus, you should not prolong the interview by telling them about something, or asking more questions. Keep in mind that they also need to follow their schedules.

91. Tell your potential employers that you are looking forward hearing from them

By telling them that you are looking forward getting in contact with them again, you are reiterating that you are indeed very interested in getting the job. If you are among the candidates they are seriously considering for the position, then showing them your interest may eventually seal the deal.

92. Ask the interviewers for their contact details if possible

Before you leave the office after the interview, try to ask your potential employers for their contact details. This would provide you a way to contact them to know about how you did on the interview, a day to a few days after the interview.

93. Assess the outcome of your interview

After the interview, try to assess the outcome of it, so that you would be able to have your own prediction about getting the job or not. It would also give you a better way of deciding, whether you want to keep on looking for other opportunities that are available or not.

94. Try to identify things that you could improve on for the next interview

No matter how much you have prepared for the interview, there is always room for improvement. Thus, it is best that you identify the things that you could make some improvements on it, so that you would have better performance the next time. Keep in mind that the next time could also be your final interview with the same company.

95. Note down the questions that you were not very prepared for

In an interview, in most cases, the questions that you would definitely remember later on, are those that you were not able to provide answers, which you were very satisfied about. Take note of them, so that you would come up with better answers to them, and be ready the next time.

96. Think positively

Even if your assessment tells you that you are not going to land on the job you want, you should still think positively about it. Thinking positively should also be done prior to the interview, so that you would be confident enough in going through it. Believe in yourself, so that your interviewers would see you as the employee that they are looking for.

97. Contact one of the interviewers the next day

To get a better idea regarding your performance in the interview, it is a good idea to contact one of the interviewers the next day. However, you should make sure that this is a practice that is acceptable to them. Aside from that, if they can't provide you a clear answer yet, don't force them to, since it may annoy them.

98. Keep your phone beside you all the time

After the interview, make it a point to place your mobile phone beside you for most of the time. Although in most cases, you would be called up by your employers a day after the interview, it is still best to keep your phone near you, since there may be certain things that they need from you, in addition to their requirements.

99. Contact the people you have indicated as references

Do not forget to tell your colleagues, your friends, or your previous employers that you have indicated them as character references. This is to prepare them in possibly receiving a call from your potential employer. Aside from that, it would also give you a chance to remind them to tell your new employer about positive things about you.

100. Be prepared for an offer

When you feel that you are getting the job, then you should prepare yourself for a

possible job offer. Thus, you should try to anticipate the kind of compensation that they could offer to you, and decide on the things that could make you decline the offer or accept it. Keep in mind that there is a big possibility that what you indicated as your salary expectation could be the same as the offer.

101. Assess their offer as properly as possible

If a job offer takes place, in most cases, you would be at the office of your potential employer to sign on a contract if you decide to accept it. Before you make up your mind though, make sure to assess the offer by considering the compensation, benefits, and other things, so that you can make a sound decision about it.

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Photography Tips

1. Gather photography information as much as you can.

To begin with your career in photography at the right path, you need to gather more information about it first. Gathering information would provide you guidance on the right steps that you need to take. Researching can be done through the internet, talking to professional photographers, as well as reading some books about the subject.

2. Purchase the digital camera that you want.

Even if you are still at the starting point of your photography career, it is best to purchase the type of digital camera that you really want. You should purchase something that can provide you with the kind of pictures that you want. By using a camera that provides quality photos, you would become more motivated in taking more pictures with it, even if you are still trying to learn about it.

3. Invest in a tripod.

Having a tripod can provide you with lots of benefits, as far as taking pictures is concerned. It is one of the things that you need to invest on, in order to have quality landscape shots. Aside from that, it would also help you in taking glorious pictures of sunset or sunrise.

4. Time your shots well.

Timing your shots well is one of the keys in taking beautiful pictures. This is actually one of the reasons why some professional photographers would suggest beginners in the field, to make use of filmed cameras at the start. This is because, using such types of cameras can help a person develop a good habit in timing and choosing his shots, due to the fact that the film limits it.

5. Don't hesitate to try new angles.

There is always a tendency for a beginner to stick on taking pictures of his subject head on. If you are doing that, you may be preventing yourself in finding the best angles. Thus, it is a good idea to try out different angles first. Try to be taking the picture from the top or from below. By doing that, you can have different perspectives of the scene.

6. Always look for candid shots.

Looking for candid shots can actually provide you with more opportunities of taking the best shots. When you check out different photos, you will find that some of the best

ones are those that are taken without the subjects looking at the camera. Capture scenes where people are doing their usual things, and you will see how natural it would become.

7. Make use of UV filters on the front of your camera lenses.

UV filters can provide your camera with the protection that it needs, in order to stay in top condition. Place the filters in front of your camera lenses, so that your lenses would be protected from scrapes or knocks. With that, you can be assured that your lenses last longer.

8. Buy different lenses and swap with a fellow photography enthusiast to save money.

Camera lenses are quite expensive these days; and, having a good number of them would offer you more when it comes to taking pictures. However, if you want to save on cost, then find a friend who has the same brand of camera that you have. Aside from that, have an agreement with him in purchasing different lenses, so that you can simply swap lenses whenever you need to.

9. Use a remote if you still get blurred shots even with the use of a tripod.

Even with the use of a tripod, there is still a possibility that you would get blurred shots. This can be due to the way you press the shutter button, in taking the pictures. To get around that, all you actually need to have is a remote. Aside from that, you can also make use of your camera's delay timer.

10. Make use of your mobile phone's camera if you are trying to scope for beautiful landscape shots. So you won't forget them.

Scoping for great landscape shots can become a fun activity, especially if you won't keep on forgetting those that you want to visit later on. To prevent that from keep on happening, you can always make use of your mobile phone's camera for it. By doing that, you would be able to remember where you want to shoot your landscape scene next, by simply checking your phone.

11. How to make sure that your lenses would not knock against each other while being put inside your bag.

Camera lenses do not come very cheap these days, which is why you need to take care of them properly. To make sure that they won't destroy each other while being put inside the bag though, you can use your hiking socks for them. All you have to do is to cut the socks into its proper sizes. Just make sure that the socks are cleaned so that your lens would not get dirt on it.

12. Provide yourself some time to look through the photographs that you have taken a while ago.

Checking out your work after a few weeks that you have taken them, can provide you a new feeling for the photos. Aside from that, it would also give you the opportunity to see what you did right, and what you did wrong. More importantly, even if you did really well with them, you can always use them as your guide to make improvements.

13. How to take pictures of fast moving or unpredictable subjects.

There are times when you want to capture an image or images of subjects that are erratic or moving fast. An example of this would be your pet dog playing around the garden. To make sure that you can capture a decent picture, simply make use of your camera's continuous shooting mode. With that, it would take a number of shots in just a second, which would give you the chance to catch a good shot.

14. What you can do to become a wedding photographer.

If you want to become a wedding photographer, you want to start it right, so that you can get more clients. Starting out right in photography means gathering more information about it. However, you should also practice more; and, one of the best ways to do that is to volunteer as one of the photographers for your friend's or relative's wedding celebration.

15. How to make sure that you are buying the right kind of lens, especially if it expensive.

Lenses are available in different models these days. Some are big, while some are small. Keep in mind that such camera accessories are quite pricey. To make sure that you would be purchasing the right kind though, you can always rent certain types of lens for a few days first, so that you can check out their many functions and advantages, which should help you make the right purchase.

16. Create a homemade light box if you are trying to take pictures of your products.

If you are trying to sell certain products online and you want to take pictures of them, you should have a good light box for it, so that your pictures would really look good. A homemade light box can be made with a cardboard box and a tracing paper. With your homemade light box, you can take quality pictures of the products, which would help in selling them faster.

17. Lower down your camera.

In most cases, you would usually take a picture standing up. Try lowering it down for

certain types of shots, so that you can also explore different angles. Checking out different perspectives would provide you with more options on how you want to go about in taking a picture of your subject. Aside from that, lowering down your camera is one of the best things to do when your subject is small.

18. Make your hobby pay you for all your hard work.

To gain more motivation in taking beautiful pictures, one of the best things that you can do with them is to sell them on stock photography websites. These sites can expose your pictures to people who are looking for the best images for their marketing efforts. In other words, if companies find that your pictures are in good quality, and they are applicable to their products, then they would purchase it.

19. Use plastic LCD screen protectors.

You need to protect your camera's LCD screen at all times, since it is where you would check the images you captured. To achieve that, you can simply make use of LCD screen protectors for them. They can ensure that your LCD would be free from scratches and dirt. Thus, with them, you can maintain the quality of your digital camera for a longer period of time.

20. Manipulate light.

Capturing light for the picture that you are taking is considered by some as an art. To manipulate light, you need to consider the different sources of it, such as the sun, flashes, and lamps. You have to know that these different sources may also need different tools, in order to take advantage of them, such as the reflectors, diffusers, and snoots.

21. Check out the exif data.

When you check back on your pictures, it is best to check out the camera settings when you took them. Some of the setting you want to know about regarding this would include the aperture, shutter speed, and such. To do that, refer to the exif data of the pictures. By doing that, it can help you take note of the things you have done right or you have done wrong, and make improvements.

22. Use your flash outdoors.

This idea may seem a bit funny for some. However, using your flash when you are taking pictures outside is actually a good idea. It is often referred to by professionals as "fill flash". Using your flash outside can help light up your subject even on a sunny day, especially if the light is coming from behind them.

23. How to take pictures of sunsets.

Setting your white balance to daylight and not to auto is a good idea when taking pictures of sunrises or sunsets. Oftentimes, when there is lower amount of light, your camera may not provide you the best photo for it. Thus, it is best to set it to daylight, or better yet, put the white balance mode to manual.

24. Back up your images.

Backing up your images is one of the most important things you need to do. You can easily do it by purchasing an external hard drive for your computer. By backing up your images, you are assured that they won't get lost. Back up your photos every one or two weeks, and store the it in a place that is safe.

25. How to manage your hard drive space.

Managing your hard drive space is very important, since it is where you would store your images. Save space on your hard drive by spending some time in sorting out the images. Select the images that you really want to keep. After doing that, all those that you have not selected should be deleted, so that you can save more room for future photos.

26. Reason to avoid the built in flash.

In using the built in flash of your camera, it can provide an undesirable effect to your subject. It can leave your subject with too much light. Thus, if you can save up some money, it is best to invest on a quality external flash. Pair it with a diffuser, and learn how to make use of them properly to obtain the best photo quality.

27. Talk to your subjects.

When you are trying to take portraits, it is best to talk to your subjects while you are doing it. When you talk to them, it would make them more comfortable in front of the camera, which makes the photos look more natural. Aside from that, it can also provide you a chance to take candid shots.

28. Testing out the modes of your camera.

If you have just bought a brand new camera, one of the first things that you can do is to test out its different modes. You should try out its auto mode, manual mode, and such. By doing that, you would become more familiar of its settings. Thus, you would learn more about what settings to use in different types of photo taking.

29. What to do without using a tripod.

If you don't have a tripod, you can still take quality photos by bracing yourself while shooting. You can do this by leaning against a wall, or resting your camera on top of a stable object. Aside from that though, to make sure that the photos are not blurred, it is best to hold your breath when pressing the on the shutter button.

30. Always return the settings of your camera to the average one.

There are times when you want to take pictures while you are strolling around the park, or at your neighborhood. To make sure that you can take an instant shot, it is best that you always put your camera on regular settings. With that, you would be able to snap on it immediately, without having to go through lots of hassles in getting the right settings.

31. Doing a trick with sunglasses.

Increasing the color saturation can still be done even with the use of a compact camera. All you have to do is to hold your sunglasses on top of the lens, in which it would serve as its polarizing filter. This would reduce the glare and reflections. However, take a few shots first, so that you can ensure that you won't include the frames of your sunglasses into the picture.

32. Do some experimenting.

Lots of beginners in photography are pretty serious in following all the things they learned through the books they read. To stand out from the rest, you should do some experimenting by not sticking to the rules all the time. When you do that, you would be able to discover new techniques and compare different perspectives.

33. Have your own calling cards.

Having your own calling cards is a good way to let people know that you can offer your photography services to them. However, it is also one of the things you can do to make sure that you won't be offending someone, when you take their picture off the street. If someone confronts you, just hand over the card, so that he would realize that you are an artist or a professional. By doing that, the person would feel good that you have chosen him as your subject.

34. How to decide in deleting or keeping the image.

Oftentimes, you might find yourself out of space to save your photos in. Therefore, it is best to decide on what images to keep and what images to delete. To decide on deleting an image, just simply think about hanging it on your wall. If you don't like the thought of doing that, then that means that the image should be deleted.

35. Build your portfolio.

Whether you want to become a professional photographer or not, building a portfolio can still offer lots of advantages. Building one can be done online, in which all you have to do is to save your best photographs in a certain website, after signing up for your own account. By doing that, you would be able to check your photos easily, even when you are away from home, and set your standards higher.

36. Making sure that the photo tells a story.

Prior to hitting the shutter in taking a picture, it is best to take some time to check your subject, as well as the frame. Try to see if the subject blends well with its background, and other things that would be included in the photo. By doing that, you would be able to ensure that your photograph would tell a story.

37. Setting yourself up for a challenge.

Improving your creativity can be done by challenging yourself in taking at least one good photograph each day. Even if you don't feel like it, you need to stand up, and take a picture even for the most uninspiring objects. By doing that, you would later on realize that you can simply make use of your imagination, in order to take interesting pictures.

38. Read the user manual.

Many people today do not take time in reading the user manual of their digital cameras, assuming that all of the functions can be learned by simply playing with them. However, if you try to sit down and give it some time, you would realize that there are things that you can really learn from it. Reading your user manual would provide you a way to learn more about your camera's functionality.

39. Shooting pictures in the city.

Taking pictures in the city can be dull for some people. However, there are actually lots of ways that you can make the pictures look more interesting. One of which is to go to a multi-story parking lot, and take pictures at its different levels. By doing that, you would be able to see great views of the city. Aside from that, it would also offer a fresh perspective over the usual ground shots.

40. Don't let rain get you affected.

Oftentimes, when it is raining, you could find yourself getting discouraged in taking pictures. However, there are actually lots of ways that you can go around it, and still take beautiful images. For example, taking a picture through a window that is covered

with rain would provide you a gloomy effect for a change.

41. What to use as a light reflector.

Having a light reflector can help you a lot when it comes to taking portraits. Using a large piece of paper that is colored in white can already be used as your light reflector. With a white paper reflector, you can use it for portraits, as well as for still-lives. Do some experimentation, so that you can achieve the kind of quality you want.

42. How to prevent your subject closing his eyes.

If you usually end up with pictures of kids closing their eyes when they blink at the wrong moment, you can actually do a simple trick to prevent it from happening again. You can simply tell him to close his eyes, and open them only when you would say so. Tell him to smile as well, so that you would be able to take a good portrait picture, in which has his eyes opened and he is smiling.

43. A trick to get your focus right.

Oftentimes, people find it quite difficult to get the focus right in doing a self portrait. To get around it, you can turn off the lights, while holding a flash light just right next to your eye. While you are doing that, press your remote shutter half way down to trigger its auto focus. After which, just turn the lights back on and take your self portrait. Your camera should already have the right focus by then.

44. Using a compact camera.

Using a compact camera can produce images that are not in top quality if it is not set in optical zoom. With that, it is best if you know how to recognize or change it from digital to optical zoom. To achieve that, you can always check the user's manual that comes with it.

45. Taking pictures while traveling.

When you are traveling, one of the best ways to learn more about the best spots to take pictures at, is to check out brochures about it. Aside from that, you can also visit travel blogs and sites. By doing these things, you can take a glimpse of marvelous landscape pictures, which should give you a better idea about where to situate yourself when you reach your destination.

46. Not having the right exposure?

It can be tricky to get the right exposure at times with a new camera. To fix it, you can always put it in Auto mode and take a snap at an object. If the picture comes out in

good quality, then check out the settings that the camera has chosen for it. With that, take note of the settings, so that you can follow it in the future.

47. Don't forget to visit the website of your camera's manufacturer.

Do not forget to visit the web portal of the company that made your digital camera. In most cases, when there are new software or firmware updates, it would be posted on the site, and you can download it easily. Aside from that, you can also take advantage of its section, where people and technical persons would discuss certain issues.

48. Presets.

One of the best things about modern digital cameras these days, is the fact that they can allow you to have your own presets. With presets, you can identify the settings that you deem most appropriate for certain scenes. Save your presets, so that you can easily activate them when needed.

49. Taking care of your camera's batteries.

Camera batteries need proper care in order for them to last longer. One of the best things that you can do for it is to let it get drained once or twice in a month. Once it is fully discharge though, make sure that you also charge it properly. This practice would ensure that you are extending the life of your batteries.

50. What to do with spots on the pictures.

There are times when you may see certain spots on your pictures. When this happens, it could be a sign that your lens or sensor has dust on it. Try to blow it and take another picture. However, if you want to make sure not to experience it again, you should purchase a cleaning kit for your sensor soon.

51. How to properly take pictures of fireworks.

Fireworks can be quite tricky to capture. However, there are certain steps that you can take to take beautiful photos of them. A couple of them would be to make use of a tripod, and make sure that your focus is set to its maximum level. Aside from that, use longer shutter speeds for it around a one second to five seconds.

52. Shooting a moving object.

If you want to take pictures of a moving object, then make sure that your camera is equipped with an auto focus tracking mode, or something similar to it. This feature will make your camera to track the moving object automatically, while constantly adjusting its focus. With that, all you have to do is to make sure that you are going to get the

composition right.

53. Try to enjoy your hobby.

If you want to become good in photography, you should learn to enjoy it. Don't be too hard on yourself, whenever you come up with shots that are not satisfactory. Getting no decent shots can actually happen even to the best photographers. When that happens, challenge yourself and practice more.

54. Using natural reflectors.

Using natural reflectors can bring out the best in your photographs. For example, if you are shooting pictures at the beach, the white sand can serve as your giant reflector. To take advantage of it, have your subject sit down on the sand. Aside from the sand, water can also serve as a good reflector.

55. Shooting pictures on a cloudy day.

If you want to take excellent portraits outdoors, then do it on a cloudy day. When it is cloudy, it would actually even out the light. This is due to the fact that the clouds can serve as your giant reflector. Aside from that, it can also control the light coming from the sun, which can allow you to take full advantage of your flash.

56. Using a broom handle instead of a light stand.

If you have an assistant with you when you are taking portraits, it is a good idea to place the flash at the end of a broom stick. Let your assistant hold it at the proper point. By doing this, you won't have to worry about the stand getting knocked over due to the strong winds. This can help you work faster, and with more convenience.

57. Try to come up with three photos in a row.

When shooting pictures of children, you should try to take three or more photos in a row. This way, you would be able to capture their movements, which can become quite funny or interesting. After taking the photos, you can simply put them all in a film strip, which you can do with a software program. The pictures when presented well should tell a story about the kids.

58. Don't let your model wait for you.

Having a model wait for you is not a good way to start. This can make him or her lose that energy, which you would need in coming up with beautiful portraits. Thus, before your model arrives at your place, you should do your preparations beforehand. Have it done hours before, so that you can start immediately minutes after your model would

show up.

59. Pay attention to the background.

Keep in mind that the subject of your photo should be the one that would capture the attention of the people viewing it. Therefore, you should be mindful of the background. With a background that can distract a viewer's attention, your subject's smile or pose may be neglected. Thus, choose the background well, so that the focus would remain on the subject of your photo.

60. Don't delete photos while inside the camera.

While the pictures are still inside the camera, it is not wise to delete them yet, especially if you are unsure. This is because the LCD screen may not provide you with the right way to judge the shot, due to the fact that it is not big enough. Therefore, it is best to transfer the photos to your computer first, before selecting the ones that you want to delete.

61. How to have perfect candid shots.

Candid shots that are taken in the perfect moment would help you achieve what you want to portray. It is quite challenging though, but one way to do it perfectly would be to predict the next movement or action of your subject. For example, if you want to portray the faces of the members of a soccer team after winning the game, then take pictures of them just when the competition is about to end.

62. Shooting group portraits.

To bring out the best in a group portrait, try not to have their heads in a straight line. In other words, try to vary the heights of their heads so that the picture would become more natural and interesting. For example, if you are taking a family picture outside, situate them near a group of large boulders, so that they would sit on different levels.

63. Spacing in group portraits.

When the right spacing is observed, a group portrait would look more beautiful. Although people would want to have more space in between them when they pose for a group picture, it is still better to put them closer together. Try to explain this to them, so that they would be able to understand.

64. Know your subject better.

When someone hires you to take pictures for his or her event, it is wise to get to know them better. By knowing your client, you would know what sort of pictures he would

and would not like. When you are able to learn more about your subject, you would have more chances of taking pictures that would reflect your client's personality.

65. Shooting subjects with long noses.

When your subject has a long nose, it can become a distraction once the photo is taken. To make sure that this is not the case, what you can do is to shoot the subject head on. Aside from that, it would also be wise to have his chin slightly up. In doing it this way, the person viewing the photo would not even notice the long nose.

66. Know your camera well.

It is always best that you know how to set your camera properly, in accordance to its surroundings. However, this may not be enough, since you may be asked by your client to take pictures in different places in the venue, which requires different effects. Thus, apart from knowing the settings of your gear, you should also have the ability to switch them quickly.

67. Check out the poses before taking the shot.

Before taking pictures of your model, try to use your imagination when it comes to the poses you want him or her to do. Aside from that, you should also think of ways of how your model can do it. Once you have thought of the poses, let your model execute them the way you want it to be done, and try out some new things.

68. How to minimize reflections from glasses.

When you shoot subjects that wear glasses, there is a possibility of glare on the glasses. Having glare on the glasses is not a good sight to see. To get around it though, all you need to do is to invest on a good polarizer. When you put on the polarizer, it would greatly solve your problem.

69. Don't be too reliant on your DSLR.

It is true that having a DSLR would provide you better picture quality than your point and shoot gear. However, it is not a good reason to miss out on a great moment that is worth capturing, just because you were not able to bring it with you. If you feel that a moment that you should capture is about to unfold, you should click away with whatever you have.

70. Don't forget to come up with a list.

When you are about to leave your place to perform a shoot, it is always better to have a list of what you need to bring. Aside from the things to bring, the list should also

indicate certain processes you need to do prior to leaving. Some of which would include charging the batteries, testing your camera, transferring the pictures to your PC to empty your memory card, and so on.

71. Shoot with other photographers.

It is always best to shoot with other photographers, especially with those that are more experienced than you are. This way, you get to learn lots of things from them, such as their techniques, their equipment, their style, and a lot more. Aside from that, you can also make new friends. Doing this would certainly offer you an opportunity to learn lots of new things.

72. Think first and slow down.

There are times when it is better to slow down taking pictures and think. This would provide you a way to listen to yourself. By doing that, you can come up with brighter ideas, better poses, better angles, and a lot more. Thus, before you press on your shutter, try to think about the image you are capturing first.

73. How not to forget client's name.

You could become quite uncomfortable when you are talking with a client, while taking his pictures, and you forgot his name. One of the ways to prevent that is to write down his name on a sticky note, and let it stick at the back of your camera. Make sure to make the note small enough for him not to notice it.

74. Taking a picture of a person with deep set eyes.

When you take portraits, you may eventually come across a client who has deep set eyes. When you take his picture, you would realize that it can cause deep shadows to appear on his eyes. To get around that, all you actually have to do is to lower your source of light a little. By doing that, you can ensure that the light can reach the space under his brow.

75. Hiding wrinkles.

If your client has wrinkles and you want to impress him by coming up with pictures that do not show them, then what you can do is to use a larger type of light source. This can make the pictures soft, especially if you bring the light closer. Aside from that, you can also use more frontal light, instead of side light.

76. Choosing a model.

Choosing a model should be done carefully, especially if you are trying to come up with

pictures for a commercial. In most cases, people would prefer ladies who look really hot. However, you should also make sure that you are choosing someone who is approachable and friendly. By doing this, you can ensure that you would be able to work with her easily.

77. Take pictures.

If you consider yourself as a beginner in this field, you should not be afraid in taking more and more pictures. You can now purchase a memory card that can provide you with lots of space for your pictures. Thus, you should shoot as many times as possible, for the more times you do it, the better it would be for you when it comes to learning.

78. Emphasize your subject.

When you take a picture, you should emphasize your subject as much as possible. When you check the frame, your subject should not appear small in it. Make use of your camera's zoom, or move closer to the subject, so that you can fill the frame with her. When you do that, you should also try to come up with ways to emphasize her desirable features.

79. Preview your shots.

To ensure that you have the right exposure in taking the shots, you should learn how to preview them properly. When you are taking pictures under the bright sun, it can become tricky because of the light. Thus, you should find shade, so that you would be able to see it clearly.

80. Don't focus too much on the mega pixels.

When you listen to people in trying to shop for digital cameras, you could often hear them asking about the mega pixels of the products, and would even go for those with larger ones. You should not focus too much on this, since larger mega pixels simple means it gives you a way to print pictures larger without affecting their quality. Unless you are selling poster sized prints, you won't have to get the camera with the largest mega pixels.

81. Spare battery.

It is always best to carry a number of extra batteries on your bag when you are shooting pictures. This is because, you would never know when a great moment could happen; and, running out on battery juice can make you miss it. Charge all your extra batteries and bring them, so that you won't have to miss out on great shots.

82. Learn more tricks from others.

Learning is something that you need to do when it comes to photography, even if you have been with it for a number of years. Thus, it is always best to be open about new techniques, new methods, and such. Keep in mind that even the best photographers learn from each other; thus, it is also best for you if you do so.

83. Take a photography course.

As a beginner in photography, you need to find ways to learn more about it. One of which is to take a photography course right at your own place. By going through a course, you would be able to gather more information about the subject. Aside from that, you may even be taught about certain techniques that other beginners did not have the benefit to learn about.

84. Try shooting black and white.

You should always do something different from time to time, so that you can come up with more interesting shots. One example of it is to shoot pictures in black and white. One of the things that you can observe with black and white shots is that, they are usually very interesting, even if you thought they would be boring.

85. Try capturing the subject off center.

When you take pictures, you would probably put your subject at the middle of the frame. However, if you check out professionally taken photos, most of them are actually made more interesting, since their subjects are captured away from the center of the frame. Therefore, try to picture your subject off center, and see the big difference.

86. Carry your camera with you.

If you don't want to miss out on great photo opportunities, then make sure to carry your camera with you at all times. This means to bring it with you while riding the bus, strolling at the park, walking around the neighborhood, and such. If you do this, you would be amazed of the number of photos you have taken that are really breathtaking.

87. Find your theme.

There are times when you need to be inspired, in order to have that drive to take beautiful pictures. However, you can also boost your motivation by coming up with a theme that you like. Some of the themes that are quite popular today would include playing kids, different weather conditions, playing dogs, and many more.

88. Consider what's behind your subject.

In taking pictures of a subject, you should not forget considering what is behind him. Your backdrop should be something that would not distract the viewer of the photograph. Aside from that, it should also become part of the whole picture or image, which can help tell a story about the place or subject.

89. Shoot the subject in their own environment.

There are times when your subject becomes uncomfortable in being at your studio; and, this can show in the pictures. Thus, it is best that you shoot the subject at his own place. For example, instead of letting your clients bring their child with them at your studio, visit them at their place. Let the child be at his playpen, and you would definitely capture lots of interesting images of him.

90. Consider the height of your subject.

When you shoot pictures of subjects who are smaller than you are, then you should not take pictures of them at your usual standing point. You should get down on the ground, and capture moments at the same level as they are. This is applicable in taking pictures of small children. Aside from that, you should also take note of this, when taking pictures of small animals like dogs.

91. Using window light.

If you don't have a studio at your own place yet, and you want to make use of natural light in taking pictures of your subject, don't forget that your window can help you out with it. When light from outside passes through a glass window, it actually becomes diffused. Thus, you can simply have your subject position himself right next to it, so as to take advantage of the light.

92. Try taking a picture of something smaller.

When you want to diversify, try to take pictures of something smaller. This could include the hands of a child, the feet of your spouse, and such. Keep in mind that there are lots of small things in this world that are beautiful, which are worth capturing. Just keep an open eye for them, so that you would be able to find them.

93. Waving.

When you are trying to take family pictures, one of the things that can happen, which can ruin a good one would be lots of waving. This is true, especially when there are lots of members in the family. Thus, it is best to let them settle down first. Aside from that, you can also gently inform them to stop the waving just for a few moments, since their hands may cover other members' faces.

94. Considering how your photo is going to be used for.

To make your client more satisfied with your photograph, you should consider what the photos are going to be used for. This is because it would help you determine better on what sort of style you want to use. For example, if you're taking a picture of a couple to announce their wedding, then it is best to do it horizontally, since it can provide more space on the side for their names or for their message.

95. Don't face the sun.

Letting your subject face the sun for a midday shot is actually not a good idea, since it can create shadows on her face. For a midday shoot, it is best to let her face away from the sun, in which her face would be in the shade. To make sure that her face is exposed properly, over expose the picture to achieve that effect.

96. Use a prop.

Considering the comfort of your model would take you a long way as far as taking quality pictures is concerned. Thus, if you see that your model is getting a bit uncomfortable, what you can do is to give her a prop, such as a toy, a flower, or any kind of small object she can hold on to. Doing that would make her feel comfortable. Aside from that, the prop could even add more spice in the photo, although you don't have to include it in the frame.

97. Make it more interesting.

Interesting pictures would surely grab lots of people's attention. One of the things that you can do to achieve that is to become more creative on how you position your subject. Examples would include having a woman looking through a window, placing a child inside the crib, and so on.

98. Try different lightings.

Trying both high key and low key lightings is a good idea. This is because there are some persons who would actually look better in the pictures when they are overexposed, while others are the complete opposites. Thus, it is best to explore further when it comes to lighting, so that you can achieve the kind of feel you want for your photos.

99. Research about your camera before making the purchase.

Before you purchase a digital camera for your newfound hobby, you should do your research about it first. Researching can be done through the internet, in which all you have to do is to visit the website of the manufacturers, in order to gather more details. Aside from that, you can also check out reviews, to learn about the experiences of

people in using the camera in question.

100. Ask a professional photographer for feedback.

If you are a beginner, and you have a friend who knows a professional photographer, try to see if you can meet him. If you can, then take advantage of the moment, and ask him for feedback on your photos. By doing that, you would be able to make improvements on your skills, by listening to his advice. Aside from that, he could even become your mentor.

101. Learn from others online.

Learning more about photography can actually be done online these days. There are lots of web portals that are launched for it. Aside from that, there are also online forums, which are usually visited by both beginners and professionals in the field. With that, it can provide you an opportunity to ask them questions about different things regarding photography.

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Travel Tips

1. Do your research.

If you are travelling to a particular foreign country for the first time, then you should do your research about it. You should gather information about the country's culture, learn more about their language, check out the prices of commodities, and more. By gaining valuable data about your destination, you can ensure to have a glorious trip whether it would be for business or leisure.

2. Do not book at the last minute.

Booking at the last minute may happen if you are travelling for business purposes. However, if it is for a vacation with your family, then you should book it ahead of time. Booking a trip ahead of time does not only mean saving more money, but it also means that you are able to plan it well.

3. Tell your friends and relatives.

Prior to going on a trip, you should inform your friends and relatives about it. This way, they can give you some insights about the place that you are going to visit. Aside from that, they would know where or how to get in contact with you, just in case something comes up.

4. Know the necessary requirements for your destination.

Some countries may require only a passport, while others would also require visas. It is best that you know your destination's requirements regarding this, so that you can prepare them beforehand. Keep in mind that these documents may take some time to acquire or renew.

5. Get vaccinated in time.

There are some countries that may require you to get vaccinated for certain diseases, before granting you access to their land. Thus, it is best if you learn more about them, so that you can make the necessary preparations. Get your vaccinations weeks or months before your travel date, so that you won't have to rush.

6. Don't forget to inform your banks about your travel plans.

Telling your banks about your travel plans can prevent you from experiencing something inconvenient when it comes to using your credit or debit cards in a foreign land. This is because, some banks may put a fraud hold on your cards, once they realize that the

cards are used overseas. By informing them where you would go, they can put a note on your account, so that you can continue using your cards, without hassles.

7. Bring a small notebook that fits into your pocket.

Bringing a small notebook can come handy when it comes to traveling. With a small notebook or notepad, you can easily jot down important things that you need to remember along the way. You want to make sure that it fits into your pocket, so that you won't have to hold it in your hands all the time.

8. Don't forget the numbers.

When you travel, there are lots of important numbers that you want to take note of. Some of which would be your itinerary confirmation number, your flight number, your hotel room number, your flight seat number, as well as a bunch of phone numbers you may need. Write them all down in a notepad or a piece of paper that you can fit into your wallet, so that you can easily refer to it.

9. Double check your health insurance coverage.

Weeks prior to traveling, it is important to check your health insurance coverage. This should be done in order to see whether it can provide you coverage while traveling or not. If it does not, then checking it early would provide you time to look for an alternative option, so that you would be covered just in case.

10. Bring a carry-on bag with you.

It is better if you can bring a small carry-on bag with you during the flight. When you do this, you would actually be saving some money, when it comes to baggage fees. Aside from that, it can offer you an easier way to keep track of your important documents and other important things, by putting them into your carry-on bag.

11. Don't forget your computer files.

If you have lots of important files on your computer, then you should back them up prior to leaving. This way, you wouldn't be risking losing them while you are traveling. Make sure though that you keep your back up at a safe place, so that no one would be able to gain access to them.

12. Sign up with travel websites.

There are lots of travel websites available today, which you can use to book flights, hotel, and car reservations from. To ensure that you would be one of the first persons to know about their travel deals and promotions, then sign up for their newsletter. By

doing that, you are increasing your chances of getting the best deals.

13. Access blogs and sites about traveling.

Accessing more web pages about traveling can provide you with more benefits, especially when it comes to enjoying your trip. Lots of these websites offer important information about certain places you can visit, while you are visiting a particular country. With that, you would be able to plan out your trip better by knowing what attractions to go to, and what places to visit to enjoy sumptuous meals.

14. Sign up with frequent flyer points.

Whether you are a frequent traveler or not, signing up for airline frequent flyer points may provide you with lots of advantages. The more points you would be able to rack up, the more money you may be able to save in your future travel plans. Just make sure that your account is duly updated with your frequent flyer points, so that you can take advantage of it soon.

15. Never forget checking the expiry date of your passport.

Embarrassing moments can be avoided if you are able to check the expiry date of your passport. Thus, it is best if you check it at least a couple of weeks prior to traveling, so that you can still have enough time to renew it just in case. Aside from that, keep in mind that some countries may require at least 6 months left on your passport before it expires, in order to allow you to visit them.

16. Shop around.

When it comes to booking your flights, do not purchase the one that you come across with immediately. Shop around first, until you can find the best deals. Keep in mind that there are lots of travel sites you can book your flights from; and, they are in constant competition against each other, which means that they are trying their best to come up with excellent deals.

17. When to book flights.

Flights are always more affordable when you book it months before you travel. However, you can also save more money, if you schedule your vacation during off season. Research more about your destination, so that you would know when is the best time to visit it, in terms of affordability.

18. Red eye flights.

Red eye flights are usually more affordable than the regular ones. However, you need to

keep in mind that they are called as such, since the travel times fall late at night or even at dawn. Thus, if you are traveling with kids, then this may not be something that you want to do, unless they are really up to it.

19. Selecting your seats.

Selecting your flight seats can actually be done days before your actual flight. Although this may depend on the type of airlines you are booking it from, most of them offer seat selection online. Therefore, instead of waiting for the day to take the flight, select your favorite seats online ahead of time, so that you would have utmost comfort in traveling.

20. Double check the website.

If it is your first time to book online, or at a particular website, don't forget to double check if it is really a legitimate site to purchase an airline ticket from. One way of doing it is to see if its web address starts with "https://" which basically means that it is secure. Aside from that, you should also check out reviews about it.

21. Booking online.

When booking your travel items online, you will need to have a credit or a debit card on hand. It is actually better if you the card is in front of you when you book it, since most sites would ask not just for the credit card number. Sites would actually need the last three digits at the back of your card, the name that appears on your card, its expiry date, as well as your billing address.

22. Using credit or debit card.

Some people like to use credit cards in booking through the internet, while others want to use debit cards. Keep in mind though that when you use a debit card, it will automatically deduct the money from your bank account. Aside from that, you should also check with your bank if your debit card has a daily spending limit, since your online transaction may not go through if it is more than that.

23. Calling the online travel site.

If you want to feel more secure in booking your flight and hotel reservations, you can actually call the hotline number of the site you are looking at. One advantage you can gain from that is the agent may be able to provide you with more options. Aside from that, if you have certain requests for the hotel or flight reservations, he may also be able to process it for you.

24. Take note of the baggage requirements.

Prior to booking your flight reservation, you should check its baggage requirements first. In most cases, international flights usually provide you with more baggage allowance than the domestic ones. Aside from checking on the check-in baggage terms and conditions though, don't forget to read the terms for carry on bags as well.

25. Print your itinerary.

If you booked your flights through the internet, do not forget to print out your itinerary confirmation for it. If you don't have a printer at your house, you can simply email the confirmation page to your own email address and print it out someplace else. Bring the printed copy of your itinerary, so that you can simply show it to the attendants.

26. Booking through a travel agency.

If you are more comfortable in booking through a travel agency than online, then make sure to check the price difference before making the payment. Aside from that, don't forget to tell the agent about what you want to have on your trip, so that he can setup an itinerary that would suit you best. Moreover, make sure to ask necessary questions to the agent, since they are usually very familiar about certain vacation spots.

27. In boarding the plane.

In boarding the plane, keep in mind that you can actually carry your mobile phone, wallet, and passport with you. It is actually a better idea to keep them in your pocket, so that you can easily pull them out when needed. Don't worry about your mobile phone, since you can always turn it off, just before the plane takes off.

28. Try not to drink alcohol.

When traveling on a plane, it is always better to skip the alcoholic beverages for a while. This is because boarding on a plane, taking care of your luggage, minding the weather, can already provide you with lots of stress for the day. Instead of drinking alcohol, drink lots of water, so that you won't get dehydrated.

29. Wear comfortable clothing.

Going overseas usually involves very long flights, which is why it is a good idea to wear comfortable clothing. Aside from that, you should also bring a jacket so that you won't feel cold. Moreover, for women, it is best to wear flat shoes, so that you won't have difficulties in boarding and getting off the aircraft.

30. Book the seats you are most comfortable with.

If your budget allows you to do so, you should book flight seats that you are most

comfortable with. For example, if you can afford to upgrade your ticket for a seat that can be folded into a bed, then do it. It is actually better that you are well rested during the flight, since it ensures that you are wide awake when you arrive, instead of feeling groggy.

31. Make safety your priority.

In boarding the plane, aside from listening to the stewardess' presentation in using the life jacket, and such, you should also take note of the emergency exits. Count the rows towards these exits, and determine which ones are nearest to you. Aside from that, you should also check out the safety manual, which you can usually find in front of you.

32. Take your vitamins.

Keep in mind that when you ride a plane, you would be exposed to other people's germs and such. Therefore, you should boost your immune system, by taking your daily vitamin supplement. Make sure that your supplement contains vitamin C and zinc, so that you would be duly protected from infections.

33. Be positive, but be ready about the negatives.

Although it is best to think about positive things when traveling, in order to maximize the benefits from it, you should still be prepared for some set backs. Some of which may include flight delays, getting sick, getting lost, and such. Thus, you should always carry cash in small amounts, flash lights, medications, and your cell phone.

34. Convert your money into the currency of the country you are visiting.

Days or weeks before you take your trip, it is a good idea to convert some of your money into the currency of the country you are visiting. This way, you won't get stuck with no local money to pay for the first few expenses you would make after arriving. One example of the expense you may incur is paying the taxi cab on your way to the hotel.

35. Booking the best flight schedule.

If you can afford it, it is actually best if you choose a flight schedule that would allow you to arrive in the morning at the country you are visiting. Thus, you should take note of the amount of time it would take for you to get to the other country. By doing that, you can ensure that you would be able to book the best flight schedule.

36. Don't put all your eggs in one basket.

In traveling to a country that you are not very familiar with, it is best not to keep all your

money in one location. This way, just in case you get unlucky and become a victim of a pickpocket, then it wouldn't hurt so much. Aside from that, make sure not to show too much money in public, since you might become the next target for thieves.

37. The number of nights to stay at a hotel.

If you are not very sure about the hotel that you are booking, then you should not book it for more than two nights, even if your trip runs for 5 days. This way, you are assured that you have a place to stay for the first 2 nights in the country. Aside from that, if you don't like the accommodation, then you will have enough time to find another one.

38. Talking with strangers.

When you travel, whether you are going for a business trip or not, you may find yourself chatting with the passenger next to you at the airplane or at the airport. Although this is not a bad practice, you must be cautious when it comes to the information that you giveaway. Make sure not to tell the other person all your plans or where you are staying, since another one may be listening to take advantage of it.

39. Booking a hotel.

Booking for your hotel accommodations can now be done through the internet. One of the best things about it is that, there are several websites, which can offer you fabulous hotel deals. Aside from that, they usually showcase pictures of the accommodations, as well as testimonies that can all help you choose the best one for you.

40. Be mindful of the location.

When you book a hotel, don't just base it on the prices of its rooms or the beauty of its pictures. You should also be mindful of its location. Make sure that it is quite near to places that you are interested in. Aside from that, it should also be near to a restaurant, an ATM machine, convenience store, and a pharmacy.

41. What to do after arriving at the hotel.

Once you have arrived at the hotel, you should take a few minutes to relax, and then head out. Visit the nearest convenience store, and buy some snacks and beverages. Stock some of them in your room, so that you would be able to munch on something, in case you wake up in the middle of the night, and feel hungry.

42. Always pack light.

No matter how short or long your vacation would be, it is always best to pack light. Bring only the necessary number of shirts and pants, and just wash them in case you

need to. Just focus on the most important things to bring, anyway, most of the items you may need later on can be bought in your destination.

43. Make a list of things to bring.

Just a week before your trip starts, you should come up with a packing list. Making a list early on can help to ensure that you won't forget anything, since you can always add more into it, whenever you think of other items to bring. Refer to your list from time to time, so that you can make sure that you are able to list down all the things you need.

44. Rolling your clothes.

When it comes to packing your clothes, it is always better to roll them instead of folding. This is because rolling your shirts and your pants would prevent too many creases. Thus, it gives you assurance that you would be able to maximize the space of your bags.

45. Don't forget to check the weight of your luggage.

Checking the weight of your luggage can go a long way, as far as saving up some money from paying airline excess luggage fees is concerned. Therefore, you should make sure that you stay within the limits of the weight restrictions. Use your weighing scale for it, so that you won't have to deal with these fees.

46. Changing your currency.

Many travelers have the tendency to change their currency at the airports. Although this is more convenient, you can actually get better rates in other currency changing facilities. Aside from banks, check out other facilities, so that you would be able to compare their rates.

47. There is no need to carry large amounts of cash.

When you travel, there is actually no need for you to carry large amount of cash. Most countries these days actually have cash machines everywhere, which make it more convenient for you to obtain the money that you need. Just make sure to carry your ATM card, so that you can make a withdrawal anytime you need to.

48. Air sickness.

If you are not a frequent traveler, and you are one of those folks who experience air sickness, then choose your airline seats properly. When it comes to that, choose the seats by the wing, or situate it as near to the wings as possible, since it is where you won't experience too many bumps during the ride. Choose the seats early, so that you would have a good number of them to select from.

49. Be mindful of the airline temperature.

Always remember that each airplane may have a different temperature to another. Thus, you should carry your jacket or sweater with you when you take the flight. This way, you won't have to endure the coldness of the flight, especially if it is a long one.

50. Booking flights with layover.

When you book flights online, you may have a tendency to disregard the layover time. You would usually know that there is a lengthy layover in between flights, when the total duration of the flight is quite longer than the other ones. Thus, keep an eye out for flights with longer layover times, so that you won't be spending too much time in airports.

51. Booking connecting flights together or separately.

In most cases, you would be able to save more money if you are able to book all your flights together. Therefore, if your business trip involves flying from one country to another in just a few days in between, then access a site that allows you to book them altogether. If it gets a big confusing though, don't forget that they usually have a 1-800 toll free number that you can call anytime.

52. Bring your own snacks.

Before finalizing your decision about a certain flight, check whether it offers an in-flight meal or not. If the flight does not offer it, then you should bring your own food, such as a sandwich. By doing this, you would be able to prevent yourself from paying exorbitant prices for the meals offered onboard.

53. Book a whole package instead of booking them separately.

If you want to take advantage of huge discounts, then you should book a whole package. Booking a whole package offers you an opportunity to get the best deals. This is because, most online travel sites offer more discounts when you book the flights, hotel accommodations, and cars together, instead of doing them separately.

54. Book at a site that has the best price offer.

There are certain sites that have the best price offer. This kind of offer simply means that if you find a flight, a hotel accommodation, or even a package, at a different website that is exactly the same but offered in a more affordable price, another site may offer you a more cheaper price for it. However, you should take note that, in most cases, this kind of offer can only be availed by calling the toll free line of the site.

55. Being in a country for a shorter period of time.

If you are planning to be at a certain country for just a short period of time, then you should avoid foods that you are not very familiar with. You should also stay away from drinks that can get you feeling sick. This is because, you may not have time to recover from it, before you have to take a trip going home.

56. Learn more about the local cuisine before visiting a certain country.

Prior to taking a trip to a foreign land, you should learn more about its local foods. This way, you would be able to determine what types of local foods you want to try out. Keep in mind that a trip to a foreign country would not be completed without trying out its local specialties.

57. Bring your antihistamines.

If you are allergic to certain things, then you should not forget bringing your own medication for it. Although you can probably purchase antihistamines in the local pharmacies, it is still best if you can bring your own. The reason for this is that, it may take you some time to get to the pharmacy. Thus, if you have your own medicine, you would be able to gain relief from your allergies sooner.

58. What to do if you have dietary requirements.

There are certain individuals who may have special dietary requirements. If you are one of them, then you should come up with a list of the foods that you can and cannot eat. With a list, you can refer to it every time you eat outside. If you are not sure, then all you have to do is to show the server your list, so that you can prevent eating foods that do not belong to your diet.

59. Don't leave your wallet and important documents at your hotel room.

Although you are booking a five-star hotel, you can never be too sure about their personnel who are tasked to clean your room. Keep in mind that in most cases, housekeeping personnel would clean your room, when you are not around. Although most of them are honest, you can lessen their chances of committing something bad, by minimizing temptation, and not leaving your wallet for them to see.

60. Checking out hotel pictures online.

It is always better if you can book a hotel online, which shows you pictures of their rooms, function halls, pools, and more. By checking out the pictures of the hotel, you would be able to decide better, whether it is the accommodation you really want or not.

Aside from that, it can also help you select the room that would suit you best.

61. Don't forget to check out more details about the rooms.

Keep in mind that there are some hotels that may offer different deals per room. There are those that even offer different amenities for the same type of room, especially when it comes to large resorts. Thus, you should read all the necessary details, so that you can ensure that you are getting what you want.

62. Choosing the best travel experience.

To have the best travel experience, you may want to book an all-inclusive deal. There are lots of travel sites that offer all-inclusive accommodations, especially when it comes to resorts. An all-inclusive deal can include free dining for the whole family, free use of all the facilities, free access to entertainment, and more, on top of a fabulous hotel room.

63. Transferring to another hotel.

If you are not very satisfied with the current hotel accommodation you are staying at, you can always transfer to another one, as long as you have not booked it for the whole week. However, this may also depend on the hotel policy. Thus, you should properly read its terms and conditions prior to booking the room, so that you can still make some changes at the last minute.

64. The fire exits.

Do not forget to check the hotel fire exits just after you have settled into your own room. This way, you would know where they are and how to get to them, just in case the unfortunate happens. Make sure that the floor where your room is situated has access to it though, so that you won't have a hard time using it.

65. Giving tips to the hotel staff.

Tipping the hotel staff can go a long way, as far as having a pleasant experience at the hotel you are staying in is concerned. When you tip them, they would actually help in looking out for your room as well as your stuffs. Aside from that, they may even be able to give you some tips on how to go around the city or how to catch the best deals on certain attractions.

66. If you are not too sure about the hotel staff.

If you don't feel too secure about the hotel staff, or the housekeeping personnel, then you should make your room appear occupied when you leave it. This basically means to

leave the air-conditioning, television, and the lights on even when you are gone. This way, people entering it would think that you are around and hesitate in doing something bad.

67. Take note of the hotel details on your phone.

It is very important that you take note of the hotel details, especially if you are at an unfamiliar city. Some of the details you want to include would be its name, address, and phone number. By doing this, you would be able to find your way back, just in case you get lost.

68. Using a debit card to book a travel package.

One of the kinks of purchasing something online with the use of a debit card is the fact that it may have a spending limit. This basically means that your transaction may not go through, if the amount is beyond the limit. When this happens though, what you can do is to call your bank, and have them increase your limit even just for the day.

69. Special requests.

If you have special requests for the airline or the hotel, it is best to call them in order to see if they can accommodate it. One of the downsides of it though, especially in calling airlines, is that, you may have to wait for a long time before you can speak to a live person. To get around this, you can actually call the toll free number of the travel site, and let them process it for you, since in most cases, they have different numbers that they can dial to get prioritized.

70. Getting from point A to point B.

Going around an unfamiliar city can become confusing and inconvenient, especially if you have not done your research beforehand. Thus, you should check out more information regarding this, before you pack your bags and travel. Check out the city map and read more about the public transportation of the city you are visiting and how to find them, so that you know where to go and what to do.

71. Do not forget to confirm your hotel reservation a day before leaving.

Keep in mind that even if you booked your hotel reservation online, and you got a confirmation number for it, there is still a slight chance that it was overlooked. To make sure that you really have a place to stay at your destination, you should call the hotel a day before traveling. This way, you can confirm not just your reservation, but also make sure that you will have the type of room that you really want.

72. What you can do when you want to jump from one city to another.

If you are planning to go from one city to another for your vacation, then don't hesitate to ask your hotel for accommodations they can recommend in another place. If you are lucky, then they might even have a partner hotel in that city, and offer you a huge discount. Do this prior to taking your flight, so that you can set up your itinerary properly.

73. Booking a car together with a hotel.

When you want to be able to drive around the city you are visiting, then you may want to book a car together with your hotel. Make sure though that your hotel can offer you a designated parking space for your rented vehicle. This way, you can be assured that it is safe, and you won't have to spend too much time in finding a place to park it.

74. What to do when the airport is far from your place.

If the airport where you are going to take your flight is a bit far from your house, then you may want to book a park and fly hotel. These types of hotels usually offer a package, in which you can leave your car with them, for the duration of your trip. In most cases, there is no need to pay for your room while your car is parked at their basement or garage. They will only charge you minimal fees for parking, while you are traveling.

75. Renting a car.

In booking a rental car, which is separate from your flights and hotel reservations, you may not have to enter your credit card details for it. This is because most rental companies would only charge you upon picking up the rental car. However, make sure that you have your card with you at the time of pickup, so that you would be able to drive it.

76. Car rental requirements.

When renting a car, it is very important that you read all about the requirements of the company before booking or picking it up. In most cases, you can only drive out the vehicle if you are able to bring your credit or debit card with you, as well as other necessary documents. Such documents may include your driver's license and your passport.

77. Travel insurance.

If you want to feel secure for the whole duration of your vacation, then you should acquire a travel insurance for it. There are lots of companies that offer such kind of insurance policies these days. Just check out the ones available at your place, and ask

your friends for their recommendations.

78. Looking confident.

It is always best to walk as if you know where you are going, especially if you are at a certain place in the city, which you are not very familiar with. This way, people would not see you as a lost tourist. If you are able to achieve that, then you won't be attracting thieves to victimize you.

79. Book tours and attractions together with your package.

There are certain online travel websites today, which can offer you tickets for tours and attractions. However, it is best to include them into your travel package, so that you would be able to save more money. Just check if the website you are booking your flights and hotel reservations from offers it, so that you would be able to take advantage of the discounted prices.

80. Traveling with pets.

If you want to bring your pet dog or cat with you for your family vacation, then you should check if your hotel can allow them in. There are hotels that allow pets, while others don't; thus, it is best to research about it ahead of time. Aside from that, you should also read the rules of the airlines pertaining to bringing pets, so that you would know what you need to do or prepare.

81. Beware of crowded situations.

There are always crowded situations wherever you may go, especially in tourist spots. However, you need to become more aware of your belongings when you are involved with it. This is because crowded situations are perfect opportunities for thieves or pickpockets to grab something from people.

82. Accessing important documents anywhere.

You may never know when you have a need to gain access to important documents such as your passports, itinerary confirmations, or visas. Thus, it is best if you can access them anywhere you want. To achieve that, all you actually need to do is to scan them, save them in your computer, and send it to your own email address.

83. Bring a camera.

Whether you are traveling for business or leisure, it is always best to bring your digital camera with you. You can never tell whether a good opportunity to take pictures would come your way. Thus, bring it with you when you travel, so that you would have more

fun in it.

84. What size of camera is best.

When traveling, bringing a camera is a very good idea, since you can use it to properly document your trip. However, it is best if you bring something that is smaller in size. This way, you won't have to inconvenience yourself when you carry it around. Just make sure that it can take quality pictures, so that you can proudly show them to your friends.

85. Take night and day pictures.

When you are visiting a foreign country, it is actually better if you can take not just pictures during the day, but also during the night. This way, you can show your friends and family how the country looks like during day and night times. Aside from that, it can also provide you a better way of appreciating the place.

86. Taking pictures of people.

Before you take pictures of a couple or certain individuals, never forget to ask permission from them. Thus, if you are visiting a foreign country, then you have to know a bit of their language. Aside from that, when you ask for their permission, don't forget to smile and show them your camera, so that they can understand you better.

87. Taking landscape pictures.

If you are visiting a country with beautiful landscape views, then you should not forget bringing your camera with you. When you are at a good spot to take landscape photos though, it is a good idea if you bring your tripod with you. This way, you can ensure that the pictures won't get affected with the shaking of your hand, and you would really capture the beauty of the landscapes.

88. Practice taking pictures before leaving.

When you are going away for a vacation, for sure, you want to take pictures along the way. However, since you don't want the pictures to be worthless, then you should make sure that you are skilled enough in using your digital camera. Thus, you should practice taking pictures before you leave, so that you would be able to capture amazing images in your trip.

89. Booking an ocean view room.

Having a room that offers a magnificent view of the ocean is one of the best things that you can experience. However, in booking such type of room, keep in mind that it does not necessarily mean that you would be as close to the ocean as you want. Therefore,

you should check out reviews and testimonials about the hotel, so that you can see if it is really what you want.

90. The convenience of an oceanfront accommodation.

There are lots of reasons why several travelers want to book oceanfront hotel accommodations. First of all, it offers you a very convenient way to enjoy the beach, since you can access it when you step out of your room or hotel. Aside from that, it can also offer you a very nice view, which you can share with your spouse and the whole family.

91. Traveling for entertainment.

If you are traveling in order to enjoy different types of entertainment, such as watching singers, dancers, and other types of performers on stage, then book a hotel that is near the city center. Aside from that, you may find a hotel in a certain place where its competitors are located in the same street, and also offer other types of entertainment. If you can do that, then all you have to do is to walk from one hotel to another to enjoy different kinds of entertainment you want.

92. Finding a secluded place for your anniversary.

If you are traveling to celebrate your wedding anniversary with your spouse, then finding a secluded place would be a good idea. To achieve that, you can actually search for such accommodations through the internet. Just check out what they can offer to you, such as their amenities, so that you would be able to decide if it is the place you really want.

93. Always remember that some airports are huge.

There are lots of airports, especially international ones that are quite big. Because of this, you may want to avoid booking connecting flights that are just 30 minutes apart, especially if they don't have an agreement, in which your first airline would take care in getting your luggage to the next one. Aside from that, if you didn't know how huge the airport was, then you may get lost in it, and won't be able to find the departure area for your next flight in time.

94. Don't forget visiting the museums.

Taking a tour within a certain museum in the city you are visiting is one of the best things you can do, especially if you are traveling with your family. This would offer a good experience for your kids, which can help them understand the culture of the city or country better. Aside from that, you will truly enjoy it, since your tour guide would tell stories, which you may not find out if you do the touring yourself.

95. Going to the airport.

You never want to be late in getting to the airport, since missing your flight can become costly. Therefore, you should properly determine what time you want to leave your house to get to the airport. Make sure you have enough time in getting there, since you never know what you would come across in getting there, which can delay you.

96. Checking in online.

Most airlines today offer a way for their passengers to check in online. This would actually save you a lot of time and hassles. Aside from that, it may even offer you a way to conveniently select the seats in your flight. Take advantage of it, so that you can make traveling a more convenient experience.

97. What to do upon arriving at your destination.

If you have not been able to plan out what you want to do at the country you are visiting, then don't forget to check out its local newspaper, especially if there is no language issues. By doing that, you may be able to get an idea about upcoming events or shows. Aside from reading the newspaper, you can also ask the hotel staff about it.

98. Bring your own first aid kit.

Bringing your own first aid kit is vital, especially if you are traveling with your kids. You should ensure that your first aid kit contains all the medicines that you need, which may not be available at the country you are visiting. If some members of your family has allergies or are asthmatic, then never forget to bring anti allergies, and inhalers.

99. Respect other countries culture and customs.

If you want to be respected by people as a traveler, then you should respect their countries' customs and culture. To do this, you must watch what you and your companions are doing and saying, especially when you are outdoors. Aside from that, you should also do your research about the country's culture and customs beforehand.

100. Bring your checklist to your destination.

Having a checklist for the items you want to bring can help you in not forgetting certain things when traveling. However, you should also bring this checklist with you to your destination. By doing this, you would be able to refer to it, by the time you need to pack your things to go back home.

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Money Saving Tips

1. Use solar powered light fixtures.

There are lots of light fixtures today that can be powered by the sunlight. In using them, you would be able to save lots of money, since your electricity bills would go down. All you have to do is to shop for these items at your local store, or even through the web. Some of these items are even very easy to install and are available in DIY kits.

2. Walk towards the grocery store.

The price of gasoline these days continue to go up, which is why it is a good idea to come up with ways to lessen your vehicle usage. One of which would be to walk towards the grocery store, especially if it is just a few blocks away from your place. Make it fun by walking with your spouse, so that aside from saving money, you both can also shed some weight.

3. Open your windows instead of turning on the fan.

When it is hot, you may want to turn on the fan or even your air conditioning system, in order to improve the temperature at your place. To save money, instead of using them, you can always open up your windows. By doing that, you can benefit from fresh air, aside from saving money. To make it cooler, you can always put some ice in front of the fan if you want to.

4. Turn off your computer when not in use.

There are lots of people today who turn on their computers at the beginning of the day, and only turn it off before sleeping at nights. If you are one of them, then you should turn it off, prior to stepping outside your place. By doing that, you can ensure that you would be consuming lesser amounts of energy. Aside from that, it can also prolong the life of your computer.

5. Clean your own car.

The cost of having your car washed through a car washing station on a weekly basis, can easily pile up over the months. Thus, if you are going to wash your own car, then you would be able to save lots of money. Aside from that, it can also provide you the exercise that you need, in order to stay as fit as you can be.

6. Turn off the television.

Becoming addicted to the television is one of the things that can cause your electricity

bills to soar higher. Thus, you need to turn it off, when you are not watching. Aside from that, you should also minimize the times that you try to watch TV, when you are actually doing another thing.

7. Turn off the lights at your place when you leave.

You may feel more secure in leaving your place while the lights are turned on. However, it can be one of the factors that affect your energy bills. Thus, you should turn the lights off when you leave. If you want, you can still leave just a single light on, so that you would feel secure when you go out.

8. Ride the bus instead of using your car.

If you are going somewhere, which is not possible to reach by merely walking, then you should ride the bus, instead of using the car. Riding a bus or a train can only cost you a few dollars, compared to filling up your car with lots of gasoline. Just prepare earlier, and take note of the schedule of the bus, so that you won't be late.

9. Be healthy.

The cost of medicines today continue to go up, especially when it comes to antibiotics. To ensure that you won't have to reach for your pocket to buy them, you need to maintain your health. To achieve that, you should get enough exercise on a regular basis. Aside from that, you should also take a multivitamin supplement in conjunction with a healthy diet.

10. Don't turn on the water faucet at its maximum level.

When you take a bath, there is no need to turn on the water at its maximum level, especially if you are not in a rush. Turning it at higher levels can make your water bills soar high. Thus, if you take control of it, then you should be able to save some money by conserving water more effectively.

11. Try to enjoy leftovers.

When you eat at restaurants, cook up some delicious meals for a family gathering or prepare for a birthday party, you can be sure that you would have a bunch of leftovers inside your refrigerator after. Heating them up for your meals instead of throwing them away could save you a lot of money.

12. Cook your own meals.

Cooking your own meals could help you save lots of money. This is because buying the ingredients for a certain recipe is definitely more affordable, than eating out in

restaurants or fast food chains. Just make sure to cook healthy meals, so that you can also ensure that you are getting the nutrients you need.

13. Buy basic things in wholesale prices.

There are lots of basic things that a person needs, and buying it in retail prices can pile up the cost. Thus, it is best if you buy them in bulk, since that would give you a chance to purchase them in wholesale prices. In doing this, you would be able to save lots of money, aside from the fact that you can have good supply of your needs.

14. Shop online.

Shopping online can give you an opportunity to save some amounts of cash. If you do your research, you would find out that most items found through the internet are more affordable than those that are sold in local stores. The reason behind this is that, online stores have lesser overhead expenses. Thus, shopping the modern way should help you save up some cash.

15. Buy used items.

Buying used items compared to buying those that are brand new is definitely more affordable. Thus, if you want to save money, then you should begin shopping around for used products. To find them, you can always go through the internet, visit garage sales, or check out some local auctions.

16. Buy an alternative.

When you do your research, you would find out that lots of products that you need have available substitutes. Thus, you should consider purchasing the substitutes of the items that you need, which are more affordable, but can offer you the same thing. For example, instead of buying a high end branded item, you can check out its equally competitive alternative, which can offer the same features at a lower price.

17. Look for coupons.

There are lots of coupons available today, which you can access through the internet. These coupons can offer you discounts on certain fast food chains, restaurants, as well as in local stores. All you have to do is to sign up for the websites that offer them, and follow the simple instructions provided.

18. Take advantage of sale, especially after the holidays.

Taking advantage of sale, especially those that are offered after the holidays can help you save lots of cash. For example, in most cases, decorations would become very

affordable after the Christmas season. Thus, if you want to save money, you can always purchase them for the following year.

19. Credit card promotions.

Credit card promotions are offered every now and then, in which it can provide you a way to save some money through gift cards, gift checks, or discounts on certain stores and restaurants. Some can even offer a cash back option, for a certain amount of credits used, or when you purchase from certain stores.

20. Fix things up yourself.

Before tossing out an item, you should see if you can repair it yourself first. By doing that, you would be able to save money by not having to purchase a new one. To fix something up, you can always ask your friends for tips regarding it. Aside from that, you can also check out some troubleshooting tips through the internet.

21. Avoid spending through credit cards.

Spending through credit cards is one of the best ways to pile up your debt. Thus, if you want to save more money, you should purchase on cash basis only. Save the credit cards for emergency situations only. Every item you purchase with the use of your credit card can add more to your existing debt and your monthly surcharge; thus, it is time that you leave them at home when you go out to shop.

22. Gaming at nights.

If you and your friends are quite fond of going out at nights, especially on weekends, then you should invite them for a gaming night at your place. This would help you all in saving lots of money. All you have to do is to take out your favorite board game, buy some snacks and drinks, and enjoy a good time at your place, without spending lots of money in bars or coffee shops.

23. Watching movies at your place.

If your family wants to spend some time with you by watching a movie in town, you should consider watching one at your own house. Renting a video at a shop near your place should do the trick. Pair it up with some popcorn and sodas, and your family would have a great time with you, while you are not worrying about the total cost.

24. Swaps are good.

Swapping your things that you are not using anymore for a new item, is one of the ways of saving money, when it comes to acquiring something new. Swapping can be done

through the internet, with your friends, or with certain shops. You can swap your shoes, books, music, movies, games, gadgets, and more, for items that you want to have so that you won't have to spend a dime in getting it.

25. Buying magazines at a newsstand.

If you are quite fond of certain types of magazines, buying them at the newsstand should be avoided. This is because they are usually priced too high when you purchase them from these types of stores. To save money, you can always subscribe directly to the magazine. Aside from that, check out their websites, since they might even offer e-magazines, which you can conveniently download into your computer for free or for a very affordable price.

26. The lottery.

If you are fond of playing the lottery, you should seriously think about your odds of winning it. There is very less likelihood that you would hit the jackpot in the lottery, and each time you play it, you are actually spending more cash. Thus, if you simply want to be entertained, then you should consider playing at a casino, since the cost is pretty much the same, the odds would be better, and it can provide you with more entertainment.

27. Traveling.

In traveling, one of the best things that you can do in order to save huge amounts of money is to book way ahead of time. This is true, especially if you book online. Lots of airlines are actually offering discounts for early bookings today. Aside from that, you should also keep in mind that booking a vacation package is also more affordable, than booking your hotel, flights, and cars separately.

28. Your travel times.

To save up some money, you should be flexible when it comes to your traveling times. For example, in booking flights, if you are not in a hurry, red-eye flights are actually good to book in terms of saving cash, although you may not want your children traveling late. Aside from such types of flights, traveling to certain vacation spots during off-season can also be a good idea, when it comes to saving on costs.

29. Going from one building to another.

If you are at a city center, where you are anticipating to move from one building to another to look for certain types of items, then you should park your car at a garage or parking area, which is located centrally. This way, it would allow you to leave it there, instead of driving it around town and consume more gasoline. With that, you would be

saving more money, and even get some exercise.

30. Car rental insurance.

If a car rental company offers you an add on car rental insurance, you should stop for a moment, and think about your own auto insurance. Most auto insurance companies today provide policies, where your auto insurance coverage would also apply to your rental car. Thus, if this is the case, then you should decline the offer. However, it is still best to call your insurance provider for that, just to make sure.

31. Riding a bike.

When you are on your way to a place where it is a bit far for a walk, then you should make use of your bike. Biking can prevent you from using more fossil fuel, which can harm the planet, aside from costing you money. With that, you should always ride your bike, so that you consume lesser amounts of fuel, and save more money.

32. Talking to a travel agent.

If you are not getting anywhere in trying to book more affordable flights and accommodations online, you should know that many travel websites have travel agents working for them. They are usually reachable through their 800 numbers on a 24 hour basis. Thus, giving them a call should provide you with the assistance that you need, in order to find the package that you really want.

33. Having an affordable vacation.

During the holidays, people usually go to distant places to spend their vacations on. However, if your finances is quite tight or you simply want to save money, then you should consider having a vacation at the city where you are living it. By doing that, you would be able to rediscover your place. Aside from that, since you won't be going out of the place, you won't have to spend quite a hefty some of money for your flights.

34. Using the ATM.

It is always best to use your bank's ATM machine, whether you want to process a withdrawal, fund transfer, or even just checking for your balance. This is because when you do these things in another bank's ATM machine, you would be charged by that bank, as well as your own bank for certain fees.

35. The card's annual fee.

There are credit cards today that offer free annual fees, while some do not. Credit card companies that charge annual fees may have added features into their cards. However,

in most cases, such features are not very applicable to lots of people. Thus, it is best to choose cards that won't charge you annual fees, so that you can save more money on a yearly basis.

36. Rate reductions.

If you are carrying a balance in your card and it has been like that for quite some time, then try to negotiate for rate reductions. There is a good chance that your credit card company would agree to this. This is because they don't want to risk more defaults, since it is bad for their business. They would rather ask lesser amounts of money from you, than suffer the consequences of more defaults.

37. Bundling insurance policies.

There are certain insurance providers today, which can offer not just auto insurance policies, but also homeowners, and other forms of insurances. If you want to save some money, you should ask your provider for possible discounts if you bundle your policies. When you do that, aside from saving money, it would also become more convenient for you, since you won't have to deal with paying different providers.

38. Take advantage of deductibles.

If you want to reduce your monthly insurance premiums, then you should recheck your insurance coverage for possible deductibles. Deductibles are the amount of money that you need to shoulder in an event of an accident. Your premium would decrease when you have it, since part of the risk would be transferred to you from the company.

39. Paying insurance premiums.

When you pay your insurance premiums, you should do it way ahead of time. This is because insurance companies can offer you with more discounts when you pay it before the due date.

Thus, it is best if you ask your insurance provider about this, so that you would be able to take advantage of it.

40. Have a savings account in more friendly banks.

There are certain banks these days that can charge you so many fees that you won't even get the chance to earn any kind of interest. One of the fees that are quite common for some banks is called the maintenance fees. Thus, if you read your bank's booklet and found this term, then you should consider switching banks as soon as possible.

41. Take care of your credit card debt.

One of the things that can add more to your monthly expenses is your credit card debt. This is because the higher your debt becomes, the more you need to pay in terms of its interest. In other words, you may end up paying for the interest each month, without even touching the principal amount you owe. Clear your credit card debt by applying for a low cost loan, so that you can breathe easier.

42. Cutting your home phone bills.

Landlines or home phone services usually cost more than their VOIP counterparts. Thus, you should consider switching to a VOIP phone service and just maintain your mobile phones. Aside from that, you should also check with your local phone service provider, if they can provide you with the most basic service to cut down on costs.

43. Go to the grocery store after eating and not before.

When you go to a store to shop for groceries, it is always best to do it after grabbing a snack, or eating lunch. This is because shopping in groceries when you are hungry can make you purchase food items, which you really do not need. In most cases, when you get home from shopping and eat lunch, you would realize later on that you have gone over your budget, for taking in too many food items.

44. Shopping for clothes.

In buying your own clothing, you may have a tendency to purchase those that are heavily advertised by celebrities. Designer label clothes are very expensive. Although they are good in terms of quality and design, you can actually find lots of products today, which are equally good but are more affordable. Thus, avoid such types of clothing, so that you can save some money.

45. Take advantage of online auction sites.

When you take a look around your own house, you may realize that you have lots of used things, which you are not using anymore. If these items are still in good condition, then you should sell them in online auctions sites. Earning more money is also a good way to saving more. Aside from that, while you are earning online, you can actually get rid of the clutter and have more space in your house.

46. Do It Yourself.

You should become a DIY person if you want to save more money. By becoming one, you no longer have to hire a carpenter in fixing something at your own place. Aside from that, you also won't have to hire someone to clean your backyard, especially if you gain more knowledge in gardening. Becoming a DIY person will open lots of opportunities for

you not just to save more money, but to earn more as well.

47. Travel insurance.

Prior to getting a travel insurance, you should decide to go on a trip first. Thus, if you have previously acquired an annual insurance, then you should not renew it, unless you are going to travel soon. If you are unsure, then only renew it, when you are about to book another trip for your family.

48. Get more quotes.

When it is the time of the year to renew your auto insurance, you should not hesitate in shopping around for the most affordable rates. A good way of doing this is to get free quotes from different insurance providers. Before you decide to switch to another insurer though, make sure to consider the coverage they can provide, to be on the safe side.

49. You can always say no.

If your kids are quite fond of telling you what they want at the grocery store or at the toy store, then you should practice saying no to them. Aside from that, you should also learn to say no to your friends, if they want you to out with them for drinks. Saying no would not just feel liberating, but it can also help you save some dough.

50. Keeping up with appearances.

If you have a tendency to buy something that you saw your friend or neighbor has recently bought, then you should cut that costly habit. This is because you may end up buying lots of things you don't need. Aside from that, you don't even know how your neighbor got it; and, they might even have used their credit cards for it.

51. Trading your car.

Having a new used vehicle is not such a bad idea, especially if you want to save some cash. You should also consider this, if the car that you currently have piles up your expenses by consuming more gas, and offering little space for your family. There are lots of car supermarkets these days, which can offer you a quality used vehicle that has a price that is just a fraction of the brand new one. Check them out, so that you can save more cash.

52. Shopping items on sale.

If you just happen to be in a store because you have free time, and you found items that are on sale, then you might be tempted in acquiring them immediately. However,

before you make a drastic move, try to think about whether you really need the item or not. Although the item may cost only half of its original price, you still should not buy it if you don't really need it.

53. Your gym membership.

In order to have a healthier body, you may be visiting the gym on a regular basis. However, if your busy schedule prevents you from visiting it at least thrice a week, then you should cancel it. With your hectic schedule, you should workout at your own place from now on. Aside from saving more time, you can also save some money since you won't have to deal with membership fees.

54. Cut down your drinking habit.

Aside from the fact that drinking can cause negative effects to your health, it actually adds up on your monthly cost of living. If you are used to drinking a bottle or two of your favorite beer each night, you should cut it down to just a couple of beers only on weekends. By doing that, you are doing your body a favor, as well as your pocket.

55. Quit smoking.

Smoking is one of the leading causes of certain types of diseases all around the world. Aside from that, cigarettes also continue to become more and more expensive these days. Thus, you should find ways to quit it. When you quit smoking, you can lessen your risks to certain diseases, smell good, and save some money along the way.

56. Use the internet.

If you are in need of a new recipe, a new guide to playing the guitar, or a new manual for self-development, you no longer have to go to the bookstore and spend lots of cash for it. What you can do is to access websites for the information that you need. Aside from offering you informative articles about the topic you are interested in, you can also find lots of eBooks on the web that are for free.

57. Extended warranties.

Extended warranties are usually available for popular electronic devices. They are usually offered so that you would have a warranty that extends for more than just a year. Before you take advantage of it though, you should stop and think if you really need it. In most cases, a warranty for six to twelve months is already enough. Just make sure to choose an electronic device that is made in good quality, so that you won't have to worry about extended warranties.

58. Eat lesser amounts of meat.

When you compare meat products to vegetables, they are more expensive, aside from the fact that they are often associated with fats. Thus, it is best to eat more vegetables instead. However, since you need meat for your source of protein, you should opt for chicken without its skin, since they are more affordable.

59. Eat in a slower pace.

When it comes to eating, you can save more money and lose weight by eating slower. This is because when you eat slow, you will have a tendency to eat less, since your stomach would take a certain time to send a message to your brain that it is already full. Thus, in eating slower, you won't just enjoy a fitter you, but you can also enjoy more savings since you consume lesser amounts of foods.

60. Bring your own lunch.

If you don't have the time to go home and eat lunch, you should cook your own food and bring it with you. By doing this, you won't have to spend lots of money in eating at restaurants or fast food chains. Aside from saving lots of money, you can also ensure that you stay in good health, since you would be the one to prepare it.

61. Avoid the vending machine.

When you want a snack and you visit the vending machine for it, most likely, you would be paying a lot more for the foods that you eat, than if you were buying them from the grocery store. Therefore, the next time you purchase goods from the grocery, make sure to include your snack food items. By doing that, you can simply bring them with you, each time you report for work.

62. Making a list for the grocery.

When you are shopping at a grocery store, chances are you would end up going over your budget if you won't bring a list with you. Thus, it is a good idea to make a list of all the things that you really need. Aside from that though, make sure to take note of the prices of the grocery items, so that you already have an idea how much you are going to spend when you buy your groceries.

63. Buying medicines.

In buying medicines, the factor that can affect their prices are their brands. Thus, if you want to save money, then you should stick to generic brands. These generic medicines are actually equally effective as its high end counterparts. Just take note of the name of the medicine prescribed by your doctor and not the brand, so that you can save some cash.

64. Visiting the coffee shop.

If you simply love coffee and you often find yourself going to coffee shops for it, then you should learn how to brew your own coffee soon. There are lots of coffee making products available in the market today, which can allow you to make cups of delicious coffee in just a matter of minutes. Purchase one soon and you would be able to enjoy your favorite cup of coffee, without having to go out of your place and spending more money.

65. Go with water.

When you are thirsty, whether you are at a movie theater or at the mall, you should skip soda, beer, or juice, and stick to water. This is because water is more affordable than the other drinking beverages, and in some places, it can even be offered for free. Aside from saving more money by drinking water, it can also help you stay fit, since it is not loaded with calories.

66. Collect reusable bags.

When you have a bunch of reusable bags at your place, then you can bring it with you when you buy your groceries. There are certain grocery stores these days, which can offer you discounts, tokens, or coupons, if you are going to bring your own bag for your purchased goods. By doing that, you won't just be saving money, but you could also be saving the world by using lesser plastic bags.

67. Driving at nights.

Whenever you are driving at nights, you can actually save up some money by opening your car windows. By doing that, you would not have to turn on your air conditioner, and save up some gas in the process. With lesser gasoline consumed on a regular basis, you would be able to save more money.

68. Make sure your tires are properly inflated.

Making sure that your tires are properly inflated can prolong its life and save you some money in the process. Aside from that, it can also ensure that handling your car would be easy. Moreover, when the tires are properly inflated, you can also be assured that your car's fuel efficiency is at its maximum levels.

69. Get your car checked regularly.

Having your car go through routine maintenance actually offers a lot of benefits to you. Aside from making sure that your car is in top condition, it could also prevent damages,

which can cost you a lot of money. Just make sure to find a reliable mechanic, so that he won't always tell you to replace something, just to make a quick buck.

70. Free parking.

When you go around town, you may find that lots of places require payment for parking, especially those that are near certain landmarks. However, if you are patient enough, you should be able to find a place that offers free parking. You may have to walk a few blocks towards your destination for it, but it would be worth it, especially if you practice this regularly.

71. Opting for a more basic insurance coverage.

To save up some money in terms of your insurance premiums, you can always tell your insurance provider to drop your collision and comprehensive coverage. This is a wise move, especially if your car is quite old. However, you need to be aware that dropping the said items from your declarations page would mean that you would be responsible for the cost of repairs to your own vehicle, whenever you are involved with an accident, in which you are the at-fault party.

72. Choosing services you really need.

Each year, you should evaluate what services you really need and what services you don't need. You should ask yourself whether you really need to have cable television, landline, magazine subscriptions, and such. Try to check which services you really need to have a decent way of living, and stick only with them. Drop the other ones you don't need, so that you can save money.

73. Play online games.

If you have an internet connection at your place, it is far better to play online games, instead of purchasing more video games for your gaming console. There are lots of online gaming sites today, which can offer you the kind of entertainment that you want for free. With that, you won't have to pay for video games that are pretty expensive, which can help you save more money.

74. Don't use your dryer.

In washing your clothes, you may have gotten used to utilizing the dryer of your washing machine to dry your clothes up. However, if you want to save money, then you should line dry your clothes instead. This simply means getting yourself a clothesline or a rack where you can dry your clothes on. By doing that, you are lengthening the lifespan of your machine, aside from minimizing energy consumption.

75. Turn off your electric stove earlier.

Whenever you are using your electric stove to cook a meal, you should make it a practice to turn it off earlier than usual. This is because the plate on your stove usually stays heated even when the power is turned off. Thus, if you turn it off a few minutes early, then it can still continue to provide heat to your recipe.

76. Focus on your collection.

Lots of people like to have a collection of certain things, which they consider as a hobby. Some people like to collect caps, while others enjoy collecting bags. If you are one of them, then you should think whether the things you are collecting can really provide you with what you need. If not, then you should try to stop your costly habit. Instead, you should try to sell your collection, so that you can add more money to your savings account.

77. Customer rewards programs.

There are grocery stores and even bookstores today, which offer customer rewards programs. If the store that you usually purchase items from offer it, then you should sign up with them. Although it takes some time to rack up some points, it can still provide you with something, which can help you extend your budget. Aside from that, some of these reward programs can also give you coupons and discounts on certain items.

78. Check out your credit card points.

Lots of credit card companies today offer rewards in relation to the points that you have collected whenever you use your card. If you have gathered enough points, you should check out the available items that you can redeem it for. Aside from items though, some companies may also agree to waive some fees associated with your account in exchange for the points.

79. Personalize your gifts.

Whenever you hand out gifts for birthdays, Christmas, and such, it is always best to personalize them, in order to increase its value. Aside from making the present more meaningful though, personalizing gifts can also offer you a way to save up some cash. Thus, make use of your imagination, so that you can save up some money, while making your friends happy.

80. Let time pass by.

Whenever you find yourself longing to purchase something new, such as a new gadget,

a new pair of pants, or a new pair of shoes, you should let a couple of weeks pass by, before making up your mind about it. In most cases, you can find yourself losing the urge to buy the item that you want, especially if you really don't need it.

81. Spend less money but have more fun.

If you are the kind of parent who wants to see their kids having fun, there is actually no need to spend lots of money for it. Instead of taking them to rides or at the malls for shopping, you can actually make ordinary stuffs around your house interesting and fun enough for your kids. You can do some paper tossing, do origami, play hide and seek, and such so that you can all have some fun, without spending money.

82. Eat healthier meals.

Avoiding highly processed foods is actually something that offers more than just health benefits. It can also help you save up some money, since they usually cost more than when you prepare your own meals. Preparing your own meals can help you save money, since you can easily load it up vegetables, which are more affordable than meat.

83. Don't leave the door of the refrigerator open.

Leaving the door of your refrigerator open for a long period of time can cost you lot of money, due to using up lots of energy. This is because whenever you open your refrigerator, it could lose a certain amount of its cool temperature, and will have to try to attain it again. Thus, tell all the members of your family about this, so that you can minimize your energy consumption.

84. Your car's air filter.

Cleaning your car's air filter will take you a long way when it comes to saving money. This is because a clean air filter can improve your vehicle's fuel efficiency. With that, you can be assured that your gasoline consumption would be maintained at reasonable levels. Just check out your car's manual in doing it, so that you can clean the air filter soon.

85. Making your own things.

Making your own things can actually help when it comes to saving more money. When you bake your own cake or bread, you would soon realize that it is actually a lot more affordable in purchasing the ingredients for it and making it, than buying them from the bakeshop. Thus, learn making your own things soon, so that you can save more money in the process.

86. Finding relief from stress.

If you need to relieve yourself from stress, there is no need to spend lots of money for it. As long as you know some meditation techniques or yoga, then you wouldn't have to go to spas or massage parlors to relax. Aside from that, you can even just sit or lie down and listen to soothing music in order to get over a stressful day at work.

87. Do a routine check on your appliances.

You should regularly check your appliances in order to save more money. When you constantly check your appliances, you would be able to see if there are dusts on certain parts of it, such as the vents, the backs, and such. If you keep the appliances well cleaned, you can improve their efficiency and prolong their life.

88. Club memberships.

If you have a country club membership or a gym membership that you actually are not using, then you should cancel it. By doing that, you would be able to save some amounts of cash on a monthly basis. There is no need to worry about canceling them, since you can always renew your membership whenever you want to.

89. Wash your hands properly.

Cleaning your hands thoroughly after going to the comfort room, or touching different types of things like money, books, among others, is one of the best ways to prevent diseases to affect you. Keeping yourself from viruses and bacteria can help in saving money, since you won't have to deal with medical bills and medicine costs.

90. A gift does not have to be an item.

Providing your friend with a service that they really need can be a very meaningful gift, instead of giving them the usual gift item. For example, you can actually offer to wash your friend's car and wax it, instead of purchasing a gift item for him. Aside from that you can also offer to baby-sit for your friend, so that she can go out with her spouse.

91. Online accounts.

If you saved your credit card information on your online accounts so that you can easily purchase items that you want, then you should remove them soon. This is because this can give you a very easy way to overspend or go over your budget. Once you remove them, whenever you need to purchase something, you will have to look for your credit card information, which can take up some of your time.

92. Buying a car wisely.

Whenever you want to buy a brand new car, a couple of factors you want to consider would be the car's fuel efficiency and reliability. When you focus on these factors, it can actually save you lots of money in the long run. Thus, you should do your research about the cars you are considering purchasing soon, so that you can have the one that can help you save more money.

93. How to prevent shopping by impulse.

Making impulse buys, especially if you use your credit card for it can pile up your debts. To ensure that this is not the case, whenever you have the urge to purchase something, you should spend around a minute or two in thinking about whether you really need it or not. If not, then you simply have to let go of the urge, and save your hard earned cash.

94. Taking care of your debts.

If you want to save more money, you should take care of your debts very soon. One of the best ways to do it is to come up with something, which can remind you about it regularly. You can set a reminder about it through your phone, or come up with a visual reminder, so that you would become more consistent in hitting your goals regarding your debts.

95. Eating a full breakfast.

When you eat a full breakfast, you won't just be having the energy that you need to get through the day easily, but it can also save you some money. This is because it can control your unnecessary cravings during lunch and dinner. Aside from that, a full breakfast is often more affordable than large meals during lunch and dinner; thus, you won't have to deal with a huge expense for it.

96. What to do when you want to buy clothes.

Whenever you have the urge to buy new clothes, you should check out your closet first. If you find out that there are lots of clothes you have that you have not used for the past months, then you should bring them in front. By doing that, you would actually feel like you already have newer sets of clothes; thus, it can prevent you from shopping for unnecessary clothing.

97. Gain the support of your family.

If you want to save more money, you should tell your family all about it. When you do that, you can actually gain their support. If your whole family supports you, you can all work out together in order to minimize your costs. They can all help in minimizing energy and water consumption.

Aside from that, they could also understand better if you won't be eating out as often as you usually do.

98. When your computer is not working.

If your computer is not working as fast as it usually does, or it is not functioning normally, you should not contact your equipment's manufacturer for it immediately. This is because, they might send someone to repair it, and charge you lots of cash. Instead, you should try to troubleshoot it yourself it at first. Do your research about it through the internet, such as accessing websites or online forums, so that you can save money and learn new things.

99. Take up gardening.

Gardening can be fun, aside from the fact that it can help you save more money. When you already have a garden, you won't have to spend extra cash for cabbages, tomatoes, oranges, and other fruits and vegetables, since you can conveniently grow them yourself. By doing that, on top of saving money, you can also ensure that you are consuming organic food items.

100. Check your mobile phone bill thoroughly.

To save more money, one of the best ways to do it is to check your phone bill for the services that you have enrolled it with. Try to carefully evaluate these services, so that you can properly decide whether you really need them or not. To get rid of some, all you need to do is to contact your service provider and tell them about it.

101. Make your own wine.

If you love to drink wines so much, then you may have already spent lots of money in purchasing bottles of your favorite drinks. There are actually affordable wine making kits available in the market today, and they usually come with everything, which include the ingredients. By using such kits, you no longer have to purchase expensive wines, since you can already make them yourself.

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Resume Tips

1. Determine who would be reading your resume.

If you know who is going to read the resume you are going to submit, then you would be able to decide on the kind of content you want to establish on it. For example, if the resume would go through a Human Resource person, then you simply have to indicate the necessary information, which would make you qualify for the job. However, if it is going directly to the manager or employer, then you will have to be more specific.

2. Make your resume easy for a person to read.

You have to keep in mind that in most cases, your resume is just one of the many resumes submitted on a daily basis to the company you want to work for. Thus, the person reading it may simply get a quick glimpse of your resume to make a decision. If it is not easy to read, then it may get tossed out by the person easily.

3. Include the details that the reader wants to hear from you.

It is very important that you become more familiar of the requirements of the company, when it comes to hiring you. This is because, it can help you determine the more important details that you can include in your resume. For example, if you are applying for a managerial position, then you should focus on indicating related experiences, which can help you do the job well.

4. Make your resume short and direct to the point.

Since there is a huge possibility that you are not the only applicant of the position you want, then you should make your resume short and direct to the point. When a manager reads your resume, it is safe to assume that he does not have all day to do that. Thus, he may not have too much patience in looking for the information he wants from your resume.

5. Determine the very purpose of the resume.

Although you are making the resume to get the job you want, it is actually just the first step that you are going to take for it. Thus, the very purpose of the resume is to get your potential employer to contact you for an interview. Once that happens, you can then focus on your interview performance to land on the job you have been dreaming of.

6. Provide examples to back up your strengths and qualities.

Many people create resumes and list down their strengths and qualities like being

creative, problem solver, hardworking, and such. However, this actually does not prove anything, for anyone can create a long list of it. What you can do to stand out is to connect them with real experiences you have in your work or life in general, to illustrate that you do have such qualities.

7. Determine your priorities.

In coming up with your resume, you have to determine what you really want, so as to make something that is really effective. You need to determine whether you want a job for career advancement or simply to earn money from it. By doing that, you would eventually see the steps that you need to take in order to reach your goals.

8. Take some time.

Take your time in coming up with your resume for the job that you want to apply for. Make up a rough draft of it, perhaps in a form of a word document, before finalizing it. While checking your draft, you should check out not just its content, but also how you have formatted it, since it is also important when it comes to considering the reader's experience in checking it out.

9. Do your research.

If it is going to be your first time to create your resume, then you should do your research about it. There are lots of books as well as websites, which can provide you with resume samples. By checking them out, you would be able to have something, which you can base your resume on.

10. Double-check the information.

Before finalizing your resume, you should thoroughly check its content, so that you can ensure that it is free from errors. You need to see to it that the dates, the numbers, and all the other data it contains is correct. When a resume is free from errors, you are increasing your chances of getting the job that you want.

11. Make up your mind about the job.

Prior to submitting your resume, you should properly assess first, if you really want the job that you are applying for. Although you may qualify for it, and you are confident that you are going to get it, it is still best if you land on a job that you really wanted in the first place. This would ensure that you would have the necessary drive to excel on the job and be involved with it for a long time.

12. Applying for many jobs.

Lots of people today send out resumes to almost every hiring company that they come across with. They do it with the notion that the more resumes they submit, the more chances they have in landing on a job. Although it is true, it may also increase your chances of landing on a job, which you really do not like in the first place.

13. What to do in responding for job postings.

Whether you have found the job postings through the internet or locally, it is very important that you read thoroughly to obtain the necessary details. Check out where the company is located, the date that they would start to receive resumes, and such. If you feel that there are some details that you need that are not indicated, then make use of their contact information and call them.

14. Learn more about the position.

Before coming up with your resume, you should learn more about the position that you are applying for. When you do that, you would be able to determine, whether you are really qualified for it or not. Aside from that, you should also try to check if you do have past experiences, which can help you in the job, should you get hired for it.

15. Know your potential employer.

Do your research about the company that you want to work for. When you gather information about your potential employer, don't forget to check out its mission and vision statements, and understand them properly. Aside from that, you should also try to learn more about the kind of working environment the company is trying to develop.

16. If you want a long term job.

If you are applying for a job position that you want to get involved with for a long period of time, then you should carefully select your potential employer, prior to coming up with your resume. Choose an employer that has been in business for quite some time, so that you are assured about its stability. Aside from that, don't forget to indicate in your resume qualities of an employee that is committed enough for long term involvement.

17. Coming up with your main resume heading.

There are lots of options that you have when it comes to your main resume headings. You can choose to have headings that show your qualifications, work experiences, skills, languages, and such. Some people also start with their objective; however, this one may be omitted, since it is quite obvious that the objective of your resume is to get the job, or to get interviewed.

18. Seek help from a friend.

If you are having a hard time in trying to come up with a resume format that you can start with, don't forget that you can always ask your friend about it. Approach a friend who has successfully landed on the job he wanted, and check out his resume. Just take note of the format, and start from there.

19. Adding more headings.

When you have other specific headings that you want to add on your resume, you should consider whether your potential employer is interested in it or not. For example, if the company you are going to apply a job for is involved with computers, then adding Computer Skills heading could be a good idea.

20. Make use of quality paper.

One of the first things that employers would notice about the resume is the quality of paper that is used. There is no need to go with the more expensive ones. It is best to focus on quality, and veer away from papers, which may have certain scents. Focus on papers that are quite sturdy, so that the reader won't have difficulties in reading it.

21. Uncover unstated needs.

In job postings, you can be assured that the company that made it has unstated needs, and they may base hiring their employees to that. Therefore, you should try to do more research about it, so that you can uncover their unstated needs. If you are able to do that, then you can improve your chances in getting the job that you want.

22. Submit your resume to an online job portal.

There are lots of potential employers today, which depend on certain job portals to find people to hire. Thus, it is best if you submit your resume to these job portals. This way, aside from hunting for the job that you want, you can also let potential employers find you.

23. Using keywords for your resume.

In submitting your resume to online job websites, it is best if you make use of certain keywords, so as to increase the chances of companies in finding it. Many companies already make use of online databases to find potential employees. By making your resume easier to find with the right keywords, you are also improving your potentials in getting the job you want.

24. Using the right titles.

Since people, who are tasked in selecting potential candidates for the jobs they posted, also are pressed for time, then in most cases, they only take about a few seconds in checking out your resume. Thus, you should focus on titles or headings, which can grab their interest. Provide it with the right description, so that employers would become more familiar about your background by simply checking on them.

25. Proofreading your resume.

The importance of proofreading your resume cannot be overemphasized. Just a small error on it, can already end your chances of getting the job. Thus, it is best if you proofread your resume at least twice before submitting it. If you have a resume that is short and precise, then proofreading it would not take you too much time.

26. How to shorten your resume.

Since most employers do not have the time nor the patience to read through long paragraphs, what you can do is to make use of bullet points in your resume. Using bullet points and numbering can actually help you in summarizing all the things that you want your potential employer to know about you. With that, it makes reading it a more pleasant experience to your potential employer.

27. Establishing the right resume order.

When it comes to having the right order for your resume, you should come up with the most important information first. For example, if you deem that your work experience is the one that is most important for your employer, then you should put it at the top most portion. This should also apply in enumerating skills that you have gained through your experiences or trainings.

28. Determine your direction.

Indicating certain things in your resume, which can help your employer learn more about where you are going, could also improve your chances of landing on the job. This is because employers want to hire employees who have clear pictures of what direction they want to take in their lives. Thus, indicating your professional goals can be a wise decision, or at least make your resume in a way that it communicates it.

29. The Font.

Since there are lots of fonts that you can choose from in writing your resume, it is best if you focus on certain guidelines about it. One of the most important things about writing a resume is to make it as clear as possible, so that the reader won't have difficulties in reading it. Thus, when it comes to the size of your font, you should focus on 11 or 12,

while Arial and Times New Roman are good choices for the style.

30. Availability for job interview.

In submitting your resume, it is best that you tell your potential employer about your availability for a job interview. Aside from that, you should also indicate that you can always provide references when needed. Since you have indicated them, you should also be prepared in receiving a call from them for an interview, as well as for your references.

31. In listing down your skills.

Simply enumerating your skills may not get the job done, as far as landing on the job you want is concerned. Thus, instead of simply enumerating them, you should also state how the company can benefit from them to catch their attention. Doing that would make your potential employers think about the things you have stated.

32. Always focus on the positive.

Avoid any kind of information, which can promote negativity, whether in your experiences, or about yourself, when you write your resume. This is also applicable when it comes to being interviewed. If you are asked about your previous employer, you should not mentioned any kind of negativity about them.

33. Attaching pictures.

Gone are the days when attaching a picture in a resume is of prime importance. This is because most employers are not interested in how you look, unless you are applying for an acting or modeling position, which focuses more on the physical traits of individuals. Most employers these days are more interested in your skills and experiences, and how you present the information to them through your resume.

34. Listing responsibilities.

Although listing responsibilities under your experiences is one of the things that lots of people are doing today, you can actually make it better, by listing achievements instead. Most employers are already quite familiar when it comes to the functions of a certain position. Thus, listing down the responsibilities may not attract their attention, as much as your achievements would.

35. Tailor suit your resume.

Many people these days follow a practice where they create a generic form of a resume, and send it out to as many potential employers as they can. Although this kind of

practice can save you time, it may bring down your chances of landing on an interview. The best way is to tailor fit your resume to each company that you send it to, so that you would be able to increase your potentials of getting a call for interview.

36. Use numbers.

If you are going to list down your achievements in your resume, as much as possible, utilize numbers in illustrating them. For example, indicating a certain percentage of how much you helped the company in terms of its revenue generated, would illustrate it better for them. By doing that, it would give them an idea that you are indicating a fact, and not just any kind of claim.

37. Be more specific.

When you come up with a resume, where you are going to connect your skills to your experiences, you should become more specific about it. For example, don't just state that you have gone the extra mile in helping a customer. Instead, you should indicate the steps that you took in helping him.

38. Identify the problems of your potential employer.

Identifying the problems of the company you want to work for can help you in landing on the job you want. What you can do about this is to check out the kind of industry the company belongs to. For example, if one of the issues the company is currently facing is about its marketing efforts, then you would know what skills that you have, which you can indicate in your resume.

39. Listing down your work experiences.

There is no need to list down all your past work experiences, especially if you are not very proud about some of them. Focus more on listing down your work experiences, which are relevant to the kind of position that you are applying for. Aside from that, avoid those experiences you have, which only lasted for a couple of months.

40. Including your age in your resume.

In most countries around the world, age discrimination is actually considered illegal. However, many companies still consider age as a factor in hiring their employers. In relation to that, it is wise not to include your age in your resume. However, only indicate it, if the company would require you to.

41. Selling yourself.

Your resume is actually all about selling yourself to your potential employer, so that he

would be convinced in giving you a shot for an interview. Thus, you should focus on this kind of mindset in writing your resume. However, you should also avoid overdoing it, since it can also bring down your chances of getting hired.

42. Go for it.

Even if you still do not have any kind of real working experience, you should not hesitate in applying for the job you want, as long as you truly believe that you are qualified for it. Just indicate your volunteer work, summer jobs, or trainings, especially if they are relevant to the job that you want.

43. Avoid gender confusion.

There are certain names of people, which can be used for both males and females. Thus, if you have such a gender neutral name, then you should do something to avoid your potential employer to experience confusion regarding your gender. Include a prefix in your name, so that your employer would know if you are a male or a female.

44. Don't lie on your resume.

Although people are pretty much aware of the consequences of it, many still lie in their resumes, and even on their job interviews. You have to keep in mind that employers today, especially those who belong to the HR department, have ways of checking out your background. Thus, if they found out about your lie, then chances are, you won't be able to get it. Aside from that, lying on your resume can also cost you your reputation for good.

45. Excluding irrelevant information.

Many companies these days do not pay attention to a potential employee's religion, political affiliation, and such. Thus, such information can be considered as irrelevant, since they just consume more space in your resume, without helping you landing on the job. Therefore, it is best to skip these facts, so that you won't be wasting your time as well as your potential employer's.

46. Considerations to have.

In writing your resume, you should have a number of things you need to consider while doing it. Aside from considering the kind of job you want, you should also consider the kind of salary you are aiming for, as well as the job's level of responsibility. Doing that would help you come up with a resume that will provide an image that would match the things you are aiming for.

47. Reading job ads.

When you check out the job advertisement that the company you want to work for has posted, it would actually provide you with lots of helpful information. Aside from taking note of the qualifications they want, you can also check out what kind of business they are involved with. By knowing that, you would be able to see what they have in common with other companies, and determine the kind of employee they are searching for.

48. Pages in your resume.

Lots of people debate about the length of their resume. Some say longer is better, while others say to go with the shorter ones. What you should take note though is that, employers usually do not have time for lengthy resumes and application letters. Thus, it is best to make it as short as possible, such as just a single page or two, so that you can get the interview you are waiting for.

49. Reviewing your resume.

It is always best to review your resume for more than just once. However, it is better to have someone take a look at it, before you submit it to the company you want to work for. There are times when you would not be able to see your own mistakes, which is why an impartial friend would be able to help you out with it. Just keep in mind though that no matter what they suggest, it is still you who will make the final decision for it.

50. Use your best printer.

If you have a number of printers in your house, then you should use the best one for it. If you have a laser printer, then you should know that it is the best kind of printer for resumes. Print out your resume on a plain white paper, which is made in good quality, and avoid most fancy stuffs.

51. Designing your resume.

Your resume's design should be as simple as possible. There are actually lots of samples of resumes you can find on the web these days, in which you can base your design on. If you want to start on it from scratch though, you should keep in mind that you need to avoid fonts that are too small. Aside from that, you should also become more consistent throughout its content.

52. Coloring your resume.

When it comes to the color of the text in your resume, you should make use of black for it. This is because using that color, combined with a plain white paper would make the resume appear as professional as possible. Aside from that, you need to consider that

many employers will photocopy your resume, especially if they are scheduling you for an interview.

53. Become more selective.

If you have just done a rough draft of your resume, and you found out that it is too lengthy, being selective can actually help in cutting its length down. Being selective means that you should only indicate information on your resume that is relevant or has purpose. Thus, when you scan through it again, and found sentences that do not have any purposes, then you should take them out.

54. Assumptions.

When you read your resume, you may immediately make assumptions that it is clear and very understandable. However, you have to make sure that it is understandable not just for you, but also to the reader. Thus, you should recheck it over and over again, and have someone else take a look at it as well.

55. Your last resort.

If you have been trying over and over again in writing up a decent resume, and you still end up unsatisfied of the results, then you should come up with another solution for it. As your last resort, you can always have someone create it for you, such as your friend or a professional writer. However, make sure to properly explain what kind of resume you want, so that you would have a resume that you have envisioned it to be.

56. Describing your previous work experience.

When it comes to providing the details of your past work experience, you can actually indicate the responsibilities that you had. However, it is also best that the person reading your resume be able to understand what kind of business your previous employer was involved with. To address that, you can actually indicate the web address of your past employer's website, so that your potential employer can check it out himself.

57. Supporting your propositions.

If you have certain propositions for the company that you want to work for, it is best that you provide it with adequate support. Aside from that, you should also be more specific in supporting it. For example, if you aim for improvement in employee productivity, then you should provide the steps in achieving it.

58. Some of your past jobs, may be more relevant than the others.

Some people mistakenly consume lots of space in their resumes for emphasizing on jobs, which are not relevant to the position they are applying for. Thus, it is best that prior to writing your past work experiences, you should jot down those that you want to focus on more.

59. Gather your thoughts.

Before you even start writing your resume, you should gather your thoughts about the information that you are going to provide in it. This would help you have the right mindset in coming up with a resume that you really want. Aside from that, it would also help in making your resume writing experience a smoother one.

60. Updating your resume.

It is always best to keep a digital copy of your resume on hand. With that, you would be able to update it anytime you want. Updating would mean adding more relevant content to your resume such new training experiences, academic programs, and such. By doing that, you are ensuring that you are not missing out in mentioning important details.

61. Mentioning people you worked for.

If you have the experience in reporting or working with top executives in the industry that you belong to, mentioning their names on your resume would not be a bad idea. Make sure though that it is fine with them, if your potential employer would try contact them for confirmation. Aside from mentioning them, you can also ask them to become your character references.

62. Come up with a resume that does not provide a negative impression.

If you have been around, when it comes to the types of jobs that you have been involved with, then you should only indicate those that are more important. Aside from that, you should not indicate those jobs you had before, which were short termed. This is because employers want to hire people who are decided on the kind of work they want. Aside from that, they also long for people who want to get involved with them on a long term basis.

63. Avoid jargons as much as possible.

If you are a technical person, you need to keep in mind that when you submit your resume there is a big possibility that the manager that would view it is non-technical. Thus, it is best to avoid technical jargons in your resume as much as possible. This is because, your potential employer may not want to spend extra time on your resume, by researching about the words that you have used in it.

64. Position the text in your resume as clear as possible.

Although it is a good idea to come up with a resume that is only a page length, you should also make sure that you don't cram up too much text in it. Therefore, you should provide good spaces between the words and the lines in your resume. Doing this may make your single paged resume to two pages, however, it would become more presentable, and less confusing.

65. When you had years of experience in a particular company.

If you have been with a particular company for quite some time already, and have been promoted for a number of instances, then you should list down all your positions in it. List down your roles and positions that you have attained in the company, which may have developed your skills further. Doing this can increase your chances in getting the job, especially if you are able to get your employer's attention.

66. Online sample resume templates.

When you search through the internet, you may find lots of websites, which offer free resume samples that you can use as templates. However, you need to be careful in making use of them, since some might be designed for specific positions, which you may not be applying for. Aside from that, sticking with sample templates may also make your resume look more generic.

67. Your old work experiences.

If you have been working for 10 to 15 years already, then there is a big chance that you have already been promoted to different positions. Thus, it may no longer be necessary to list down your past working experiences, when you were still starting out. It is best to focus on the most current job experiences that you have, especially those that are relevant to the position that you want.

68. Fancy designs.

There is no need to make use of fancy designs when it comes to writing your resume. Cute little flowers may appeal to you, but it would not have the same appeal to your potential employers. Aside from that, it could even make your document less professional.

69. The most important parts of your resume.

Two of the most important parts of your resume would be your name and your contact details. Thus, your name should be the first thing that would appear on it from the top,

to be followed by your contact details. Aside from that, if you have more than two pages in your resume, they should still appear on the other pages.

70. How to showcase your accomplishments properly.

Indicating your accomplishments on your resume may not be enough to impress your would be employer. To properly present it, you have to start with stating an issue, or a problem that you were able to solve for them. After which, discuss the steps that you took, which solved the problem that made everyone happy.

71. Focusing on actions.

When you write your resume, it is best to use action words or verbs. By doing that you would sound more proactive. Although resumes are based on the past, you should also make it in a way that it would sound like it is aimed for the future, which should impress most employers.

72. Writing numbers.

If you want to become more specific on your achievements by stating certain numbers to illustrate it, it is best that you write the numbers down, instead of doing it by words. Writing numbers such as “\$100,000” instead of using “one hundred thousand dollars” would create a better impact on your readers.

73. Including education.

Your educational attainment is also a very important piece of information that you want to include in your resume. However, stating the kind of degree that you have achieved may not be enough. It is best if you can supplement it with something, which can indicate that you have worked while studying, or have done other productive activities.

74. The associations you were involved in.

Some people think that including associations in the resume is not necessary. On the contrary, it is actually one of the important items to include, especially if the kind of company you are applying for encourages their employees to develop their people skills or teamwork.

75. Necessary documents.

When you indicate certain educational attainments, such as a degree you earned or more, you should be prepared in providing the necessary supporting documents for it. Although most employers may not ask for such documents at the initial stages of the hiring process, it is still better to get them prepared, since you might be required to

submit them before starting your work.

76. Summarizing your qualifications.

Providing a section in your resume to summarize your qualifications can offer you the edge that you need over your competition. This is very possible, especially if you are able to do it properly. When you write down your summary of qualifications, you should keep in mind that some employers may just choose to read it, instead of the entire document.

77. When to write your resume.

Writing your resume can be done with your laptop or your personal computer. However, it is best if you do it at night time, or very early in the morning. This is because these are the usual times when you won't have to deal with too many disturbances. If you are using a laptop, do it inside the room, or somewhere peaceful, so that you can really put your mind into it.

78. Saving a copy of your resume.

Saving your resume on your desktop is a good idea, since it would make it very convenient for you to update it. However, it is also better if you have a back up plan for it, just in case your computer gets infected with virus or something else. What you can actually do is to save your resume online, which you can do by simply attaching it to your email, and sending it to yourself.

79. Turning off the internet.

If you experience having your computer running slower than usual when you start writing down your resume, you should try turning off the internet first. Doing that can actually improve the speed of your computer. Aside from that, you should also turn off the other running programs, not just to improve the speed of your pc further, but also to get rid of distractions.

80. Rearranging your resume.

If you are not satisfied with the outcome of your resume, there are lots of things that you can do to remedy the situation. One of which would be to rearrange your resume. This may not change the content of your resume, but it can improve its overall effect, as well as its appearance.

81. Emphasizing your strengths.

When you want to emphasize on your strengths, such as indicating that you have

“strong leadership skills” or “excellent attention to details”, you need to be cautious about it. This is because, anybody can actually do that. However, to make sure that you make a good impression, then you should ensure that the rest of your resume would support what you indicated.

82. Using the objective section.

For lots of people, the objective section of the resume can be the most confusing part. What you need to take note though is that, you have two choices when it comes to it. You can either omit it or include it in your resume. If you choose to include it, you should consider the objective of the company, in writing your own objective.

83. Show that you are interested.

Some people think that one cannot express how interested he is of the position he is applying for on the resume. However, you can actually do it, by simply taking note of a few things. You simply need to become more specific; focus more on the needs of your future employer; and, show that you have done your research and you know what you are doing.

84. Be confident.

Although this tip is usually provided for interviews, being confident in writing down your resume could also help you a lot. This is because when you are confident, you won't hesitate to include the necessary things, which can make you stand out from the rest. Aside from that, it would also help you attain the right mindset in writing down your resume.

85. Let your new employer recognize the effort you put into your resume.

When your future employer recognizes the effort that you have invested into your resume, then your chances of being considered for the position would improve. To achieve this, one of the things that you can do is to tailor fit your resume to the position that you are applying for. Although this may take some time, it is definitely worth it, especially if you can get the job.

86. Recalling some rules in writing.

Although these are the very basic rules in writing, many people still have the tendency to forget them, perhaps, it is due to the fact that resumes have different formats, compared to regular articles or letter. Some of the rules include a capital letter at the start of the sentence; titles do not need periods at the end; a comma should be followed by a space; and, many more.

87. Providing an email address.

Due to the fact that most companies are going digital these days, it is best if you can provide them with a contact email address. Your email address should be created in a professional manner. Aside from that, it should contain at least your first name or your initials, so that the people reading it can associate it to you.

89. Highlighting.

Do not use the tools to highlight certain things excessively. A person reading your resume and sees too many words that are bolded, italicized, or underlined, can get irritated by it. Thus, you should minimize the use of them. Use them only to highlight very important information such as your name, address, and such.

90. Indicating your cell phone number.

Some people would advise you not to indicate your phone number in your resume. This is because receiving a call from a potential employer can catch you off guard. However, if you do want to include it, you need to be prepared in answering their calls anytime of the day. This is because they could be calling you for an interview.

91. Submitting the resume with a cover letter.

If you are going to submit your resume with a cover letter, there are certain things that you want to take note of. One of which is to properly match your resume with your cover letter layout. In other words, they should have the same font, text size, margins, and headings.

92. How to review your resume properly.

Proofreading your resume several times can actually help in identifying errors on it. However, if you really want to ensure that it is free from errors, what you can do is to do something else once you are done writing your resume. After a few hours, check it out again, since the break would provide you with a fresher mind to double check it for errors.

93. Questions to ask after reviewing your resume.

Once you are done reviewing your resume for a number of times, there are certain questions that you want to ask yourself. Such questions should ask you whether your resume was compelling enough, professional looking, clear and easy to read, free from grammatical errors, and such.

94. Forget other things first.

Prior to writing down your resume, you should forget other things first. This can actually help you out in coming up with a resume that is focused on more important things. Aside from that it can also help you in writing a resume in a more positive tone.

95. Submitting your resume.

In these modern times, there are different ways of submitting your resume to a company. You can submit it by yourself, through email, or even through an online job portal. Before submitting it though, especially if you are going to do it through email, make sure that it is save in the right kind of doc file, so that your potential employer can open it.

96. Make up a plan.

Before sitting down on your desk to write your resume, you should come up with a plan first. By doing that, you would be able to identify your direction properly. Aside from that, you can also uncover your qualifications and achievements more effectively.

97. The elements of a resume that can land you an interview.

A resume that can make an employer contact you for an interview is something that is clean, appealing, and something that can soothe even tired eyes. Aside from that, it should also provide a dynamic summary of your qualifications, which target the requirements of the job you are applying for.

98. Do not use “I” in your resume.

Using I and other pronouns in the resume is not a good idea. This is because resumes are best written in the third person point of view. Doing that would make your resume not just more appealing, but also more professionalized. On top of that, it would also make it more believable.

99. Do not use too many articles.

Using too many articles in a resume is not a good idea, especially if you want to save on space. Articles would be words like “a”, “an”, or “the”, which can be considered as fillers. By minimizing the use of such words, you won’t just be saving space, but it can also make your potential employer focus more on the important things.

100. Using the professional language.

When you apply for a job, your resume should sound as professional as possible. Doing it that way would improve your chances of getting hired for the job. To write in that

manner, your resume style should send out a message that you are reliable, presentable, and of course, professional.

101. Practice.

Whether you have found the job that you wanted to apply for or not, it is best if you constantly practice and perfect your resume writing skills. This can improve not just your skills in writing resumes, but it can also help you in other things as well. Have a friend check out your resume, and ask him for an honest assessment of it.

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Tips About Life, People, and Happiness

1. True wisdom and insight is always free.
2. Give your power over to no one.
3. Going into the unknown is how you expand what is known.
4. Get a library card.
5. Spend more time around people that both challenge and respect you.
6. Remain skeptical forever.
7. Fight for what matters.
8. There is a method that works. Find it.
9. Join a movement.
10. Drink your coffee black.
11. Never let anyone photoshop a picture of you. It creates a false sense of self-confidence.
12. Read more. Especially things you disagree with.
13. Get used to feeling stupid. It's a sign of growth.
14. It's easy for people to talk a good game, so watch how they behave instead.
15. Learn something from everyone.
16. Find things that inspire you and pursue them, even if there's no money in it.
17. Starve if you have to, for as long as you need to.
18. Survive on a little just to prove you can do it.
19. Get one big success at an early age. It'll help build your confidence for bigger things.
20. Do what you say you'll do. No one is reliable anymore.
21. Be comfortable with abandonment, even of parts of your identity.

22. Learn a new language.
23. Eat more protein.
24. Keep people around you that will tell you the truth.
25. Genius gets you nowhere. Execution is everything.
26. If given the choice of equity or cash, always take cash.
27. Meet new people as often as possible. Offer to help them.
28. Don't discriminate. Connect anyone in your network to anyone else.
29. If you can't do a pull-up, you have a problem.
30. Nobody likes a know-it-all.
31. Get a passport. Fill it up with stamps no one has ever seen.
32. Quit your horrible job.
33. Read biographies. It's like having access to the best mentors in history.
34. Go to bed, and wake up, early. No one will bother you, letting your best work emerge.
35. Scare yourself a little bit every day. It will expand your inner map.
36. Learn to climb trees.
37. Don't buy a lot of stuff, and only buy the stuff you really love.
38. Be humble and curious.
39. Twitter followers don't keep you warm at night.
40. Be as useful as you can in as many circumstances as possible.
41. Show up.
42. Repeat people's names when you meet them.
43. Turn internet access off your phone. Wifi is fine.

44. Get a deck of Oblique Strategies cards. Use them.
45. Make your home a place where you feel safe.
46. Take people up on bets. Make more bets yourself.
47. Take cold showers. They're better than coffee.
48. Learn to enjoy hunger.
49. Make everything either shorter, or longer, than it needs to be.
50. Always remember those who helped you. Deliver two or three times as much value back.
51. But also, help people who have never helped you, and can't.
52. When you know that pain is temporary, it affects all of your decisions.
53. Get a tattoo. Don't worry about regret.
54. Commit to things, regularly, that are far beyond your ability.
55. Meet with friends more often than you think you have to.
56. Learn to meditate. Go on a retreat if you have to.
57. Your stories are both more and less interesting than you think.
58. Learn to really listen.
59. Walk more.
60. Ugly is just a step on the way to beautiful.
61. Get to know your neighbours.
62. Don't take anything personally, ever.
63. Consider avoiding school. Go to lots of conferences instead.
64. As soon as you can, buy some art.
65. Apologize more than you need to.

66. Find out if there will be food there.
67. A good haircut changes everything.
68. Read Man's Search For Meaning.
69. Say no to projects you don't care about.
70. Do things that are uncool. Later on, they usually end up becoming cool anyway.
71. Find your voice.
72. Have some manners.
73. Learn to play chess, go, and bridge. They'll keep you from going senile.
74. Learn about the Tetrpharmakos.
75. Find ways to cheat the system— just don't cheat people.
76. Be like Jesus, not like his followers. (This applies to all of them.)
77. At least once, date someone that's out of your league.
78. Examine your jealousy. You'll learn a lot about yourself.
79. Good connections are about people, not social networks.
80. Address small problems. They will become big problems.
81. Dress like a cooler version of yourself.
82. Yes, there is such a thing as bad press.
83. Add "adventurer" to your Twitter bio. Then, become one.
84. If the internet is the best thing in your life, you have a serious problem.
85. Give away your best work for free.
86. Find mentors. Just don't call them that.
87. Actually write on your blog. Nobody cares if it's hard.
88. Download Freedom. Use it for an hour every day.

89. Join a gym. Lift the heaviest you can. (This applies to girls too.)
90. Do some freewriting. It helps you think things through.
91. When you're having supper with rich people, pick up the cheque.
92. Learn how to speak in public.
93. If you see someone who needs help, stop asking yourself if they need help. Instead, just help.
94. Bring a bottle of wine.
95. The best conversations are had side by side, not one in front of the other.
96. Protect your hearing. Trust me.
97. Do what's most important first thing in the morning, before you check email.
98. Everyone feels like they're not good enough. It's not just you.
99. Courage is a learned skill.
100. Go to Iceland. It's worth it.

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Tips to Get Organized

1. Assign specific living quarters to everything you own.
2. Put things where they work for you: vitamins by the juice glasses, coat hooks in the garage next to the car.
3. A small, open basket on the coffee table keeps remote controls from slipping between sofa cushions, says professional organizer Kathy Waddill, author of *The Organizing Sourcebook: Nine Strategies for Simplifying Your Life*.
4. Move all your CDs to a storage wallet. Say bye-bye to jewel boxes and CD stands!
5. Put wastebaskets in every room, suggests Waddill.
6. Whenever you run across anything empty, ripped, the wrong size or never used, immediately toss it in the trash or a charity box.
7. To stay on track, jot your cleaning routine on index cards and post them
8. Use a plastic caddy, not valuable shelf space, to store cleaning supplies for surfaces and floors. Keep it on the broom and mop closet floor (locked, if you have small children) and tote it from room to room.
9. Store sheet sets in the same room as the bed, between the mattress and box spring or tucked into an underbed box.
10. Keep a cedar chest (or a light-weight wicker basket if you have young children to avoid accidents) at the foot of your bed to hide blankets and extra pillows.
11. Tuck a whisk broom and dustpan in each bathroom for a daily dust-up.
12. Put a different color toilet paper than usual behind your stash of regular rolls. When a colored roll ends up on the spool, it's time to buy more.
13. Keep real cleaning cloths next to your cleaning products, and ditch the box of ripped underwear you keep in the basement.
14. Just accept it: Place a tall, narrow basket for his magazines next to the toilet.
15. Give kids their own alarm clocks and post morning checklists for them. (It'll be less for you to organize.)

16. Move kids' cereal boxes, bowls and cups to an "I can reach it!" lower cabinet. Also, put juice boxes, milk and other snacks in an accessible place in the refrigerator.
17. Leave a shoe basket by the front door (or the kids' bedroom doors) to avoid those excruciatingly long searches through the house.
18. Have a two-compartment hamper in the kids' rooms so they can sort lights from darks as they undress.
19. When switching kids' summer/winter clothes, mark boxes with the date and sizes so you don't have to paw through them to know if they'll fit.
20. No room for a dresser? One or two sets of plastic or canvas hanging shelves in the closet make choosing clothes easier.
21. Leave a weatherproof, bench-style storage box outside for the kids' outdoor toys.
22. Gather all balls into a large, mesh drawstring bag.
23. Keep some toys undercover in the living room with decorative, lidded baskets.
24. Stand kids' paperback books in rectangular plastic or wicker baskets so they're easy to sift through.
25. Photograph your child's 3-D creations and save the pictures instead
26. Post several weekly dinner menus on the fridge and alternate among them for easier grocery shopping and meal planning.
27. Don't keep space-hogging cookbooks. Photocopy favorite recipes and slip them into plastic sheet protectors inside a binder.
28. Tape an envelope for pizza and other takeout food coupons inside the cabinet door nearest the phone.
29. Use a mini flowerpot with drip tray near the sink to stash sponges, steel wool and food scrapers.
30. A crock with a wide mouth keeps favorite stove-side utensils from tangling.
31. Put countertop flour and sugar canisters on a lower slide-out cabinet shelf. Or use a sturdy baking sheet or plastic tray as a slide-out.
32. Double cabinet space with two-tiered turntables.

33. Trade round storage containers for more efficient square and rectangular ones, says DeBroff.

34. To free up kitchen space borrow, don't buy, things you rarely use such as juicers, waffle irons, melon ballers and rolling pins. Already have them? Sell them.

35. A second freezer makes you walk farther for the ice cream.

36. Use a morning checklist; kids aren't the only ones who forget things when they're in a rush.

37. Create other essential checklists: what goes in your gym bag, what joint-custody kids need to take back and forth between houses, what to pack for trips, information for babysitters, etc. Keep them on your computer for updating and put copies in a folder near the kitchen phone.

38. Set your computer calendar's alarm for the week before dates you need to remember, from an anniversary to the day you change the furnace filter. That will give you enough time to buy what you need.

39. Organize future events with a monthly accordion file. Put birthday cards, directions to a baby shower, a note to check on furniture deliveries, even vacation brochures in the appropriate months.

40. Put a clock in every single bathroom.

41. Always have backups: a spare set of car/house keys, a second deodorant, another way to get kids to school.

42. Make a standing monthly hair appointment.

43. Designate every Friday or Saturday as date night with your husband, and book a sitter for several weekends at a time.

44. Don't assume he'll keep those Honey-Do projects in his head. Post them on the bathroom mirror.

45. Keep a wish list of intriguing activities on hand so you don't waste precious weekend time figuring out what to do.

46. File copies of important documents (birth certificates, car title, passports, proof of immunizations, insurance information, etc.) in a three-ring binder with zippered plastic pockets. If disaster strikes, you can grab it and go.

47. Add address book pages sorted by category: kids' friends, gourmet food club, tennis

friends, etc., DeBroff suggests.

48. Avoid a last-minute scramble to find rental videos by leaving unwatched and just-watched movies in a bag by your door.

49. Stock your nightstand drawer with pencils, notepads, a phone book and a flashlight.

50. Corral an unwieldy bedroom reading pile with a small bookshelf next to your nightstand.

51. Allow only one outfit—tomorrow's—on the hook outside your closet door.

52. Buy a closet organizer instead of just dreaming about it.

53. Start each season by arranging clothes hangers so the hooks face out, toward the room, says Kim Cosentino, owner of the De-Clutter Box, Inc. in Westmont, Illinois. When you wear something, turn the hanger in. At the end of the season, get rid of anything that hasn't been turned.

54. Vacuum-sealed storage bags. Enough said.

55. Free up drawer space by stacking jeans, sweaters and gym clothes on closet shelves. Slip-on shelf dividers keep them from falling over.

56. Keep a stepstool in or next to your closet.

57. To free up your dresser, put plastic stacking bins with drawers inside your closet for socks, underpants and bras.

58. Bring order to scarves and belts with an "accessory ladder," a chain of shower curtain rings—one for each item—trailing down from the top of a hanger, says Donna Smallin, author of *Organizing Plain and Simple*. Clip purses to a second ladder.

59. Keep ponytail holders on shower curtain rings, too.

60. Hang a flat jewelry organizer with transparent pockets inside your closet door.

61. Pare down your cosmetics to fit in one portable bag.

62. Make a Just for Me pampering kit so lotions, scented candles, nail polish, etc., aren't scattered in three different rooms.

63. End key confusion with new, decorative keys: Use stars-and-stripes for the house, flowers for the garden shed, psychedelic for your office at work.

64. Removable key rings let you leave work keys at home on weekends, the car key with the valet and the house key with your pet sitter.

65. Line car-door map compartments with shallow, narrow organizing pockets to keep pens, notepads, hand lotion and lip/eye pencil from sliding around.

66. Use a clothespin to clip to your purse strap those “Can’t Forget” notes: Get allergy shot. Pick up kids early. Tell mechanic about squeaking brakes.

67. To avoid “senior moments” with the dry cleaning, library books, videos or packages to mail, put outgoing items on the passenger seat, not on the kitchen counter.

68. Slide a local phone book under the front seat.

69. Pens with fuzzy animal heads are easier to find in the car.

70. Get a key chain–size Swiss Army knife with pullout pen.

71. Free up glove compartment space: Stow owner’s manuals in the passenger seat’s back pocket.

72. Stock glove compartment with takeout menus, napkins, nail file, car registration, tire gauge, first-aid kit and a roll of quarters.

73. Create a “just in case” box for the car trunk: umbrella, cheap rain ponchos, scissors, big black marker, tape, paper towels, plastic bags, extra kids’ socks and a one-size-fits-all T-shirt, sweatshirt and pair of sweatpants for adults, another for kids.

74. Keep the charity box in your trunk, not your closet. When it’s full, drop it off.

75. Keep an extra pair of glasses or contact lenses, pantyhose and other emergency gear in your desk.

76. Sort your day by activity, not project. Check the stack of phone messages only twice a day. Tackle the correspondence pile right after lunch, and head to the copy machine just once.

77. Use your datebook to keep projects on track. Block out times to tackle each bite-size segment.

78. If you don’t need it every day, get it off your desk.

79. Don’t just shift remaining papers around your desk. Flip the stack—oldest papers now on top—for a fresh perspective and quicker action, DeBroff suggests.

80. Tame the file frenzy with broader file names, such as one for “Employees” rather than two for “Personnel” and “Evaluations,” Waddill recommends.

81. Use desktop or wall-mounted vertical file racks for an instant cleanup of your tornado-zone desk, Smallin says.

82. When you have a project with a lot of paperwork, stay organized by using a three-ring binder instead of flimsy file folders. List everyone involved and their contact information on the first page.

83. For smaller projects, write contact details on the front of the file folder.

84. Move finished project folders from your office into storage.

85. One credit card per grownup. Period.

86. Create a Receipt Depot: a folder near the door that everyone drops receipts into as they come home.

87. Bite the bullet: Computerize your finances.

88. Stick to a budget. Then you’ll never have trouble covering those unexpected expenses.

89. Slip incoming bills, a pen and a thin calculator into a three-ring binder’s inside pockets. Make a list of all your usual bills and expenses, and print out a fresh copy each month for your binder. Then mark the bills off monthly as you pay them. If a creditor isn’t crossed off, call for a duplicate statement to avoid late fees.

90. Make sure your list includes automatic withdrawals for utilities and bills you pay online so you don’t pay a bill twice or lose track of your checking account balance.

91. Ask creditors to shift your due dates to lump them all together or to split them between the two pay periods of each month.

92. Keep a Phillips and flathead screwdriver in a kitchen drawer to avoid a trek to the toolbox.

93. Affix baby food jar lids to the bottom of your workroom shelf. Sort nails, screws and bolts into the jars, and twist them onto the lids.

94. When you adjust your clocks each spring and fall, also weed out expired medicine, sunscreen, food, coupons and smoke detector batteries.

95. Hang a spray-painted Peg-Board for tools, coats, baseball caps; use wall hooks for

blow dryers.

96. Store all car wash products in a bucket in the garage.

97. Keep a large, sturdy garbage can on wheels next to your car to toss candy wrappers or other trash, says Waddill.

98. Aim for easy access, not neat storage, for lawn equipment. Shift your tools the way you

shift your clothes: In the winter, put the snow shovel in front and the rake in the back.

99. Save space on rarely used equipment by coordinating a borrowing system: You'll have the fertilizer spreader, one neighbor will have the extension ladder, another will have a chainsaw, etc.

100. Install a hook above the kitchen sink where just-watered hanging plants can drip.

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Smartest Diet Tips Ever!

I Can Only Handle One Diet Change Right Now. What Should I Do?

1. Add just one fruit or veggie serving daily. Get comfortable with that, then add an extra serving until you reach 8 to 10 a day.
2. Eat at least two servings of a fruit or veggie at every meal.
3. Resolve never to supersize your food portions—unless you want to supersize your clothes.
4. Make eating purposeful, not mindless. Whenever you put food in your mouth, peel it, unwrap it, plate it, and sit. Engage all of the senses in the pleasure of nourishing your body.
5. Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
6. Make sure your plate is half veggies and/or fruit at both lunch and dinner.

Are there Any Easy Tricks to Help Me Cut Calories?

7. Eating out? Halve it, and bag the rest. A typical restaurant entree has 1,000 to 2,000 calories, not even counting the bread, appetizer, beverage, and dessert.
8. When dining out, make it automatic: Order one dessert to share.
9. Use a salad plate instead of a dinner plate.
10. See what you eat. Plate your food instead of eating out of the jar or bag.
11. Eat the low-cal items on your plate first, then graduate. Start with salads, veggies, and broth soups, and eat meats and starches last. By the time you get to them, you'll be full enough to be content with smaller portions of the high-calorie choices.
12. Instead of whole milk, switch to 1%. If you drink one 8-oz glass a day, you'll lose 5 lb in a year.
13. Juice has as many calories, ounce for ounce, as soda. Set a limit of one 8-oz glass of fruit juice a day.
14. Get calories from foods you chew, not beverages. Have fresh fruit instead of fruit juice.

15. Keep a food journal. It really works wonders for healthy weight loss.
16. Follow the Chinese saying: "Eat until you are eight-tenths full."
17. Use mustard instead of mayo.
18. Eat more soup. The noncreamy ones are filling but low-cal.
19. Cut back on or cut out caloric drinks such as soda, sweet tea, lemonade, etc. People have had weight loss by making just this one change. If you have a 20-oz bottle of Coca-Cola every day, switch to Diet Coke. You should lose 25 lb in a year.
20. Take your lunch to work.
21. Sit when you eat.
22. Dilute juice with water.
23. Have mostly veggies for lunch.
24. Eat at home.
25. Limit alcohol to weekends.

How Can I Eat More Veggies?

26. Have a V8 or tomato juice instead of a Diet Coke at 3 pm.
27. Doctor your veggies to make them delicious: Dribble maple syrup over carrots, and sprinkle chopped nuts on green beans.
28. Mix three different cans of beans and some diet Italian dressing. Eat this three-bean salad all week.
29. Don't forget that vegetable soup counts as a vegetable.
30. Rediscover the sweet potato.
31. Use prebagged baby spinach everywhere: as "lettuce" in sandwiches, heated in soups, wilted in hot pasta, and added to salads.
32. Spend the extra few dollars to buy vegetables that are already washed and cut up.
33. Really hate veggies? Relax. If you love fruits, eat plenty of them; they are just as healthy (especially colorful ones such as oranges, mangoes, and melons).

34. Keep seven bags of your favorite frozen vegetables on hand. Mix any combination, microwave, and top with your favorite low-fat dressing. Enjoy 3 to 4 cups a day. Makes a great quick dinner on all healthy weight loss programs.

Can You Give Me a Mantra that will Help Me Stick to My Diet?

35. "The best portion of high-calorie foods is the smallest one. The best portion of vegetables is the largest one. Period."

36. "I'll ride the wave. My cravings will disappear after 10 minutes if I turn my attention elsewhere."

37. "I want to be around to see my grandchildren, so I can forgo a cookie now."

38. "I am a work in progress."

39. "It's more stressful to continue being fat than to stop overeating."

I Eat Healthy, but I'm Overweight. What Mistakes Could I Be Making without Realizing It?

40. Skipping meals. Many people on healthy weight loss programs "diet by day and binge by night."

41. Don't "graze" yourself fat. You can easily munch 600 calories of pretzels or cereal without realizing it.

42. Eating pasta like crazy. A serving of pasta is 1 cup, but some people routinely eat 4 cups.

43. Eating supersize bagels of 400 to 500 calories for snacks.

44. Ignoring "Serving Size" on the Nutrition Facts panel.

45. Snacking on bowls of nuts. Nuts are healthy but dense with calories. Put those bowls away, and use nuts as a garnish instead of a snack.

46. Thinking all energy bars and fruit smoothies are low-cal.

What Can I Eat for a Healthy Low-Cal Dinner if I Don't Want to Cook?

47. A smoothie made with fat-free milk, frozen fruit, and wheat germ.

48. The smallest fast-food burger (with mustard and ketchup, not mayo) and a no-cal

diet beverage. Then at home, have an apple or baby carrots.

49. A peanut butter sandwich on whole wheat bread with a glass of 1% milk and an apple.

50. Precooked chicken strips and microwaved frozen broccoli topped with Parmesan cheese.

51. A healthy frozen entree with a salad and a glass of 1% milk.

52. Scramble eggs in a nonstick skillet. Pop some asparagus in the microwave, and add whole wheat toast. If your cholesterol levels are normal, you can have seven eggs a week!

53. A bag of frozen vegetables heated in the microwave, topped with 2 tablespoons of Parmesan cheese and 2 tablespoons of chopped nuts.

54. Prebagged salad topped with canned tuna, grape tomatoes, shredded reduced-fat cheese, and low-cal Italian dressing.

55. Keep lean sandwich fixings on hand: whole wheat bread, sliced turkey, reduced-fat cheese, tomatoes, mustard with horseradish.

56. Heat up a can of good soup.

57. Cereal, fruit, and fat-free milk makes a good meal anytime.

58. Try a veggie sandwich from Subway.

59. Precut fruit for a salad and add yogurt.

What's Your Best Advice for Avoiding those Extra Holiday Pounds?

60. Don't tell yourself, "It's okay, it's the holidays." That opens the door to 6 weeks of splurging.

61. Remember, EAT before you meet. Have this small meal before you go to any parties: a hardboiled Egg, Apple, and a Thirst quencher (water, seltzer, diet soda, tea).

62. As obvious as it sounds, don't stand near the food at parties. Make the weight loss effort, and you'll find you eat less.

63. At a buffet? Eating a little of everything guarantees high calories. Decide on three or four things, only one of which is high in calories. Save that for last so there's less chance of overeating.

64. For the duration of the holidays, wear your snuggest clothes that don't allow much room for expansion. Wearing sweats is out until January.

65. Give it away! After company leaves, give away leftover food to neighbors, doormen, or delivery people, or take it to work the next day.

66. Walk around the mall three times before you start shopping.

67. Make exercise a nonnegotiable priority.

68. Dance to music with your family in your home. One dietitian reported that when she asks her patients to do this, initially they just smile, but once they've done it, they say it is one of the easiest ways to involve the whole family in exercise.

How Can I Control a Raging Sweet Tooth?

69. Once in a while, have a lean, mean salad for lunch or dinner, and save the meal's calories for a full dessert.

70. Are you the kind of person who does better if you make up your mind to do without sweets and just not have them around? Or are you going to do better if you have a limited amount of sweets every day? One RD reported that most of her clients pick the latter and find they can avoid bingeing after a few days.

71. If your family thinks they need a very sweet treat every night, try to strike a balance between offering healthy choices but allowing them some "free will." Compromise with low-fat ice cream and fruit, or sometimes just fruit with a dollop of whipped cream.

72. Try 2 weeks without sweets. It's amazing how your cravings vanish.

73. Eat more fruit. A person who gets enough fruit in his diet doesn't have a raging sweet tooth.

74. Eat your sweets, just eat them smart! Carve out about 150 calories per day for your favorite sweet. That amounts to about an ounce of chocolate, half a modest slice of cake, or 1/2 cup of regular ice cream.

75. Try these smart little sweets: sugar-free hot cocoa, frozen red grapes, fudgsicles, sugar-free gum, Nutri-Grain chocolate fudge twists, Tootsie Rolls, and hard candy.

How Can I Conquer My Downfall: Bingeing at Night?

76. Eat breakfast, lunch, and dinner. The large majority of people who struggle with night eating are those who skip meals or don't eat balanced meals during the day. This is a major setup for overeating at night.

77. Eat your evening meal in the kitchen or dining room, sitting down at the table.
78. Drink cold unsweetened raspberry tea. It tastes great and keeps your mouth busy.
79. Change your nighttime schedule. It will take effort, but it will pay off. You need something that will occupy your mind and hands.
80. If you're eating at night due to emotions, you need to focus on getting in touch with what's going on and taking care of yourself in a way that really works. Find a nonfood method of coping with your stress.
81. Put a sign on the kitchen and refrigerator doors: "Closed after Dinner."
82. Brush your teeth right after dinner to remind you of your weight loss goals: No more food.
83. Eat without engaging in any other simultaneous activity. No reading, watching TV, or sitting at the computer.
84. Eating late at night won't itself cause weight gain on healthy weight loss programs. It's how many calories—not when you eat them—that counts.

How Can I Reap Added Health Benefits from My Dieting?

85. Diet or fat-free isn't always your best bet. Research has found that none of the lycopene or alpha- or beta-carotene that fight cancer and heart disease is absorbed from salads with fat-free dressing. Only slightly more is absorbed with reduced-fat dressing; the most is absorbed with full-fat dressing. But remember, use your dressing in moderate amounts.
86. Skipping breakfast will leave you tired and craving naughty foods by midmorning. To fill up healthfully and tastefully, try this sweet, fruity breakfast full of antioxidants. In a blender, process 1 c nonfat plain or vanilla yogurt, 1 1/3 c frozen strawberries (no added sugar), 1 peeled kiwi, and 1 peeled banana. Pulse until mixture is milkshake consistency. Makes one 2-cup serving; 348 calories and 1.5 fat grams.
87. If you're famished by 4 p.m. and have no alternative but an office vending machine, reach for the nuts--. The same goes if your only choices are what's available in the hotel minibar.
88. Next time you're feeling wiped out in late afternoon, forgo that cup of coffee and reach for a cup of yogurt instead. The combination of protein, carbohydrate, and fat in an 8-ounce serving of low-fat yogurt will give you a sense of fullness and well-being that

coffee can't match, as well as some vital nutrients. If you haven't eaten in 3 to 4 hours, your blood glucose levels are probably dropping, so eating a small amount of nutrient-rich food will give your brain and your body a boost.

89. Making just a few diet changes to your pantry shelves can get you a lot closer to your weight loss goals. Here's what to do: If you use corn and peanut oil, replace it with olive oil. Same goes for breads—go for whole wheat. Trade in those fatty cold cuts like salami and bologna and replace them canned tuna, sliced turkey breast, and lean roast beef. Change from drinking whole milk to fat-free milk or low-fat soy milk. This is hard for a lot of people so try transitioning down to 2 percent and then 1% before you go fat-free.

90. Nothing's less appetizing than a crisper drawer full of mushy vegetables. Frozen vegetables store much better, plus they may have greater nutritional value than fresh. Food suppliers typically freeze veggies just a few hours after harvest, locking in the nutrients. Fresh veggies, on the other hand, often spend days in the back of a truck before they reach your supermarket.

91. Worried about the trans-fat content in your peanut butter? Good news: In a test done on Skippy, JIF, Peter Pan, and a supermarket brand, the levels of trans fats per 2-tablespoon serving were far lower than 0.5 gram—low enough that under proposed laws, the brands can legally claim zero trans fats on the label. They also contained only 1 gram more sugar than natural brands—not a significant difference.

Eating Less Isn't Enough—What Exercising Tips Will Help Me Shed Pounds?

92. Overeating is not the result of exercise. Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following the workout.

93. When you're exercising, you shouldn't wait for thirst to strike before you take a drink. By the time you feel thirsty, you're already dehydrated. Try this: Drink at least 16 ounces of water, sports drinks, or juices two hours before you exercise. Then drink 8 ounces an hour before and another 4 to 8 ounces every 15 to 20 minutes during your workout. Finish with at least 16 ounces after you're done exercising.

94. Tune in to an audio book while you walk. It'll keep you going longer and looking forward to the next walk—and the next chapter! Check your local library for a great selection. Look for a whodunit; you might walk so far you'll need to take a cab home!

95. Think yoga's too serene to burn calories? Think again. You can burn 250 to 350 calories during an hour-long class (that's as much as you'd burn from an hour of walking)! Plus, you'll improve muscle strength, flexibility, and endurance.

96. Drinking too few can hamper your healthy weight loss programs' efforts. That's because dehydration can slow your metabolism by 3%, or about 45 fewer calories burned a day, which in a year could mean weighing 5 pounds more. The key to water isn't how much you drink, it's how frequently you drink it. Small amounts sipped often work better than 8 ounces gulped down at once.

How Can I Manage My Emotional Eating and Get the Support I Need?

97. A registered dietitian (RD) can help you find healthy ways to manage your weight loss with food. To find one in your area who consults with private clients call (800) 366-1655.

98. The best place to drop pounds may be your own house of worship. Researchers set up exercise and healthy weight loss programs in 16 Baltimore churches. More than 500 women participated and after a year the most successful lost an average of 20 lb. Weight loss programs based on faith are so successful because there's a built-in community component that people can feel comfortable with.

99. Here's another reason to keep level-headed all the time: Pennsylvania State University research has found that women less able to cope with stress--shown by blood pressure and heart rate elevations--ate twice as many fatty snacks as stress-resistant women did, even after the stress stopped (in this case, 25 minutes of periodic jackhammer-level noise and an unsolvable maze).

100. Sitting at a computer may help you slim down. When researchers at Brown University School of Medicine put 92 people on online healthy weight loss programs for a year, those who received weekly e-mail counseling shed 5 1/2 more pounds than those who got none. Counselors provided weekly feedback on diet and exercise logs, answered questions, and cheered them on. Most major online diet programs offer many of these features.

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Fat Loss Tips

Smartest Diet Tips Ever

1. Instead of picking a diet, focus on dedicating yourself to a new eating lifestyle. If your diet plan isn't sustainable once you lose the fat, you run a strong risk of regaining most of what you lost because you will be back to your old habits.
2. Cut out as much white sugar from your diet as possible, including processed foods that contain added white sugar.
3. Cut out as much white flour from your diet as possible, including processed foods that contain added white flour.
4. Don't starve yourself. Starvation is one of the worst ways to try and lose weight. Not only will you lose valuable muscle, but once the starvation plan is over you risk gaining substantial amounts of bounce back weight. Men should not eat under 1800 calories per day, and women no fewer than 1200 calories per day.
5. Late night eating is ok and won't slow fat loss if your overall daily calories are reasonable and inline with your weight loss goals.
6. You do not "need" cardio to lose fat. While cardio is beneficial for improving overall health, if your calories are inline with your weight loss goals you do not need to perform any cardio.
7. When starting a weight loss plan, don't jump into the deep end of the exercise pool and try to workout every day of the week. Start slow, with low intensity workout sessions and build gradually. If you get excessively sore only a few weeks into working out, you risk losing motivation.
8. Allow yourself one cheat hour or cheat meal each week where you are allowed to eat something that isn't on your fat loss diet plan – within reason of course! Don't eat an entire bag of chips and a quart of ice cream.
9. Fat in foods does not make you fat, excessive amounts of daily calories does. Make sure your fat loss eating plan has at least 20% of your calories from healthy fats.
10. If you want to maintain as much muscle mass as possible when losing fat, do NOT switch to lighter weights and higher reps. Continue to train with the same intensity and weight. If you tell your body it does not need all the strength it currently has, you are encouraging it to drop muscle mass.

11. Big night-time eaters should consider intermittent fasting. You abstain from eating for 16 to 20 hours per day, and consume the bulk of your calories the last 4 to 8 hours each day. This allows for a big night-time meal as long as it is within your daily calorie limits.
12. Abs are made in the kitchen. Performing endless number of crunches and sit ups will not “carve out a six pack”. Only weight loss will, and all that requires is fewer calories per day. Train your abs like every other muscle group – with a sensible number of sets.
13. Allow yourself to adjust your weekly cheat window around social gatherings and life events so you do not have to avoid celebrating “a little” with family and friends.
14. Make sure you’re drinking plenty of water and staying hydrated.
15. Addicted to ice cream? Try sugar-free pudding made with low-fat milk when you get that ice cream craving.
16. Hate veggies? Spinach hides well in most foods. Simply place diced spinach in a saute’ pan with a small amount of olive oil and heat gently until it wilts down. Then place the spinach into or on your favorite dish and you’re done! It’s virtually tasteless and adds a ton of nutrition.
17. Don’t just try to cut fat, work to build muscle. Extra muscle mass increases your metabolism, allowing you to eat slightly more each day without gaining weight.
18. Make sure you are getting plenty of daily protein, especially if you are exercising. Men should aim for a minimum of 150 grams per day, and women 100 grams per day.
19. It’s better to just try and eat healthier than it is to jump into a fad diet.
20. Cut out all drinks with calories. Calories from drinks add up quickly.
21. Store bought juices are not very healthy choices. They lack the pulp from the fruit. The pulp carries most of the fruit’s nutritional value, leaving you drinking mostly sugar and empty calories. You are better off just eating the fruit.
- 22) Sweet tooth? Strawberries and blueberries have very few calories. You can snack on these foods almost freely throughout the day without worry about gaining fat.
23. Drink 12 ounces of water immediately before each substantial meal. You will also want to sip water throughout your meal. This will help fill the stomach and reduce your tendency to want to overeat.
24. Treadmill or stairmaster cardio boring you to death? You don’t have to be chained to

machines. Fun forms of exercise will burn nearly as many calories if not more. Walk the dog, play mini golf, have sex, swim or wrestle with the kids.

25. Know that cardio is not a magic weight loss bullet. Walking 2 miles on the treadmill doesn't even burn off the average candy bar. You are better off dialing in your diet first before adding cardio.

26. Prepare your weekly work meals in advance. This will make it far less likely that you make a run for fast food or the vending machine.

27. Take healthy snacks to work like fruit, string cheese, almonds, etc.

28. Keep packs of sugar-free gum at work, in your car, and near your comfortable chair at home. If you get a craving for a snack, make yourself chew gum for at 15 minutes. This will give you something else to focus on.

29. Allow 10% of your daily calories to come from "junk" food. A little bite of chocolate can be just the thing you need to make it through a bad day.

30. Keep dark chocolate Kisses around, and allow yourself to eat just one every time you get a sweet craving.

31. Supplement with a quality multivitamin.

32. Supplement with fish oil. Fish oil supports joint health, brain function and much more.

33. Use protein supplements to help you achieve your daily protein requirements. They are very low in calorie and convenient.

34. Commit to going to bed earlier each night. The earlier you hit the sack, the less likely you are to reach for more night-time snacks.

35. Having a pig out at work? Don't get anywhere near the food. Don't even allow yourself to see it. Stay away completely!

36. When given the choice between grains and fruit and veggies, you are better off eating the fruits and veggies.

37. Surround yourself with positive, successful people who are working towards the same goals as you are, or who have achieved what you are trying to achieve.

38. Hire a quality, experienced personal trainer who has experience with figure competitions or bodybuilding. They are masters at discipline and will have a lot to teach you.

39. Analyze situations or places that lead to binge eating, and try to avoid them.
40. Going crazy and planning to binge eat no matter what? Choose a steak, endless nuts and/or fruit rather than junk food. It's far better to overeat healthy food than to overeat junk.
41. Don't bring temptation foods into the house, ever. No excuses.
42. When possible workout each day when you have the most energy. You will be far less likely to lose motivation and not exercise at all.
43. Fill your workouts with the most effective exercises, primarily compound movements. Compound lifts are the most intense, and provide the most bang for your buck.
44. No time for cardio? Decrease the rest periods between your weight training sets to 15-30 seconds. This will keep your heart pumping, and calories burning.
45. For an intense weight training boost, slow down your reps to a 4 second count. This will make each set incredible taxing.
46. Consider using high intensity interval training (HIIT cardio) instead of treadmill grinding. Studies indicate that HIIT is a very effective fat burner.
47. Take the stairs, everywhere.
48. Park in the furthest possible spot from the door, everywhere.
49. Avoid as many processed foods as possible. Use this rule when buying food...the fewer the ingredients and chemicals, the better!
50. Avoid margarine. It is a fake food. You are better off eating a small portion of butter. Butter is nutritionally dense, and when used appropriately can add a lot of nutritional value to a cutting or weight loss diet.
51. Cut out the alcohol. It's simply wasted calories, no pun intended.
52. Consider using fullbody workouts 3 times a week. They are far more intense than they appear, working the entire body instead of one or two bodyparts.
53. Get enough sleep! Take naps when you can. You are more likely to cheat or binge when you are tired and weak.
54. Morning training might be just what you need to spike a sluggish metabolism.

55. The first week of weight loss will be abnormally high. You're body is flushing water due to lower carb and sodium intake, reduced digestive demands, etc. Don't expect to lose weight at this pace during the coming weeks.

56. Monitor your weight loss during weeks two and three of your diet. If you're not losing weight fast enough, cut calories by 200 per day and hold steady for another two weeks before making any further adjustments.

57. Carb cycling can be an effective fat burning practice. After determining your daily protein requirements, and removing 20-30% of your daily calories for healthy fats, figure out the average amount of carbs you need per day, and then set up high, medium and low carb that keep that average. Cycle between these days.

58. Diet pills do not change eating habits. You MUST commit to a new eating lifestyle; preferably one that is centered around your eating habits.

59. Improve your workout performance with creatine. It is one of the most studied supplements on the planet, and it relatively inexpensive to boot.

60. Pre-workout formulas can provide the needed energy boost to take a workout from ho hum to hardcore. If you feel tired when exercising, or feel like you are missing an edge, sample a few pre-workout formulas.

61. Eat smaller, more frequent meals. This way if you start to get hungry, your next meal isn't too far away.

62. Use a tested and proven workout routine. Don't just head to the gym and do "whatever." The more focused you are with your training, the better your results will be.

63. Before heading out to a restaurant, check the menu online and locate several healthy choices before hand.

64. Eat slowly and enjoy the taste of your food. This will also help prevent overeating, as your brain will have more time to process when your stomach is full.

65. Use a smaller plate or bowl. It's harder to over-stuff.

66. Eat no more than a serving of any specific food at a sitting. A serving will be no larger than the size of your fist.

67. For major meals use the "one-third" rule. Fill one-third of your plate with veggies, one-third with carbs and one-third with meat/protein.

68. Research indicates that supplementing with glutamine may help prevent muscle loss. The more extra muscle you retain while cutting, the better.
69. Consider CLA supplementation. Research indicates it may help to reduce body fat, and it is great for overall health.
70. Create your own meal choices menu; one that includes side dishes and healthy dessert choices. Make sure you stock all ingredients for these dishes so you can have whichever one you crave at any given time.
71. Clean your cupboards. Trash everything that you no longer eat. It's like hitting the "reset" button.
72. Try something new and different, like hot yoga, hiking or taking a spin class.
73. Watch weight loss programs like the Biggest Loser. They are on Netflix, and available 24 hours a day when you need motivation.
74. Read body transformation stories found on Muscle & Strength. Not only are they motivating, but you will also pick up quite a few tips.
75. Keep a training journal, off and online. Track your progress in a notebook and keep it online in the Muscle & Strength forum. You will find that online communities are full of encouraging individuals with the same goals.
76. Keep an online diet journal. This will help you more precisely monitor calorie, protein, fat and carb intake.
77. Take a 5 minute breaks for every hour you watch TV and do some form of exercise – kettlebell swings, sit ups, treadmill. This may add up to 2-3 more cardio sessions per week, or an extra workout or two.
78. Try to get your partner to join you. Fat loss is much easier if your partner is working with you.
79. Eat more fiber. It helps to slow down digestion which will leave you feeling full longer.
80. Going on vacation? Plan a few active activities like hikes or biking.
81. Be careful about reaching for “low-fat” foods, as they often contain added sugar to make them taste better.
82. Be careful about reaching for “low sugar” foods, as they often contain added fat to make them taste better.

83. Commit to eating several servings of fruit each day. These snacks can help get you through a period of the “munchies.”

84. Hate fish? Try tilapia. It’s virtually tasteless and easy to find at your local grocery store.

85. Always perform cardio after lifting, and not before. Maintaining muscle mass should always be a priority, not only for appearance but also for metabolism. Always lift weights when you are at full energy levels.

86. Be realistic...you’re going to have bad days. Don’t let 1-2 bad days pull you off course. Get right back at it!

87. Having issues understanding portion sizes? Pull out the measuring cups and buy a food scale. Food scales are available at Wal-mart for a very inexpensive price.

88. Set aside the diet soda and drink water or a whey protein shake instead. The sweetness of diet sodas confused the taste buds, and contribute to increased sugar cravings.

89. Learn to season your bland food. There is a world of seasonings at your disposal that are both healthy and tasty. Take time to visit Muscle & Strength's low calorie recipes and start experimenting with new spices and seasonings.

90. Dump your current yogurt and check out Greek yogurt. It is much higher in protein, and a better overall choice. Greek yogurt can also be used as a substitute for sour cream.

91. Learn to make veggies soups. Turn bland veggies into a tasty soup side dishes that you’ll actually want more of. Most veggie soups are low calorie, allowing you to consume bowl after guilt free bowl.

92. Avoid buffets and all you can eat meals at all costs. No exceptions!

93. Dump the cheese on sandwiches and pile on the veggies – pickle slices, fresh onions, tomato slices, peppers, spinach leaves, etc.

94. Not sure where to start with healthy fats? A little butter is a great choice. Nuts, seeds, avocados, eggs are also wonderful choices.

95. Hitting the salad bar? Avoid fruit salads, as they usually contain syrups or sugars. You also want to avoid bacon bits, cheese, croutons and most salads dressings. Use a small amount of oil and vinegar dressing.

96. Use more salsa. Salsa is an easy way to add some taste to bland foods, from baked potatoes to chicken breasts.

97. Use your crock pot. You can let meats and veggies cook all day and prepare large meals with very little effort.

98. Buy a steamer and start steaming your veggies, chicken and fish.

99. Your scale weight can jump around for a myriad reasons – irregular bowel movements, a large carb or sodium day, etc. Don't panic if your diet is on track but see a temporary spike on the scale.

100. Hate breakfast? Blend a fruit smoothie, with a scoop of your favorite protein powder and some yogurt.

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Tips for a Longer Life

Here are some simple and often surprising tricks that research shows can extend your life..

1. Switch your latte for a cuppa

Tea is packed with antioxidants called polyphenols that can help your body fight heart disease, cancer and premature ageing.

One Israeli study found that moderate tea drinkers lived substantially longer than those who don't have a regular cuppa.

But -remember to give it a good stir before removing the tea bag, as research shows this releases 15% more of the age-resisting ingredients.

2. Balance on one leg every morning

It may sound strange, but standing on -alternative legs while you dress in the -morning forces your body to balance, strengthening your 'core' (back, pelvic and stomach) muscles which support your spine.

According to physiotherapist Tom Salzman: "This simple daily act will offer significant long-term benefits when it comes to staying active for longer and protecting against falls and broken bones as you get older."

3. Have regular sex at least twice a week

A large Welsh study on longevity found that those who had sex less than once a month had double the risk of dying prematurely than those who had sex twice a week.

Aside from the health benefits, couples with a healthy sex life can also look up to seven years younger, according to a study by the Royal Edinburgh Hospital – possibly because sex reduces stress, leading to greater -contentment and better sleep.

4. Eat three walnuts a day

Walnuts are the healthiest nut of all because they contain the most disease-fighting and anti-ageing antioxidants, according to recent search from the -University of Scranton, US.

Eating just three walnuts a day is enough to reap the full benefits.

5. Use less sunscreen but don't burn

Figures show that 50% of people in the UK are deficient in vitamin D, the nutrient made by the action of sunlight on our skin, -increasing our risk of a host of potentially fatal conditions including heart disease, osteoporosis and cancer.

To boost your -vitamin D levels without raising your risk of skin cancer, Cancer Research UK now recommends getting a few minutes (in -practice around 15 to 20) of sun around the middle of the day without sunscreen.

But make sure you don't burn, or you'll wipe out any health benefits.

6. Make six good mates you can always rely on

Developing close friendships and family ties is the secret of living to 100, according to a recent Australian study of centenarians.

Friends provide emotional support, which helps us deal with stress, and feeling loved boosts production of feel-good chemicals dopamine and oxytocin, which promote brain growth, combating ageing.

Other -research has pinpointed six as the optimum number of friends we each need.

7. Stop eating when you're 80% full

The Okinawans, who inhabit remote Japanese islands, have one of the world's lowest -rates of obesity, as well as the highest percentage of people living beyond 100.

Their secret? At every meal, they stop eating when they feel about 80% satisfied, happily leaving any excess food on their plate.

American -researchers have also found animals can live up to twice as long when their food intake is reduced by up to a third.

As well as -helping them to maintain a healthier weight, it's thought eating less means the metabolism has less work to do, putting less long-term stress on the body.

8. Go to bed one hour earlier if you can

Lack of sleep can put you at greater risk of health conditions such as depression and heart disease, according to a raft of recent research.

And yet a small change makes a big difference – a study from Harvard -Business School in the US found that for people who normally slept for seven hours or less a night, going to bed just one hour earlier led to a significant drop in blood pressure – therefore

lowering their risk of heart attacks and strokes.

9. Make sure you floss every night

“Gum disease is the most widespread -condition on the planet,” says dentist Dr James Russell.

“So I say sarcastically – floss the teeth you want to keep!”

And it’s not just your teeth that will thank you – in the past 10 years, studies have linked gum -disease to an increased risk of other -conditions, -including heart disease, -diabetes and certain cancers.

10. Be a details person

Research by US psychologist Dr Howard Friedman has found that the best predictor of -longevity is how conscientious a person is.

That’s right – people who are careful with money, thoughtful, detail-focused and like to put everything back in its -rightful place tend to live longer!

It’s thought that -conscientious people may -produce more of the feel-good brain -chemical serotonin, which stops them comfort-eating and improves their sleep.

They also appear to be drawn towards healthier choices and can live less risky lifestyles.

11. Buy yourself a pet, and preferably a dog

People who own a pet are less stressed, less depressed and can live longer than those who don’t, according to research.

The -calming effect of owning an animal can even drop blood pressure and reduce your risk of a heart attack, according to University of -Minnesota researchers in the US.

Another study found owners who walk their dogs daily lived an average of seven years longer than otherwise similar non-dog owners.

12. Don’t put fruit in the fridge

You might think you’re making it last longer, but studies show that chilled fruit contains fewer health-boosting nutrients than fruit, which has been kept at room temperature.

For -example, tomatoes and peppers stored in a bowl rather than the fridge can contain double the betacarotene and up to 20 times more lycopene.

Which is good news, as high intakes of both these -antioxidants have been linked to better heart health and lower rates of certain cancers.

13. Be helpful and lend a hand to others

Helping others not only feels good – it could reap big health rewards too.

A long-term US study found that people who volunteered regularly over a lifetime lived significantly longer than those who didn't.

Volunteers also experienced less depression, fewer pains and better general health.

14. Sing a tune in the shower

Singing regularly could be a better health insurance policy than taking vitamins, -according to the findings of a joint Harvard and Yale University study from the US.

They found that being a choir member increased life -expectancy, and concluded this was because a good old singsong slashed stress, -promoted a healthy heart and helped ward off -depression.

15. Eat twice as much fruit and veg

A recent report in the European Heart -Journal found that people who eat eight or more portions of fruit and vegetables a day have nearly a quarter less chance of dying from heart disease than someone who eats only three – the national average.

This is because every single portion is packed with vital vitamins and antioxidants, which boost the immune system and fight the damage that leads to premature ageing.

16. Try to stop moaning so much!

Optimists live 12 years longer than -pessimists, according to American researchers at the US Mayo Clinic. Pessimists are also more prone to viral -illnesses and are less likely to carry out -essential self-examinations that detect breast or skin cancer.

17. Drink plenty of apple juice

Apple juice could help keep your brain young, according to a recent study in the Journal Of Alzheimer's Disease. -

Researchers found just two glasses a day reduced the formation of the sticky plaques found in the brains of dementia patients.

18. Draw your family tree and learn your history

Finding out your family health history could help predict your own health future, as many conditions have a genetic link.

“We suspect a condition, such as heart disease or cancer, is genetic if it crops up more frequently than we’d expect by chance, especially at a young age,” says Dr Anand Saggar, genetics specialist and Harley Street doctor..

By identifying conditions that run in your family you can be sure to look out for -symptoms so problems are picked up early.

19. Watch an hour less TV a night

After the age of 25, every hour of TV you watch could knock around 20 minutes off your lifespan, say scientists at the US -National Cancer Institute.

This is thought to be down to the fact that the more TV you watch, the longer your body is sat around doing nothing, muscles aren’t exercised and calories aren’t burnt off – raising your risk of illness and early death.

20. Make sure you never skip a screening

“The NHS doesn’t offer tests for the fun of it – they can, and do, save lives by catching diseases early when they’re still treatable,” argues Dr Dawn Harper.

“So if you’re offered any test -whether it’s a smear, a blood pressure check or a mammogram, making that -appointment should be a priority – not something that wallows in the bottom of your in tray.”

21. Measure your waist – not your weight

Scientists have discovered that waist -measurement is a better predictor of heart disease than either weight or BMI (body mass index) because it can point to the -existence of visceral fat, the dangerous fat that sit around the vital organs.

Your waist should measure below 94cm for a man or below 80cm for a woman.

22. Get hitched – it’s good for your health

Married men are three times less likely to die from heart disease than men who have never tied the knot, while marriage halves the risk of cardiac death for women, -according to a 2009 study.

23. Laugh at least 20 times a day

Laughter boosts the immune system, -slashes stress hormones and stimulates killer T-cells, which fight cancer.

But as adults we only laugh an average of five to fifteen times a day, while children can easily clock up over a hundred daily giggle bouts.

24. Give up smoking

According to a long-term Finnish study, smoking not only shortens your life by around 10 years, but it also lowers your quality of life in old age, as smokers are more likely to suffer from debilitating illnesses.

25. Try to believe... in something

More than 1,000 studies have found a link between faith and living longer.

It's thought that having strong beliefs helps people deal with stress and emotional problems, and also seems to offer protection against heart, respiratory and digestive problems.

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Simple Health Tips

Good health is no big deal. Small changes in your daily lifestyle can make huge improvements in your health.

Don't do a massive change, because it seems daunting. Just create simple routines that you can automatically follow.

Below you'll find simple health tips that anyone can do. Adopt some of them and you will love your life more in just a couple of weeks.

1. Walk for 30 minutes daily.
2. Eat a piece of fruit daily.
3. Eat whole foods instead of processed foods whenever possible.
4. Reject foods and drinks made of artificial colors or sweetener.
5. Start each lunch/dinner with salad.
6. Give your partner a hug every day before work.
7. Take a deep belly breath for three to five minutes twice a day.
8. Smell the scent of lavender to relax and sleep well.
9. Eat a handful of walnuts before bed.
10. Drink plenty of water.
11. Get 10-15 minutes of sunlight and fresh air daily.
12. Jog.
13. Run in place.
14. Have a greater variety of food. Variety means no excess of anything and more nutrients. Eat three different foods at every meal.
15. Eat slowly.
16. Have snacks between meals.
17. Watch comedy and add humor to your life.
18. Never skip breakfast.
19. Try to have seven hours of sleep at night.
20. Have a fixed bed time, preferably at 10:00 pm.
21. Increase your fiber intake.
22. Eat foods with bright rich colors.
23. Join a Yoga class.
24. Surround yourself with loving and supportive people.
25. Know that healthy food tastes great later.
26. Drink green tea twice a day.
27. Exercise till you sweat once a week.
28. Save a one year's worth of living expenses to eliminate the money stress.
29. Have as much sex as possible ... At least twice a week.
30. Do pull-ups and push-ups for 30 minutes twice a week.
31. Eat a handful of nuts 30 minutes before a meal.

32. Step on a treadmill.
33. Learn to cook and gain control of what goes into your meals ... and save money!
34. Take a Vitamin D rich supplement.
35. Chew food thoroughly.
36. Avoid cold drinks with meals.
37. Take ginger.
38. Cut down sugar.
39. Don't over-eat!
40. Don't eat 3 hours before going to bed.
41. Fast.
42. Sit in silence for 10 minutes each day.
43. Play games.
44. Read good books.
45. Pray.
46. Meditate.
47. Don't compare yourself to others.
48. Do work that you are passionate about.
49. Quit a job you hate.
50. Keep in touch with your family.
51. Do something good to one person everyday.
52. Don't drink coffee twice a day.
53. When you feel tired, REST.
54. If you're stressed, don't try to manage it. Instead, take time off and relax.
55. Laugh out loud.
56. Quit smoking by smoking one less cigarette every week.
57. Walk in nature barefoot.
58. Spend time with friends.
59. Start a gratitude journal. Record one thing you're grateful for everyday.
60. Ride a bike for fun or cycle to work a few times a week.
61. Read 8 Weeks To Optimum Health by Dr. Weil.
62. Wash hands with soap.
63. Avoid passive smoking.
64. Ask for help when you need it.
65. Eat calcium-rich foods like milk, cheese and green leafy vegetables.
66. Don't sit for a prolonged time. Stand up and stretch.
67. Wash your eyes and face regularly.
68. Sing.
69. Dance.
70. Swim regularly in open air.
71. Take the stairs. No elevators. No escalators.
72. Remain faithful to one sexual partner to avoid AIDS.
73. Travel more often.
74. Wear high quality comfortable shoes.
75. Eat until you're 80% full.

76. Cook meals with curry powder.
77. Take a 15-30 minutes nap.
78. Eat dark chocolate.
79. Eat wild salmon at least once a week (Omega-3 rich).
80. Forgive someone.
81. Call an old friend.
82. Eat oranges.
83. Sometimes, you need to say no for the sake of your health.
84. Take care of your teeth. Floss and brush your teeth twice a day at least.
85. Take honey to build up your immunity system.
86. Don't sleep right after having a meal.
87. Don't sleep when you're emotionally upset.
88. Begin a garden.
89. Build your self confidence.
90. Don't over-spend your money.
91. Volunteer in a good cause.
92. Do some strength training twice a week.
93. Eat one or two fish meals per week.
94. Find your passion and purpose in life.
95. Consider massage.
96. Don't solve your emotional problems by eating more.
97. A garlic a day!
98. Cut back on salt.
99. Avoid negative people.
100. Herbs, herbs, herbs.

Pick up a few tips and start applying today. Remember, a small change can make a big difference.

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Tips for Babysitters

Babysitting can be a very rewarding and lucrative job that is ideal as a first job and/or as a second income. If you are looking for more of a career then you may want to look at becoming a nanny.

1. 10 Tips for Finding Babysitting Jobs in Your Area
2. Familiarize yourself with the families in your neighborhood. Get to know which families have children so that you know who may be in need of a babysitter.
3. Ask your mom and dad to check with their coworkers. People often need babysitters but aren't sure where to find reliable ones.
4. Ask your friends' families if they know anyone who needs a babysitter. Tell your friends to keep you in mind if they hear about babysitting jobs in the area.
5. Post an ad on Craigslist. Just make sure not to use any identifying information or to post your phone number. Have people message you through the system instead and keep your parents in the loop.
6. Spend time at local playgrounds. Get to know the regulars. Let them know that you are looking for babysitting work.
7. Visit the local rec center and post an ad there.
8. Visit local grocery stores. If it is allowed, post ads there. Check with the manager to make sure that it is okay.
9. Stop in at local elementary schools. Ask them if they have any advice for you.
10. Post fliers around the neighborhood. Just make sure that there aren't any local ordinances that prohibit the use of fliers – you don't want to break the law!

Use social networking sites like Facebook and Twitter to spread the word that you are looking for work as a babysitter. Someone who knows someone may be able to help.

10 Questions to Ask a Prospective Family

1. Have the kids ever had a babysitter before? If they never have, you may be in for more than you had bargained for.
2. What is the average length of time that you will be needed for babysitting jobs? Most

people should have a rough estimate for you.

3. Are there any pets in the home? Will you have to take care of them in any way? Find out the types of pets and their names too.

4. Will you have to prepare meals for the children? How extensive will the cooking have to be? This is especially important if you aren't very experienced with preparing meals.

5. Will the parents be able to pick you up and drop you back off?

6. Are there any behavior issues that you need to be aware of? What kinds of things have previous babysitters had trouble with in the past?

7. What are the kids' favorite activities? Make sure to get examples of things to do outside and inside, in case of bad weather.

8. What are the kids' favorite TV shows or movies? Are DVDs available?

9. Are there any allergies that you should know about? What precautions should be taken?

10. In the case of an emergency, what will you be expected to do? Will the parents always be within easy reach, or will you have to get a neighbor for help?

10 Ways to Find Out how the Parents Feel about Discipline

1. Are timeouts used? If so, where are the children expected to have their timeouts? What lengths of time are generally used?

2. Watch the kids' behavior. Do they seem to be well behaved? Are they used to receiving discipline?

3. Ask the parents point-blank what their discipline policies are. How do they typically handle misbehavior? It is important to be on the same page as much as possible.

4. What types of discipline will you be expected to perform? Will you simply have to report to the parents at the end of your shift and let them handle things from there?

5. Observe how the kids interact with one another. Do they seem to be unconcerned about getting into trouble?

6. Do the kids listen to their parents, or do they seem to disregard what the parents have to say? This will give you a good clue about how well they will listen to you too.

7. Ask about the kids' behavior at school. Are there any recurring issues or problems?

8. Ask about the kids' behavior for previous babysitters. Do certain patterns or issues crop up again and again?

9. Get an idea about the kids' dynamic with one another. Find out what you are supposed to do if they get into fights or arguments. This will not be an issue if you are dealing with an only child.

10. Are you expected to call if misbehavior occurs? In many cases, this is enough to keep children from acting up. However, you need to know about this policy before you start babysitting for a family.

10 Ways to Spot Difficult Children before Taking a Job

1. Watch how the kids react to meeting you. Do they seem to be excited, or are they exhibiting defiance right away? If the latter is true, you could be in for some trouble.

2. Find out how the kids feel about their parents leaving them for a few hours. Are they anxious, upset or worried? If these issues are very pronounced, you could be up against some serious problems.

3. Observe how siblings interact with one another. Are they respectful of one another, or do they seem prone to getting into spats and fights?

4. Watch how kids interact with their friends. If possible, do this in a discreet way. Are your prospective charges kind to other kids, or do they stir up trouble?

5. Be wary of kids who cry easily and quickly. Children who get upset at the drop of a hat are difficult to manage.

6. Proceed with caution if kids seem to ignore their parents. The odds of them listening to you are very slim.

7. If you witness children talking back to their parents, you should look for a different babysitting job.

8. If pets are in the house, watch to see how the kids treat them. If they are cruel to the pets, they will be difficult to babysit.

9. Are the kids expected to do chores and clean up after themselves? If not, you may end up having to do that yourself.

10. If possible, find out how the kids fare in school. Good students tend to be easier to babysit than kids who struggle in school.

10 Certification or Training Programs Babysitters Should Consider

1. Check with your local chapter of the Red Cross. That organization typically offers training courses for babysitters, and that type of certification will work wonders for your credentials.
2. Stop by local hospitals to see if they offer training courses for babysitters. Most large hospitals offer such programs, and they are usually free or very cheap.
3. The YMCA is a good place to go to see about babysitter certification and training courses. If you already go there for other activities, it is an especially convenient option.
4. If you are in high school, check to see if there are any classes that could pertain to babysitting. Safety classes are often offered, for instance, and could be used to spruce up your resume.
5. The Internet is awash in great babysitter training and certification courses. Do a little research to find the best options.
6. Make sure to get your CPR certification. Most parent will expect you to have it.
7. Get first aid training. If you've had it but it has been a while, take a refresher course.
8. If you are completely unsure about what to do as a babysitter, ask to see if you can be a mother's helper first. You can watch how a mom takes care of the kids so you know what to do.
9. Community colleges sometimes offer courses that are useful for babysitters. Be sure to check colleges in your area.
10. There are plenty of great books out there about being a successful babysitter. Check a few of them out from the local library.

10 Characteristics of Top Babysitters

1. Great babysitters are healthy. Parents don't want you to babysit their kids if you have a cold or another illness. They don't want their children to get sick.
2. Dependability is critical. Parents need to know that you will be there when they need you. If you don't answer when they call, they will find someone else.
3. Responsibility goes a long way when it comes to being a great babysitter.
4. You have to love kids if you want to be successful as a babysitter. If you don't genuinely enjoy being around children, you are not going to get very far.

5. Confidence is a huge plus. When parents see that you are confident, they will feel confident about hiring you.
6. It is important to demonstrate maturity when you are seeking babysitting jobs. Parents don't want to leave their kids with someone who is childish.
7. Always use good manners. Parents will be reassured to know that their kids won't be left with someone who is rude or otherwise has poor manners.
8. Safety is a huge plus. Show parents that safety is a top priority for you.
9. Be as businesslike as possible when dealing with parents. This dovetails well with being mature. You need to make them comfortable with the idea of leaving their kids in your care.
10. Flexibility can earn you a lot of points when it comes to being a top babysitter. Do your best to accommodate parents' schedules when taking jobs.

10 Things You can Do to Earn Tips

1. Be flexible. If parents call and ask for an extra hour, do your best to work with them on it.
2. Create fun and unique arts and crafts projects with the kids. Have something neat to show the parents when they get back home.
3. Take the kids to the park or to another local place. Getting them out of the house is fun, and it shows parents that you are doing more than just sitting around.
4. Come up with fun and interesting activities for the kids. Think of the things that you enjoyed as a kid and do them with the kids that you watch.
5. If pets are in the house, feed and take care of them. Do that even if you aren't asked to; it is sure to help.
6. Mark important birthdays in your calendar, and be sure to say "happy birthday" or give a card when they roll around.
7. Be there for parents at the last minute. You will be viewed as a life saver and could earn tips for that.
8. Stay late if necessary. You may prefer to go home, but this is one situation where a tip is almost guaranteed.

9. Help the kids with their schoolwork. Try to avoid leaving any unfinished schoolwork for the parents to do when they get home.

10. Straighten up after the kids. Don't leave a mess for the parents.

10 Challenges of Babysitting for Friends & Family

1. The kids may not view you as an authority figure. Disciplining them may be a lot more difficult.

2. Although they may not mean to do so, parents may take advantage of you when you are a relative or a longtime friend. You may be asked to do more than a regular babysitter.

3. You are more likely to be put on the spot for babysitting jobs. Saying no may prove to be difficult.

4. Disciplining the kids will be trickier because you know their parents well. If they disapprove of what you do, you are more likely to hear about it.

5. It is harder to get good pay when you are a good friend or a relative. It is awkward to ask for raises when you are related.

6. Tips are less likely when you babysit for a friend or a relative. They may view your services as favors.

7. You may be expected to do more for less. After all, you are a longtime friend or a relative; you are helping them out.

8. Some people may take you for granted when you are a friend or a relative. It is important to remain as businesslike as possible.

9. In some cases, your services may be viewed as favors. Some people may actually be taken aback when you expect to be paid. Make it clear that you expect to be paid from the beginning.

10. It just may not be worth it to babysit for friends and relatives. Give it a lot of thought before you proceed.

10 Tips to Getting a Regular Babysitting Job

1. Be reliable. When parents know that they can count on you, you are more likely to be at the top of their lists.

2. Be dependable. Never cancel unless something extremely urgent comes up. Be willing

to set up babysitting jobs well in advance too.

3. Go the extra mile. Don't just sit there and observe the kids. Get involved with them and actively work to keep them engaged and happy.
4. Make the kids like you. Do this by being fun to be with. Treat the kids with respect and be willing to listen to what they have to say.
5. Try to be as fun as possible. When the kids are excited about the idea of you coming over, their parents will be more willing to give you a call. This is a great way to get repeat business.
6. It shouldn't be all fun and games. Try to mix in educational activities whenever you can. Parents will appreciate knowing that you offer such services.
7. Do light cleaning whenever you can. Try to leave the place in better shape than it was in when you arrived.
8. If you have to prepare meals, do your best to make them special. Cut sandwiches into fun shapes. Make sure that the kids eat their vegetables.
9. Show genuine interest in the family and the kids. Try to develop a bond with all of them.
10. Be willing to share your life with them. When they get to know you, they will be more likely to call you again in the future.

10 Safety Tips you Should Always Consider

1. If you don't have CPR training, get it. This is basically mandatory.
2. Complete a first aid training course so that you know what to do in the event of a serious emergency.
3. Always know where the first aid supplies can be found in the home.
4. Make sure that a list of the local emergency phone numbers are prominently displayed.
5. Discuss what you should do in the event of an emergency with the parents.
6. If you have a cell phone, put important contact numbers in it for easy access.
7. Find out if a neighbor or someone else is available to drive if the need arises.
8. Remember to always stay calm. If an emergency occurs, panicking will not help matters. Focus on what needs to be done.
9. Keep the kids within sight at all times. Never assume that they will be okay. Even well-behaved kids get into scrapes from time to time.
10. Never allow any risky activities under your watch. Don't get cajoled into allowing them, even if the kids say that their parents let them. It just isn't worth it.

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Tips to Raise Smart Kids

Probably one of the most universal goals of parenting is to raise children in a safe environment conducive to responsible health and building the different types of intellect. No matter what facet of smartness they choose to nurture, there exists activities and games to keep them succeeding in both school and life. In addition, because proper nutrition filters directly into proper brain functioning, parents who wish to facilitate the intellectual growth of their children should review which foods to feed them and which to avoid. The following list provides a few eclectic suggestions on how to bolster a kid's brain to keep him or her happy, healthy, and constantly growing in his or her education.

Games

1. Crossword Puzzles

Both online and off, crossword puzzles stimulate the brain in children and adults alike – also serving as excellent periphery education in vocabulary-building and other topics.

2. Word Searches

Like crossword puzzles, valuable vocabulary-building word searches require a hefty amount of concentration to strengthen mental fitness.

3. Mazes

Another excellent exercise in concentration, mazes also build problem-solving and memory skills as well.

4. Risk

This classic board game is perfect for building up the strategy skills of older kids – and more savvy parents may like the idea of using it as a foundation for historical and geographical lessons.

5. Chess

One of the quintessential strategy games, this ancient activity facilitates critical thinking and concentration in young minds.

6. Sudoku

Sudoku has grown to become an exceptionally popular pastime, with many people

young and old appreciating it for the mental stimulation and math skill building.

7. Video Games

Contrary to heavily alarmist popular belief, video games actually possess numerous redeeming qualities. Even the ones sans educational content build eye-hand coordination and critical thinking abilities.

8. Checkers

Another classic strategy game, checkers also nurtures strategic and critical thinking skills in a manner requiring far less memorization than chess – making this ideal for much younger children.

9. Card Games

With the hundreds of different card games floating about, parents can pick out any number that appeal greatly to children and stimulate specific proficiencies.

10. Mancala

Mancala games exist in numerous forms, but all of them require participants to strengthen their counting skills and concoct viable strategies to defeat their opponents.

11. Memory Games

Any sort of memory game – be it electronic or analog – keeps the mind nurtured by galvanizing concentration.

12. Go

Also known as weiqi, Go involves a considerable amount of strategy to always keep participants on their toes and keeping their minds active.

13. Pool and Billiards

Both pool and billiards require considerable strategic thinking as well as spatial awareness – it is a far more involved and intellectual activity than many realize.

14. Scrabble

The well-beloved board game Scrabble involves vocabulary-building and strategic thinking, providing parents with a great way to intellectually stimulate their children's impressionable minds.

15. Jenga

How many budding young engineers, architects, and construction workers learned the fundamentals of structural integrity by playing Jenga as children?

16. Logic Puzzles

As one can probably assume, logic puzzles build intelligence and foster far stronger critical thinking and analysis skills needed to succeed in school and life alike.

17. Word Scrambles

Any sort of word scramble, anagram, or similar game does nothing but galvanize vocabulary abilities as well as boosts concentration.

18. Cranium

Perfect for kids and parents to play together, the delightful board game Cranium is specifically designed to facilitate growth in most facets of intelligence.

19. Trivial Pursuit

Available for all ages and skill levels, Trivial Pursuit may focus mainly on brief facts on a wide number of topics – but this does nothing but encourage kids to study and do research on their own!

20. Scattergories

Parents hoping to encourage clearer communication and stronger vocabularies in their children would do well to set them loose upon Scattergories' immensely fun word challenges.

21. Pictionary

Pictionary fosters creativity in children and adults alike, encouraging them to think beyond the usual restraints of conformity and order.

22. Monopoly

Monopoly remains a much-beloved board game ever since its creation in 1933, and success involves considerable (and stimulating!) strategy, fundamental math skills, and other elements of intelligence.

23. Role-Playing Games

Dungeons & Dragons and its ilk have become saddled with an unfair stigma. When played like a game – and therefore not taken too seriously – it actually challenges kids to think creatively and strategically.

24. Apples to Apples

This extremely fun, humorous game requires a fair amount of creative thinking and strengthens the vocabularies of younger children as well!

25. Clue

Older children who play Clue actually build up critical thinking and concentration skills as they navigate an always entertaining, ever-changing murder mystery.

Activities

26. Building Blocks

Whether simple wooden slabs or comparatively pricy Legos, parents can do no wrong handing children building blocks and allowing their imaginations to roam free.

27. Connect-the-Dots

Connect-the-dots activities all require concentration, counting skills, and a touch of imagination and artistry to complete.

28. Journaling

Encourage children to write out their feelings or any story ideas at the conclusion of every day, which allows them to become more in touch with themselves, open up floodgates of creativity, nurtures improved communication skills, and provides a boost their mental health.

29. Dancing

Not only does dancing build a healthier body, it also bolsters the imagination and encourages children to understand and explore the space around them in creative ways.

30. Coloring Books

Regardless of whether or not they stay inside the lines, coloring books allow children an opportunity to experiment with different colors and artistic mediums to create unique masterpieces.

31. Reading

A simple pleasure, encouraging children to read fiction and nonfiction alike stokes the fires of their imaginations and constantly challenges them to consider new ideas, concepts, and themes.

32. Musical Instruments

Children who spend their time learning to tinkle on their pianos or toodle on their saxophones engage in activities that bolster their intellect through math (yes, math!) and creativity.

33. Foreign Language Lessons

Bilingual parents (or those hoping to learn a new language alongside their children) imbue the younger generation with knowledge regarding not only linguistics, but cultural comparisons and contrasts, enhanced communication, and other valuable life skills as well.

34. Jigsaw Puzzles

Jigsaw puzzles teach children problem-solving, memorization, spatial awareness, and the importance of playing close attention to details without losing sight of the larger picture.

35. Running

To ensure a healthy body and mind, running makes for an excellent way to pass the time and promote bonding between parents and children.

36. Walks

Like running, walks also stand as an excellent way to nurture the overall well-being of children. Unlike running, however, slower paces allow for better observation and learning experiences.

37. Cooking

Cooking is a valuable life skill that all people need to at least try and learn. Get children started off early by showing them the basic safety precautions and techniques – it definitely helps them make better choices when it comes to eating nutritious meals.

38. Yoga

An excellent conduit for promoting physical flexibility and relaxation, yoga also opens up a child's mind to new cultures and helps them attain a degree of mental clarity.

39. Martial Arts

Though far more intensive than yoga, engaging a child in one (or more!) of the martial arts serves as a great introduction to one element of another culture, teaches them discipline and self-defense, boosts confidence, and – of course – exercises their growing bodies.

40. Science Experiments

Books and the internet come chock-full of kid-friendly science experiments that illustrate the basic principles of numerous disciplines while simultaneously entertaining.

41. Genealogical Research

Close generational gaps by putting together a genealogical project that asks children to learn everything they can about the history that spawned them. It also acts as a neat way to begin instilling proper research skills as well.

42. Magic Tricks

Not only do magic tricks entertain, they also challenge children to think critically and logically as well as use creativity and imagination to solve a problem.

43. Painting

The act of painting involves more than just a keen imagination. It also provides some great lessons in color, line, form and the other elements of art as well as improves eye-hand coordination.

44. Playing with Clay

Few tactile activities encompass creative and spatial intelligence quite like handing a nontoxic clay over to a child and allowing them to mold it and shape it to their very will.

45. Making Collages

Hand children some old media, some glue, and a pair of scissors and let them create collages to express themselves. Add a bonus challenge by asking them to form their own mixed-up animal, person, specific scene, or whip something up around only one theme.

46. Watching Films and Documentaries

Watching movies or documentaries together with their children provides parents an opportunity to discuss common themes and characters as well as teach them valuable

life lessons about right and wrong.

47. Playing

Even simple dolls provide kids with opportunities to stoke their imaginations. Many adults do not realize how recreational time actually nurtures intelligence in children rather than promote idleness.

48. Sports

Some parents may not like the overly competitive nature of some youth sports, but they really are an excellent way for their kids to build teamwork, interpersonal, and communication skills as well as get some valuable exercise.

49. Theatre

Whether piecing together a small skit in the backyard or participating in a children's theatre, the performing arts teach children memorization, improvisation, teamwork, resourcefulness, creativity, and valuable interpersonal skills.

50. Make Something

Parents should ask their children what sorts of craft projects – from knitting to woodworking to sewing to soap making – interest them most. These inventive activities not only pique their imaginations, but also teach them how to follow direction as well.

Trips

51. Grocery Store

Taking a simple foray to the local grocery store or farmer's market can turn into an intelligent lesson in nutrition, agriculture, and chemistry!

52. Beach

Parents interested in teaching their kids about ecology and biology (not to mention providing plenty of room for playing!) may want to consider a trip to any nearby beaches.

53. Mountains

As with the beach, mountains make for an excellent outdoor classroom for lessons in the inner workings of the natural world.

54. Concentration Camps

For families with enough money to take a European vacation, concentration camps act as a grim, historically significant reminder of why children should grow up to promote love, peace, and tolerance rather than sowing the seeds of hatred.

55. Art Galleries

Many kid-friendly art galleries provide adults with an amazing resource for introducing children to painting, drawing, sculpture, textiles, and other conduits of human self-expression.

56. Native American Reservations

Trips to Native American reservations offer up valuable learning opportunities for parents wanting to teach their kids about their nation's history – as well as a disheartening, visceral reminder of the horrors of genocide.

57. Camping

Camping trips nurture more than just self-sufficiency, flexibility, and improvisation. Parents who organize camping trips with their children are afforded an amazing opportunity to guide them on the intimate details of nature.

58. Museums

Pretty much every city plays host to a number of museums focusing on different subjects, and each of them play host to myriad learning opportunities for savvy parents and receptive children.

59. Hikes

Families who do not wish to camp or have no mountains nearby may want to engage in a little hiking – even urban areas provide great exercise alongside the different lessons.

60. Gyms

Many gyms – especially those in the suburbs – do provide areas for children to learn the fundamentals of staying fit in a safer environment than the weight room. Healthy bodies to contribute to the formation of healthy minds, after all!

61. Lakes, Ponds or Rivers

When safe, explore bodies of water such as lakes, ponds and rivers and identify the different flora, fauna, and geographical landmarks that they feature.

62. Zoos and Petting Zoos

Parents who desire to teach their children the basics of animal habits and behavior should whisk them off to the local zoo for some great visual – or tactile! – lessons.

63. National Parks

National parks in any part of the world have preserved the most stunning examples of natural wonders specifically for the populace to learn more about the ancient planet they inhabit.

64. Observatories

Encourage kids to look towards the stars and contemplate the vastness of the universe by taking them to an observatory.

65. Farms

Taking children on field trips to farms teaches them some neat lessons in how their food gets to their table as well as other agricultural practices.

66. Fishing

A fishing trip yields lessons in ecology, biology, and geography – even when the lines come up empty!

67. UNESCO World Heritage Sites

Families with the money or resources to travel the world (or even within their own country!) may want to seek out the different World Heritage Sites as honored by UNESCO. All of them provide some awesome lessons in history, politics, geography, and more!

68. Historical Landmarks

Every state in America – and the majority of cities – boast more than a few dedicated landmarks specifically preserved for the sake of teaching children and adults alike lessons in the region's history.

69. Different Houses of Worship

Organizing trips (with permission, of course!) to various houses of worship opens up children to interfaith dialogues and teaches them how to understand and respect religious traditions other than their own.

70. Arboretums and Botanical Gardens

Introduce children to the fundamentals of botany and environmental science by taking them on a daytime excursion to a beautiful, peaceful arboretum or botanical garden.

71. Another State or Country

When the funding allows, shuffle off to a different state or country as a means of engaging children in valuable cultural exchanges that open their eyes to the world's true diversity.

72. Festivals

Attending any type of festival opens up doors for kids to learn about the diverse selection of peoples and hobbies that exist out there.

73. Wildlife Preserves

Similar to zoos and National Parks, wildlife preserves afford parents a grand opportunity to teach their children about ecosystems and how animals interact with their natural habitats.

74. Space Center

Parents with the resources to take their kids on vacations to visit the various NASA facilities scattered across the United States to illustrate the ins and outs of getting humanity past the upper atmosphere of Earth.

75. A University Campus

It's never too early to introduce children to the importance of higher education, and exploring a nearby university campus – perhaps even taking older kids and teenagers to lectures of interest.

Foods

76. Breakfast

Numerous studies have shown that kids indulging in a healthy, hearty breakfast every morning tend to concentrate better and earn higher marks than those who do not.

77. Fish

The Omega-3 fatty acids found in fish stimulate the brain, keeping it healthy and alert for learning life and academic lessons. Salmon, tuna, mackerel, and other oily fish are

especially valuable.

78. Avoid excessive caffeine.

Small doses of this stimulant do not cause much of a problem, but too much caffeine can cause a largely unproductive, exhausted crash not conducive to building intelligence.

79. Avoid saturated fats.

Not only do saturated fats damage the body, they also create a more sluggish mind and heighten one's risk of depression. Depression, of course, does not lower intelligence in any way, shape, or form – but it does potentially cut into productivity and compromise overall health and wellness.

80. Avoid excessive carbohydrates.

Carbohydrates are good for quick bursts of energy, but excessive sugars especially – much like caffeine – end in an unhealthy, lethargic crash.

81. Canola or Walnut Oil

Like Omega-3s, the Omega-6s found in canola and walnut oil build up the brain cells and keep them running smoothly.

82. Eggs

Rich in proteins and choline, diets that include eggs improve overall brain health – making one of the body's most essential organs healthier, more alert, and more receptive to learning and retaining new pieces of information.

83. Flax

Flax provides consumers with another source of Omega 3s, an essential chemical for maintaining brain health.

84. Carrots

They're a kid-approved, delicious and nutritious snack, providing unrefined carbohydrates that boost the brain without causing a crash after – not to mention many essential vitamins and minerals as well!

85. Nuts

Chow down on a favorite nut for all the protein, fat, magnesium, and Vitamins B and E

that the brain needs to function.

86. Berries

Most berries swell with antioxidants, which act almost as a swab for problematic chemicals in the brain – and the rest of the body, too!

87. Pomegranates

Revered by the ancient Greeks, these luscious jewel-like fruits have become something of a trendy food lately. Praised for its antioxidant properties, they make for an excellent addition to any brain-friendly diet.

88. Avocados

Avocados lower cholesterol levels in the brain and body alike in addition to serving as one possible source for Omega-3s when served in oil form.

89. Tomatoes

These beloved fruits come loaded with antioxidants and vitamins needed to keep the brain running smoothly and thinking clearly.

90. Salad

Whip up a brain-friendly salad comprised of foods particularly notable for their antioxidant properties or Vitamins – a concoction that makes keeping healthy taste much better.

91. Beans

All types of beans pack the brain and body both with generous amounts of fiber and protein that assist a child's brain in processing and storing information.

92. Olive Oil

Because it lowers cholesterol (which can clog up the brain!), provides Omega-3s while balancing out Omega 6s, and infuses the body with antioxidants and Vitamin E, olive oil should form one of the cornerstones of a brain-friendly diet.

93. Greek Yogurt

Place a carton of Greek-style yogurt in a child's lunch for a calcium-packed snack that keeps their brains healthy and alert throughout the day with tyrosine.

94. Tempeh

Indonesian fermented soybean cakes may not necessarily be to everyone's taste, but those who enjoy it receive plenty of protein without having to kill a cow – making this a nutritious treat for vegetarians and vegans.

95. Bell Peppers

Clean out disgusting, debilitating brain plaque by introducing bell peppers into a child's daily diet. Their antioxidant properties clean out problematic free radicals and allow them to think more clearly.

96. Broccoli

Some scientists and nutritionists believe that broccoli staves off brain injury by keeping it as protected as possible by helping it process proteins effectively and efficiently.

97. Green Tea

Parents who want their children to stay healthy and alert may want to encourage them to find a green tea flavor that they like. The brews come in so many varieties that they'll probably find one to their taste, and all of them provide the antioxidant boost they need for an improved brain.

98. Dark Chocolate

Every once in a while, treat the kids with a bit of dark chocolate, preferably one not crammed full of even more sugar than necessary. While it is not a good idea to go overboard, a small bit of the stuff every once in a while actually provides nice health benefits.

99. Garlic

Not every child likes the luscious pungency of garlic, but those who do are treated to a rich, healthy addition to their diets. It regulates blood sugar, lowers cholesterol, and other excellent brain benefits.

100. Don't go overboard on dairy.

While cutting dairy out of a diet is not a grand idea (those bones do need calcium!), too much of it may actually halt the body's absorption of the antioxidants needed to clear away the free radical clutter.

Any parent who hopes to see their children succeed in school and life may find the previously mentioned suggestions beneficial to giving them a boost. Engaged moms

and/or dads who play an active role in raising junior more often than not guarantee that the next generation sports a few young men and women with intelligence and different beneficial proficiencies to keep humanity moving ever forward.

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Tips to Be a Lady

“The attributes of a great lady may still be found in the rule of the four S’s: Sincerity, Simplicity, Sympathy, and Serenity.”

1. Before you can convince people you’re attractive, you have to believe it yourself.
2. A lady never kisses and tells.
3. Always say “please” and “thank you”. Civility never goes out of style.
4. Only wear heels if you know how to walk in them.
5. Be yourself.
6. Enjoy the fact that you are a woman and men will enjoy it, too.
7. Never show too much leg or too much cleavage at the same time.
8. Don’t act stupid when you’re not.
9. Never, ever make a sex tape.
10. Let people know that you think they’re wonderful.
11. Avoid false compliments.
12. Remember birthdays and send thank you notes.
13. Underwear is not a misnomer. Exposed thongs are not glamorous.
14. Be nice to your server; not because it’s nice, but because we’re human beings.
15. When in doubt, dress up.
16. Carry yourself with confidence. It’s sexier than any low-cut dress.
17. If you make a mistake, acknowledge it and apologise.
18. Drink responsibly. There’s nothing adorable in being sick or comatose.
19. Be on time. Nobody likes waiting or being interrupted.
20. Tuck in your chair when you get up to leave.

21. It's not always what you say. It's also how you say it.
22. Beauty is not just visual; it employs all of the senses.
23. Don't laugh at another's mistake. A lady knows no one is perfect.
24. Your make up does not have to look natural, but make sure it looks clean.
25. Don't chase perfection. Embrace your vices – they humanise you.
26. Only share negative opinions if you are asked for them first.
27. A lady is always well read and well informed. Knowledge is power.
28. No open-mouthed kissing in public. No one wants to see that.
29. Wear perfume (But not too much as to stink up the room you are in.)
30. A lady never takes pleasure in the misfortunes of others.
31. Be sincere.
32. Don't take out your bad mood on others. No one should be punished for being your in company.
33. You can toy with a man, but never with his emotions. Hearts are fragile things.
34. A lady know the power of the Little Black Dress.
35. A lady of class is rich; not in wealth but in culture.
36. Realise that happiness is a choice; it's your life and it's up to you if it's a happy one.
37. Tracksuits and sneakers belong at the gym.
38. Dress the part: You don't have to wear a suit or dress but a lady always wears clean, coordinated clothing.
39. Being a lady is about being kind. It is true elegance.
40. Practice martyr-free modesty: In everything she does, a lady will acknowledge those who helped her before she takes any credit for herself.
41. A lady will not flaunt herself, her valuables, or her accomplishments

42. A lady is not self-absorbed.
43. Never lose your cool: Don't let people get under your skin, no matter how much they try.
44. If you have nothing good to say then don't say anything at all – take that to heart!
45. Be well mannered.
46. You will and should be judged by your friends, choose them wisely.
47. Walk graciously.
48. Actions speak louder than words.
49. Never say that you're leaving for the bathroom. Simply excuse yourself.
50. Don't complain about things you can't change – like waiting in line or the weather.
51. Don't engage in prolonged public displays of affection.
52. Never talk on your phone when in a restaurant or at the movies.
53. Don't gossip.
54. Don't tell sexist or racist jokes.
55. Do not interrupt people speaking to you.
56. Never ask if you look fat.
57. It is imperative that you develop good posture, which isn't too hard to achieve.
58. Listen more than you speak.
59. Hear others out before assuming your way of doing things is the superior way
60. Don't burp or fart out loud, in front of people.
61. If you say you will do something, follow up on it.
62. Don't be a drama queen. It's unpleasant for those around you.
63. Don't use fake tears to win something.

64. Don't talk with your mouth full.
65. Don't eat with your hands.
66. Be a tidy person, organized and systematic.
67. Don't leave mess where you go.
68. Don't bite your nails.
69. Don't talk too loud.
70. Don't mix and match patterns from head to toe. (no more than 2)
71. Know what type of clothes flatter you and wear them. Don't wear something just because you like it, even if it makes you look fat or disproportioned.
72. Look people in the eyes.
73. Don't eat your roll like an apple. The courteous way to dine on bread is to tear off a bite-size piece and pop it in your mouth.
74. Too much silver or golden fabric, glitter or all these combined is something that should really disappear. On some occasions they can definitely be taken into consideration, but not when going to do the groceries.
75. Don't buy smaller clothes hoping that in time they will be just right. Choose what fits you!
76. Don't make a tragedy out of everything.
77. Don't shout on the street, laugh noisily and when you have to talk on the phone leave the group for a few moments.
78. In order to create a good image of yourself, try not to show all your feelings. When succeeding, show a moderate joy even if it's the greatest thing ever.
79. When you feel envious (it happens) try not to show it.
80. Don't give satisfaction to others and don't be rude.
81. Don't promote yourself aggressively, by handling the things the right way you will definitely attract the attention you deserve!

82. Keep your legs together when you get into or out of a car.
83. Don't groom in public, in the car or at the table in a restaurant.
84. If you've chosen to dye your hair, don't let it get to the stage where we see more of your roots than the actual hair colour.
85. Don't sit with your legs wide apart in a skirt – it looks kinda sloppy and not so ladylike.
86. Don't swear.
87. Don't spit.
88. A lady is always modern, timeless and positive.
89. A lady knows her company will be desired because of her good sense of humor.
90. Exercise and stay fit ! A lady isn't overweighted.
91. A lady knows that her smile is her best accessory.
92. Always classy, never trashy.
93. A true lady doesn't start fights.
94. Be refined, polite and well-spoken.
95. Don't ever forget your value, don't underestimate yourself.
96. Never let a man define you. Be amazing on your own!
97. True beauty comes from within.
98. A lady knows her limits no matter what.
99. A lady holds her head high, but never her nose.
100. Be the woman a man needs, not the woman that needs a man.

“Being a woman doesn't necessarily make you a lady.”

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Tips To Feel Better Fast

- 1: Give your intuition a louder voice: Don't let other people's opinions and judgments drown out your own voice. Stay true to you and strengthen your connection to your inner wise voice.
- 2: De-stress: Place both hands on your heart. Breath in and out from your heart for 10 seconds. This will get you out of your head and back into your body and allow you to come back to your center.
- 3: My personal top 5 health tips: Breath into your belly, drink plenty of water, move, eat for energy and meditate.
- 4: Yoga detox tea: 1/4 tsp coriander seeds, 1/4 tsp of cummin seeds and 1/4tsp of fennel seeds. Mix with 1.5 litres of hot water. Sip throughout the day. (Note: This recipe was given to me by my Ayurvedic practitioner. I make this tea in my thermos each morning, so I can carry it everywhere with me)
- 5: Focus on relaxing all parts of your head: It will trigger the rest of your body to follow. Soften and relax your forehead, eyeballs, teeth, cheek muscles, tongue and jaw.
- 6: Cancel a complaining thought: Each time you catch yourself complaining, spend thirty seconds focusing on the opposite and increase your ratio between helpful and unhelpful thoughts.
- 7: Sleep Better: Let your bedroom breathe. Simplify with less busyness, less furniture, less storage, less ornaments & less nick knacks
- 8: A natural de-stressor: "Chew your vegetables. It releases four times more serotonin"
David Wolfe
- 9: Slow yourself down: Start listening to your thoughts in slow motion.
- 10: Stop wasting energy on other people's business: Remember Byron Katie's rule – There are 3 types of business. Your business, other peoples business and god's business. Stick to your own business.
- 11: Sip hot water: It removes toxins, has a hormone balancing effect and warms your digestive organs.
- 12: Tension buster: Take a deep breath in, open your mouth, stick out your tongue, now 'let it all go' by saying aaaah! Feel the release from your jaw, neck and face muscles.

13: Take a chill pill: Close and soften your eyes, relax your tongue, unlock your jaw, now cup your hands over your ears, and listen to the sounds of the ocean playing inside your head.

14: Sedate your nerves with music: Dr. Emoto shares, that by listening to the Blue Danube, it will nourish your central nervous system

15: Soak your tension away: Treat yourself to a healing bath: 1 cup of Epsom salts (magnesium sulfate) added to your bath water will relax your nervous system, draw out toxins, relax muscles and even reduce swelling.

16: Un-hunch shoulders: Hunched shoulders block the flow of blood to your brain, hold in stress and can restrict your breathing. Un-hunch your shoulders and feel your neck and spine lengthen.

17: Stop holding stress in your face: Are you frowning, squinting, clenching teeth or have a tense jaw? Then smile, and let all that worry, stress and tension go.

18: Headache buster: Hold this finger yoga posture for 3 – 6 minutes. Join the tips of your thumb, index and middle finger. Fold your ring finger into the base of your thumb. Extend your little finger. Relax hands on top of your knees.

19: De-stress your eyes: Try some Chinese acupuncture. Place your thumb and first finger, either side of the top of your nose, where your eye brows start. Close your eyes and hold firm pressure for a few minutes.

20: Calm yourself before bed: Dab the essential oil “vetiver” onto the soles of your feet. Vetiver has a grounding and soothing effect on your nervous system.

21: Eat your water: Fruit is 90% water. Grapes and oranges can be as high as 98% water content.

22: Nature's sports drink: Watermelon, cucumber, honeydew and cantaloupe are an excellent sources of water, sugar and electrolytes

23: Add a slice of lemon: In case you get bored with the taste of water add a slice of lemon or lime. Studies have shown that children drink 45% more water when flavoured.

24: Is your stuff draining your energy? Your stuff can be a burden, suck your time, money, energy and consume your focus (more than you think). Less is best.

25: Check in with your body: If you are too busy living “in your head” you can easily forget about the basic needs of your body. Stop, breathe and ask your body if its thirsty, hungry, needs a stretch or walk.

26: Dehydration facts: A mere 2% drop in body water can trigger fuzzy thinking. Lack of water is the number one reason for day time fatigue.

27: The power of water: Water is essential for carrying waste material out of the body. It's involved in nearly every bodily process including digestion, absorption, circulation and excretion. It's vital in transporting nutrients throughout the body.

28: Boost the Qi in your home: Cleanse arguments, sickness and stagnant energy with a sage smudge stick. (Note: I have personally used white sage now successfully for over 20 years)

29: Suffering from overeating. Kneel in-between your heels with hands on your lap for 10 minutes. This yoga pose is called virasana. Use a blanket to sit on or for your knees, if you need too.

30: Carry a water bottle: One of the simplest ways to keep a fresh supply of water flowing throughout your muscles, blood, brain and bones is to carry a water bottle everywhere with you.

31: A Simple Meditation: Breath in through your nose and tell your mind to stay focused on your breath.

32: Is your back aching? Try a yoga pose called, legs-up-wall, for 10 minutes. Its also great if you have been standing for too long

33: Lose the frown: All it takes is less than 30 seconds to turn a frown into a smile.

34: Touch is healing: Ayurvedic medicine believes a daily self massage offers many well-being benefits to your body and mind.

35: Start with an easy meditation style: Try the very enjoyable walking meditation.

36: Tests have shown that meditation can be more effective than a nap in improving performance and concentration.

37: Strengthen Your Focus: A daily meditation break, sharpens your concentration powers. Focus on your breath, a word or mantra for 5 minutes and notice the difference.

38: Remember to breath: On an average we have 26,000 breaths a day. How many are you aware of ?

39: "Time a stick of incense. Once you know how long it takes to burn, you can use it to determine the lengths of your meditation sessions" Helen Tworkov

40: Chinese acupressure tip for constipation: Massage your index finger from its tip right down to the base. If you have diarrhea then massage from its base up to the tip: (Note: You are stimulating the meridians by using your fingers. A positive effect should be felt after several minutes)

41: Try the Bon Jovi Yoga chant: Sanskrit chants are awesome but this one is so full of joy and fun

42: Have your feet touched grass today? Many people feeling scattered have not touched any grass, earth or sand in days with their feet – only concrete and floors.

43. Strengthen your immune system: Laughter really is the best medicine. Visit the Mumbai yoga laughter club just for a minute.

44. Flick off other people's stresses: Carry a piece of the crystal smoky quartz in your pocket or handbag. It will help absorb negativity.

45. Hand Yoga for Patience: Place the tip of the middle finger onto the tip of the thumb. It creates a flow of energy which promotes patience.

46. Eating water is better than drinking it: Water content of most fruit and vegetables is over 90%. Grapes and oranges can be as high as 98%

47. Stress Relief: It's proven scientifically, playing the Blue Danube will nourish your central nervous system

48. Conscious Breathing: Breathing in "I am calm", breathing out "I soften" Repeat to the rhythm of your breath.

49. Instant Chilling Out: Inhale for 3-5 seconds then exhale for 3-5 seconds through your nose. Drop your shoulders then open your heart. Allow.

50. Enter your day consciously while still lying in bed and set the tone for your day. Try some wake up yoga in bed

51: Reduce caffeine intake: Swap one cup of tea or coffee a day for a delicious mug of miso soup. It is highly nutritious and can be made in an instant.

52: "Life is like a mirror, you get the best results when you smile at it" Unknown

53: Strengthen your boundaries: Love yourself enough to say no to others' demands on your time and energy. Stop, step back & reassess the situation.

54: Appreciate your hands: Your hands are a mirror for your body. Massage your fingers,

joints, palms and back of hand for 5 minutes and your organs and body will benefit.

55: It's time to turn your back to the world: Rest your heart, dissolve your worries and calm your nervous system with this simple yoga pose.

56: Deep breathers tend to live longer: They are generally healthier and more relaxed. Take three deep, gentle slow breaths right now. Never force.

57: Breath is the movement of thought: Relaxed breathing equals calm thoughts. Short quick breathing equals busy thoughts.

58: Four great reasons to eat kiwi fruit: More potassium than a banana, 240% of daily recommended intake of Vitamin C, potent source of Vitamin E and low in fat

59: There are 11 different kinds of breathing: Noisy/quiet, fast/slow, regular/irregular, jerky/smooth, deep/shallow, mouth/nose, forced/effortless, high/middle/low etc.

60. Be kinder to yourself: Think kinder thoughts about yourself. Eat foods that are kinder to your body. Allow yourself to rest.

61. Invite serenity: Make a fist with your hands, wrap fingers over thumbs. The tighter you squeeze your thumbs the deeper & calmer your breath will be and the quieter your mind will become.

62. " Smile, breathe and go slowly" by Thich Nhat Hanh

63. Breathing wisdom: Don't pull your stomach in when you inhale as it reduces your oxygen intake. Your abdomen should expand and soften with each inhale.

64. "Everything has its beauty but not everyone sees it" Confucius

65. Is the way you are breathing making you sick or stealing your energy? Take a free breathing test now

66. Quality belly breathing: Gently place hands on your belly. You should be able to feel it soften, rise and expand with each inhale.

67. Improve your sleep: Clear the clutter from under your bed, remove all electrical gadgets, computers, exercise equipment and work papers.

68. Inspirational quote: "Choose a job you love and you will never have to work a day in your life" Confucius

69. Smile into your organs. It's very healing to smile into your heart, then smile into your liver, kidneys and lungs.

70. Dissolve anger: Breathe into your liver and feel the anger dissolve with each exhale.

71: Adjust the speed of your day: Take some time out and notice if you are rushing. Go for a walk or use your breath to slow yourself down.

72: Do nothing for 30 seconds. Put some space between you and your hectic schedule

73: Tranquilize yourself: Slow your breathing down. Breathing deeply into your belly, through your nose will calm your nervous system. Your breath is a great tool for relaxation

74: Zen eating: Enjoy the benefits of eating sitting down in a quiet space.. Walk away from your computer, turn off the TV and don't read or talk. Feel the difference.

75: Stop regularly and notice the bigger picture of life. Pause, breath, feel your body and observe what you see, hear, touch, taste and smell around you.

76: Reward your body: Five minutes in a relaxing and very easy yoga pose will reduce fatigue, tension and lower blood pressure. All you need is a floor, blanket and an eye bag

77: Calm yourself down: Close your eyes. The eyes are linked to your nervous system. By softening your eyes you can trigger the relaxation of your entire body.

78: Push away negativity and stress: Spend longer on your exhales and give yourself some much needed space.

79: Swap the butter on your toast for tahini, avocado or nut paste. I mix my tahini with local bush honey. Tahini is sesame seed paste packed with lots of good stuff

80: Are you stressed? Check your face. Are you frowning, squinting, clenching teeth, jaw or pursing lips? Smile, breath and relax your face muscles.

81: Start 3 green habits today: Switch your plastic coat hangers to bamboo, switch plastic storage containers for glass and switch plastic pegs for wooden.

82: Push away the flu: Repeat the mantra: "Every cell in my body is loved and healthy". Feed your body with healthy thoughts not fear.

83: Have you been way too serious lately? Go ahead, be spontaneous? Start skipping, eat ice cream for breakfast or hug the next person you see.

84: Notice your full breath cycle: Experience the slight pause at the end of each exhale

and before your next inhale begins.

85: Be kinder to your sleep. Your bedroom is not a multi purpose room. Calm, relax and de-stress its energy

86: Be kinder to your nervous system: Calm your nervous system regular by allowing 2 minute “priority you” time every hour. Stop, breath and rest.

87: Be kinder to your eyes: Don’t stare for hours at a screen. Give your eyes healthy doses of natural light, sunshine and movement(other than staring). Also treat your eyes to deep rest with a yoga eye pillow.

88: Stop holding your breath: It reduces oxygen flow to your body and tightens your chest, face, jaw and throat. Remember to breath.

89: Invite more pleasure: Treat yourself to a chocolate facial. Organic cacao powder is extremely high in magnesium which an excellent stress protector.

90: Protect yourself from other people’s stresses: Pop a piece of smoky quartz or black tourmaline in your bra

91: Hug therapy: 4 hugs a day for survival, 8 hugs a day for maintenance, 12 hugs a day for growth:

92: Toe hugs are “in”. Whilst at your computer, grab your foot & place your fingers in between your toes. Now hug, stretch and wiggle your toes and foot.

93: Get unstuck: Always keep a copy of your favorite inspirational book close by. Open randomly and read a few paragraphs to bring relief to your current situation

94: Hug wisdom: Hugs lasting over 20 seconds create more trust.

95: Slow yourself down: Focus your mind on just one thing/object for the next 30 seconds. A calm mind can focus, a rushed mind cannot.

96: Avoid toxic people: Do your best to limit yourself to people who love drama and gossip, particularly when you are feeling fragile and exhausted.

97: Lift your worries with a Buddhist kindness prayer: “May I be free of worry, May I be well, May I feel safe and at ease, May I be at peace”

98: Linger longer in a hug. A hug fuels your heart with all the good stuff and nourishes your sense of touch. Feel the healing power of a hug.

99: Buy a tongue scraper: Scrape tongue 6 times first thing in the morning to remove

the toxins and bacteria that has formed on your tongue overnight.

100: "The more man meditates upon good thoughts, the better will be his world and the world at large." Confucius

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Pinterest Tips

Pinterest is the fastest growing social network of all time, and the average consumer spends more money on Pinterest than on any other social network. Unlike other social networks, the leaders on Pinterest are not as definite as they are on other social networks. That means there's time for you to become the next leader on Pinterest with hundreds of thousand of followers.

On Twitter, it's easy to tell who is dominating it. There aren't as many people dominating Pinterest for your niche as there are people dominating Twitter for your niche. That means you have an easier chance of being the leader of your niche on Pinterest than you would on Twitter, Facebook, or any of the other social networks. Here are 100 Pinterest tips that will give you the edge you need to become a power user.

1. Pin as much as you can. The more pins you have, the better. The power users average 2,700 pins.
2. Have as many boards on your Pinterest account as you can. For Pinterest boards, there's strength in numbers.
3. Pin big, long pictures. These pictures will get noticed, and as a result, these pictures will get more repins and comments.
4. Comment on other people's pins. Only 1% of an average pinner's time is spent commenting on other people's pins. By consistently appearing as the first commenter for a lot of people's pins, you will get more exposure.
5. Follow back on Pinterest. You'll be glad you did.
6. Don't focus on the follow ratio. Follow as many people as you can. You may be following more people than there are people following you, but take this into consideration: having 10,000 followers and following 40,000 people gives you more exposure than you having 2,000 followers and following 0 people.
7. Create an account on Pin Alerts. You will be notified each time someone pins something from your blog.
8. Focus on one board. You can add pins to all of your other boards, but there should be a primary board that has most of your account's pins.
9. Have boards of different categories. If someone doesn't like one thing you pin about, they may follow you because you pin about another thing that they like.

10. Like other people's pins. The more pins you like, the better.
11. Repinning a lot of pins at once can annoy some of your followers. You can like all of the pins you want to repin, and as you repin those pins, unlike them so you know which of those pins haven't been repinned yet.
12. Choose one day of the week to send out at least 50 pins. Then, pin some pictures on other days. The result will be at least 200 pins every month and at least 2,400 pins every year.
13. Create a board with the words cool or awesome. Awesome YouTube Videos and Cool Stuff are two of my boards with those words.
14. Create multiple Pinterest boards for subniches. Ex. Twitter→How to get more engagement→How to get more retweets on Twitter.
15. You only have 160 characters for the bio. List all of the things you do, are an expert at, and your hobbies.
16. Connect with your other social networks.
17. Use other social networks to promote your pins and boards.
18. Have some boards about your hobbies. On Pinterest, experts need to show their "human side".
19. Pin Infographics. Those get a lot of repins.
20. Search around Pinterest to get ideas for boards. All you have to do is see an idea and find pictures for it in order to create a board.
21. There are millions of pictures to choose from. Choose the best ones.
22. Take your own pictures and upload them to Pinterest.
23. Create short tutorial boards that show people how to get things done. This is my tutorial board, How To Play Chess.
24. Choose your favorite animal and create a board about it. One of my favorite animals is the Penguin.
25. Create a Pinterest board with pictures of your pet. Show off your dog, cat, fish, or any other pet you have.

26. Pin pictures that are humorous. My board Pinterest Humor has many pins that will make you laugh.
27. Create a Pinterest board about your wish list for Christmas, your birthday, any occasion, or just for fun.
28. Add pictures to your blog so your blog posts can get pinned.
29. Showcase your products on Pinterest. The average consumer spends more money on Pinterest than any other social network.
30. Pinterest is all about visuals. Blurry pictures won't help you.
31. Pin motivational quotes by using Pinstamatic.
32. Create a board of your favorites. This is a board about my favorite books.
33. Have as many boards as possible with over 100 pins.
34. When you have enough boards with over 100 pins, try to have as many boards as possible with over 1,000 pins.
35. Repin a lot of individual people's pins. When you repin someone's pin, you appear in that person's notifications. If you repin enough of that person's repins, you may get a new follower. That new follower is also likely to either like or repin your pins.
36. Promote your Pinterest account on your blog.
37. Host a giveaway on Pinterest.
38. Use a lot of hashtags in your pins, but don't go crazy. Three hashtags is the maximum number of hashtags to use in a pin while one hashtag would be the minimum.
39. Create a Guess Who Pinterest board where all of the people are experts of your niche.
40. You have 500 characters to describe a pin. Either use as few or as many of those characters as you can for your pins. Don't get stuck in the middle.
41. Create group boards so your boards get updated even when you're not logged in.
42. Your group boards appear on other pinner's account which will lead to more followers for you as well.
43. Create boards for all of the major holidays.

44. Update the holiday boards daily as the holidays approach. The day after Christmas isn't the time to start updating your Christmas board.
45. Say yes to group board invites with a lot of contributors. This will ensure that one of the boards for your Pinterest account gets updated daily.
46. Use PinWoot to get more followers, likes, and repins on Pinterest.
47. Create lists like this one on Pinterest with Pinstamatic.
48. Find people in your niche with thousands of followers on Pinterest and follow their followers.
49. Offer coupons on Pinterest.
50. Create a Pinterest board about Pinterest.
51. Pin blog posts with affiliate links to sell products and make a commission.
52. Add Pinterest "Pin It" buttons to the bottom of all of your blog posts.
53. Add the Pinterest Follow widget to your blog.
54. If you don't want the widget, use a WordPress plugin to get the job done.
55. Get a business account on Pinterest so you can get Pinterest analytics.
56. Get the "Pin It" button on your bookmark list so you can pin anything without being on Pinterest.
57. Use the Pinterest search feature to find boards based on your niche. Then follow those boards.
58. Promote your blog on your Pinterest account so your blog gets more traffic.
59. Have shopper friendly boards. This will encourage more sales.
60. If you are considering creating a board about something, create that board as a secret board first. If you like the secret board, make it public.
61. Use secret boards to organize your goals...unless you want everyone to see them.
62. People love tips. Create Pinterest boards based on tips in your niche.

63. Take a break, go to your board with the most pins, and just scroll down. Seeing what you have accomplished will make you feel great.

64. If you want to do a bucket list of places you want to go to, use Pinterest's new map feature to display all of your pins on a map of the world.

65. Make sure your bio picture is a non-blurry picture of you or your company's logo.

66. Thank people for repinning your pins.

67. You can mention pinners using the "@" sign.

68. Share other people's content.

69. Search engines will give your Pinterest boards/account a lot of visibility as long as you keep on pinning consistently.

70. Download the Pinterest mobile app right now if you haven't done so already.

71. When someone finds a link of your Pinterest account on Google, your bio becomes the description Google uses to tell people about your Pinterest account.

72. An eye tracking study done by Mashable revealed that boards on the top and in the center get seen the most. Move and organize those boards carefully.

73. Put all of your best boards in the top two rows.

74. Add keywords to your bio so search engines have an easier time finding you.

75. Be you on Pinterest.

76. Host a Pinterest board scavenger hunt. As people search for what they are supposed to find, some of your pins about your newest blog posts may cause some to stop searching for a while. You'll also get more repins.

77. Pin YouTube videos. They can be played without leaving Pinterest.

78. Create a board where you can review products.

79. Identify which of your boards have the most followers and repins. Those are the boards you need to pay attention to the most.

80. Give yourself goals for Pinterest (how many followers, pins, repins, or likes you want in a certain amount of time, etc).

81. Comment on popular pins. A lot of people will see you since there aren't many people who leave comments.
82. Keep the followers that you already have happy.
83. Give your boards creative names.
84. Focus on getting more board followers for your top three boards. If only one of your boards has 1 million followers, you still show up with 1 million followers.
85. Stuff your pin descriptions with keywords that Google can use to find your pins.
86. Establish your niche, and then create numerous boards for sub-niches.
87. If you have your own group board, only invite the people who won't spam the board.
88. Find interesting pinners so it is easier for you to find content to repin.
89. Promote your Pinterest button on the top of your blog's sidebar so it is easy to find.
90. Create boards related to individual blog posts.
91. Make the images on your blog easy to pin. There are numerous WordPress plugins out there that do the job.
92. Host a charity event on Pinterest (for every repin, donate \$3 or something like that).
93. Pin statistics. This can be done as an infographic or with Pinstamatic.
94. Pin from a variety of different sources.
95. Pin your YouTube videos on Pinterest.
96. Create a Pinterest board of your 10 or 100 favorite blog posts depending on how many you have.
97. Add Pinterest to your email signature. This will allow you to get more quality followers.
98. Track your statistics, find what works, and find what doesn't work. Continue to do the things that do work.
99. Tell your friends on Facebook about your Pinterest boards.

100. Don't give up. Everyone started with 0 followers.

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Nutrition Tips

Good nutrition is one of the most important factors for good health. You can dramatically improve your health by doing simple adjustments to your eating habits.

You'll notice a big difference in your energy levels if you regularly eat foods that have a lot of vitamins and minerals in them, such as fruits, vegetables, whole grains and low- or non-fat dairy.

There is no doubt that eating well can maximize our life experience.

So, let me share with you 100 simple nutrition tips to help you improve your health and vitality:

1. Don't substitute fruit juices for whole fruits.
2. Eat whole, fresh, unprocessed foods.
3. When buying packaged foods, read the nutrition labels carefully.
4. Never cut any food group out of your diet including carbohydrates.
5. Don't eat too much or until you're stuffed.
6. Eat something every four hours.
7. Don't take more than one all-purpose multivitamin daily.
8. Exercise is important to burn your food efficiently.
9. Before following a nutrition plan, check the credentials of the creator.
10. Keep track of your food intake to know which food group you need to eat more or less from.
11. Eat a variety of foods.
12. Take the skin off before eating chicken.
13. Eat fish at least once a week.
14. Cut back on margarine.
15. When eating outside, watch out for large portion sizes.

16. Desserts should be kept to minimum.
17. Use extra virgin olive oil for salads or whenever suitable.
18. Buy low fat versions of dairy products.
19. Eat oily fish like salmon or sardine at least twice a week (rich in Omega-3)
20. Never smoke after eating.
21. Don't eat fruits immediately after meal.
22. Replace tea with green tea.
23. Don't sleep immediately after eating.
24. Apples protect your heart.
25. Bananas strengthen bones.
26. Broccoli combats cancer.
27. Carrots save eyesight.
28. Fish boosts memory.
29. Garlic kills bacteria.
30. Honey increases energy.
31. Lemons smoothen skin.
32. Mushrooms control blood pressure.
33. Oranges support immune systems.
34. Rice conquers kidney stones.
35. Strawberries calm stress.
36. Tomatoes protect prostate.
37. Walnuts lift mood.

38. Yogurt protects against ulcers and helps us digest food better.
39. Eat breakfast.
40. Enjoy soups often.
41. Make a fruit salad at least once a week.
42. Keep a variety of raw vegetables ready in the fridge for quick snacks.
43. Include one dark green and one orange vegetable on your plate every day.
44. Make at least half of your carbohydrate foods whole grain each day (e.g. brown rice).
45. Take a vitamin D supplement daily (the dose should be according to your age).
46. Replace salt with lemon, herbs and spices to flavor foods.
47. Eat a variety of fibre-rich foods everyday including whole grains, fruits, vegetables, and legumes.
48. Minimize your caffeine intake.
49. Purchase leaner meat cuts more often.
50. Eggs, beans, peas and lentils provide a good source of protein and fibre (also are good meat alternatives for vegetarians).
51. When eating out, choose healthier choices.
52. Substitute whole wheat flour for white flour.
53. Keep the skin and peels on fruits and vegetable if possible.
54. Replace fried food with steamed, baked or broiled food.
55. Slow down when you eat.
56. Buy organic products whenever possible.
57. Plan healthy menus as a family.
58. Home-cooked meals always win over eating out.

59. Enjoy preparing meals as a family. It's a lot of fun.
60. Mustard can be consumed guilt free.
61. Use peanut butter and avocado as healthy fat sources.
62. Eat cabbage to boost cancer-fighting enzymes.
63. Eat lettuce if you have a sleep problem.
64. Dark chocolate is packed with healthy nutrients. Moreover, it improves mood and pleasure.
65. Ginger is called "the universal medicine"
66. Onion is believed to clean the blood among many other health benefits. It is also one of the cheapest vegetables.
67. Use chocolate covered bananas as a healthy dessert.
68. The liver can make more enzymes out of fresh lemon juice than any other food element.
69. Whole oats are famously fiber, minerals, and vitamins rich.
70. Frozen vegetables retain almost all of their nutritional value.
71. Asian food is considered among the healthiest in the world.
72. To make any meal ultra nutritious, just add sea vegetables (can be found in Asian markets)
73. Fasting is one of the oldest therapies in medicine.
74. Spinach is one of the most nutrient-dense foods available that improve brain function.
75. Eggs aid in concentration and improves memory.
76. An orange a day keeps the doctor away!
77. Wait 20 to 30 minutes to have a second helping.
78. Swap soda for water.

79. Pack healthy snacks.
80. Select foods that have minimal saturated fats.
81. Avoid foods that contain more than 10 ingredients.
82. Avoid foods that contain man-made ingredients.
83. 3,500 calories = 1 pound of body weight
84. Spice your meals up.
85. Split your meal with a friend.
86. Avoid open buffets.
87. Eat your favorite foods – even if unhealthy – every now and then.
88. Don't shop when you're hungry.
89. Don't put serving bowls on the table.
90. Protein bars make a good snack.
91. Research healthy restaurants.
92. Start each lunch/dinner with salad.
93. Drinking a glass of ice water can burn 25 calories!
94. Don't leave yourself dehydrated. Water flushes out fats and toxins.
95. The best healthy cuisines are Indian, Thai, Japanese, Chinese, Mexican and Greek.
96. Buy food in its season (e.g. strawberries in summer).
97. Buy from local farmers.
98. Veggie broth is a great healthy choice.
99. Eat less, enjoy more.
100. Make your own instead of buying in jars.

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Household Cleaning Tips

Learn how to spring clean like a champion with this list of the best-ever household cleaning hints and tips.

From cleaning up broken glass to deterring pests or tackling stains on clothes and furniture, we have 40 simple, natural solutions that work.

1. Eucalyptus oil removes the gummy residue left by shop stickers.
2. Buffing a marble tabletop with car polish leaves a thin, invisible film that helps reduce the risk of stains.
3. To remove furniture indentations from pure wool carpet place a tea towel over the area and then press with a warm iron. The heat will lift the fibres. Do not attempt this with synthetic or a wool/synthetic mix carpet.
4. Light a match and let it burn a few seconds to remove toilet smells.
5. To stop bathroom mirrors steaming up, regularly rub a dry bar of soap over the surface and rub in with a clean cloth.
6. Stop clothes with thin straps falling off hangers by sticking small felt furniture pads onto the hanger just beyond where the straps sit.
7. To remove oil from silk clothing, gently rub cornflour into the area and lightly brush off. Cover the oil mark completely with more cornflour and leave to sit for a few hours. Shake clothing free of flour and then hand wash, or use a gentle machine cycle, using soap suitable for delicates.
8. To keep spiders or any other nasty surprises out of shoes you keep outside, (such as your gardening shoes or work boots), place old stockings over the top of them. Make sure the stockings don't have holes in them, and if they don't fit snugly over the top, use an elastic band to secure them.
9. To make candles last longer, cover with a plastic bag and place in the freezer for 24 hours before lighting.
10. To keep your car windows ice and frost free when left outside overnight in the wintertime, mix three parts vinegar to one part water, put it in a spray bottle and spray on the windows as needed.
11. To prevent buttons from becoming loose or undone, dab a little clear nail varnish on

the top thread or onto the stem of the thread and leave to dry.

12. To remove pollen from the stamen of flowers, take a piece of sticky tape about five centimetres long, gently press the sticky side to the pollen mark and lift off. Repeat with clean sticky tape as required. Do not try to brush it off.

13. To reuse the bits of soap that are always left over, combine them with glycerine and some warm water. Pour into a bottle for a handmade liquid soap.

14. To pick up small fragments of broken glass, press pieces of bread onto the affected area.

15. If you have an aquarium, save the water each time you change it and water your house plants with it. It's full of nutrients and makes a great fertiliser.

16. To stop ants entering your house, draw a chalk line on the ground where you want them to stop. If you live in a rainy area where ants are a problem, you must re-draw the chalk lines each time it rains.

17. To deter silverfish, place whole cloves in wardrobes and drawers.

18. To get blood out of fabrics, use hydrogen peroxide. Apply it directly to the stain and then launder in the washing machine.

19. To remove body oil stains from collars and cuffs of coloured shirts and blouses, rub hair shampoo directly on the stains. Rinse out the shampoo, then wash the clothes as usual.

20. To revive a vase of wilted flowers, add a teaspoon of mild detergent.

21. Use leftover styrofoam peanuts as great drainage in the bottom of a pot.

22. To stop drawers from sticking, rub a bar of soap across the runners to make them glide smoothly.

23. To prevent ash from flying everywhere when cleaning out a fireplace, use a spray bottle filled with water to cover the ashes with a light mist.

24. To clean the bottom of the iron, sprinkle salt on the ironing board and iron back and forth.

25. To locate light switches in the dark, put a dot of luminous paint on tape and stick to the switches.

26. To keep pinking shears or scissors sharp, cut through a sheet of folded aluminium

foil or coarse sandpaper.

27. To leave a room smelling fresh after you have vacuumed, place a few drops of your favourite essential oil (such as lavender or peppermint) near the vent where the hot air is released. The air warms the oil and blows it into the room.

28. To mask unpleasant odors, put some coffee beans in a saucepan and burn them. The smell of coffee will overpower the other nasty odors.

29. To clean a microwave oven, add four tablespoons of lemon juice to one cup of water in a microwave-safe bowl. Boil for five minutes in the microwave, allowing the steam to condense on the inside walls of the oven. Then wipe them with a soft cloth.

30. To clean a stainless-steel sink, put the stopper in the sink with two denture-cleaning tablets and half fill with water; leave for several hours or overnight and the next day it should be sparkling. Then use the water to clean the draining board, too.

31. To remove fingerprints from stainless-steel appliances, place a small amount of baby oil on a napkin and wipe the affected areas. The fingerprints will just wipe away.

32. To remove marker pen off hard surfaces, spray on hair spray and then wipe it off.

33. To remove cat and dog hair from clothes and furniture, rub them with damp rubber gloves.

34. To clean your shower curtain, wash it in the washing machine with about one cup each of vinegar and bleach, some white towels and a normal amount of washing powder. Adding fabric softener will help keep the curtain clean. When the load is done, return the curtains to their place in the bathroom to drip dry. The wrinkles will disappear in a day or so. (Check your washing machine manual to ensure it's okay to use bleach).

35. To clean glass windows, add about one tablespoon of cornstarch to about one litre of lukewarm water. Wet and a rag or squeegee, remove excessive water and wipe down glass as if using regular glass cleaner. Dry with either a soft cloth or paper.

36. To restore toilet bowls back to their shiny best, clean with old, flat Coke or Pepsi. To dissolve limescale, leave the soda overnight to soak.

37. Use a vacuum cleaner with a brush attachment to clean the tops and creases of Roman blinds.

38. Vacuuming a mattress, particularly along piping and crevices, removes dead skin cells that attract dust mites.

39. Clove oil (sold in chemists for toothaches) kills mould spores. Mix three drops in one litre of water and then use to wipe down areas susceptible to mould.

40. To get rid of the smell of garlic from your hands, rub against stainless steel – your sink is ideal. Then wash hands with soap or detergent.

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Cat Care Tips

Cats make wonderful, delightful pets. Living with a cat provides joy and a loving friendship, and you will find it an honor and privilege as well. A feline companion will quickly inspire your admiration for its grace, elegance, and beauty. You may very well join thousands of others in a fantastic, deep and powerful human-cat bond.

The decision to become a cat owner should not be taken lightly, however. Like all pets, it requires that you take full responsibility not only for care and maintenance, but also for the well being of the animal. Make sure that a cat will be a welcome addition to your home and family life, and that you are ready to make this commitment. Keep in mind that a cute fluffy kitten becomes an adult that will be part of your family for many years.

Taking care of your cat is closely tied to the type of cat. If you know about the type of cat you are getting, then you will know what to expect and what to do to maximize both your enjoyment and that of your pet. No matter what its heritage, every cat is unique. Individual cats can display vast differences in behavior, temperament, energy levels, territorial tendencies, needs for attention, and other traits.

To help you prepare for a new cat in your family, some cat care tips are provided to help you cat proof your home along with tips for introducing you new cat to other household members. But Before bringing a new cat home, be sure to have the necessary cat equipment on hand. Ongoing cat care will include providing food, water, and litter, regular grooming, exercise, play, and medical checkups. Being read will make the experience fun and rewarding for both you and your new companion as you start your lives together.

How to Take Care of a Cat

There are a few basics to understand in taking care of a cat. Proper feeding, housing, litter box, grooming, handling, play and exercise are very important for your cat to live a long and happy life. Also take your cat to the vet for a check-up at least once a year. Here are some cat care tips for optimal cat care:

Feeding

Feed your cat premium cat food. High quality cat foods meeting AAFCO cat food standards will ensure that your cat gets a balanced diet with the right nutrients. Feline diets deficient in certain nutrients can cause diseases, including blindness.

Provide your cat with a fresh supply of water throughout the day. If you make a change to your cat's diet, do so as gradually as possible. If moist pet food goes uneaten for two hours, refrigerate it.

Housing

Keeping your cat indoors or outdoors can depend on many factors, including your lifestyle and where you live. Many cat organizations recommend keeping your cat indoors for safety, better health and a longer life.

Allow your cat to choose favorite spots to hang out around the house, and then make it more comfortable with blankets and pillows, or a cat bed. You can provide your cat with scratch pads or scratching posts as well.

Litter box

One of the most important aspects of cat care is regarding the litter box. The number one reason adult cats are brought to shelters is for unresolved litter box problems.

Use a good quality litter for odor control and ease of cleaning. Place the litter box in a relatively quiet area that your cat likes to frequent and make sure there are multiple escape routes. Also make sure to provide enough litter boxes for your cat. We suggest following the one plus one rule - one litter box for each cat in the house plus one more.

Grooming

Groom weekly (or more frequent if possible) to prevent hairballs, improve the look of your cat's coat, and to check on your cat's well being. Use this time to examine your cat for common health problems as well. Check your cat's gums, teeth, eyes, ears (look for signs of ear mites), skin, and limbs for possible problems. Also check for signs of pain, swelling or injury.

Most cats learn to enjoy the grooming process, and this can be a rewarding interaction between you and your pet as well.

Brushing

For longhaired cats and to minimize shedding, you can brush your cat daily. For problems with matted fur, use your fingers or a matt comb to work out the tangles.

Nails

Check your cat's nails regularly and clip them as needed. You can provide scratching posts or pads to help keep your cats nails trimmed naturally. However, if your cat's claws get too long, they may curve back into the toe pad. They are also more likely to get caught on something if they're not kept trimmed. Make sure to use good quality clippers designed for cats to trim the claws. Press the paw gently to expose the nails.

Make sure you clip well to the outside of the tiny darkish pink vein, called the quick. In case of error, clipping too short and causing bleeding to occur, have a blood stop or cornmeal available to use as a coagulant.

Ears

Cleaning Checking your cat's ears should be done weekly as well. Clean them as needed, using a small amount of veterinary ear cleaner and a cotton ball.

Eyes

The wax-like secretions that form in the corners of cat's eyes should be gently cleared away to prevent irritation. Use a damp cotton ball to clean around the cat's eye. Take extra care not to touch the eyeball.

Bathing

Bathing is not necessary for all cats as they are excellent at grooming themselves. However some breeds, like the longhaired varieties, do require regular baths. Place a small towel over the side of the tub to provide a surface for your cat to cling onto. Hold the cat with one hand and lather it with your other hand. Water temperature should be approximately 100 degrees. Wash your cat's head, ears and neck first to prevent any fleas that are on your cat from taking refuge there while you clean the rest of its body.

Handling

Handle your cat frequently. Give your cat at least 10 minutes of physical attention every day. Take time to pet, stroke, scratch, or brush your cat for at least 10 minutes daily. It will calm and relax both not only your cat but you too. Recent evidence shows that contact with cats may actually reduce your risk of heart attack by as much as thirty percent! What a great bonus for giving good cat care.

If you can, start handling your cat when it's a kitten. This early socialization helps a cat enjoy handling later in life, and makes it easier when it comes time for check-ups at the vet. Also make sure you massage your cat's paws and toes often so your cat gets used to having them restrained. This will help immensely when having to trim its nails.

Play and Exercise

Try to play with your cat every day to make sure it gets enough exercise. Regular exercise is an important part of cat care as it helps your cat maintain body tone, muscle and keeps it feeling younger longer. You can play using a variety of dangle toys and teasers. You can also play by chasing your cat around the house.

Besides being fun, there are great bonuses to play and exercise. Getting your cat exercising daily will help lower risks of diseases and minimize vet bills.

Cat Proofing Your Home

By nature, cats are very curious. Cat proof your home by looking at the entire environment for possible healthy and safety issues, and alert every one of possible ongoing dangers. Here are some cat care tips for cat proofing your home:

1. Check that windows and doors are securely screened and latched.
2. Look for dangling and potentially dangerous electrical cords.
3. Remove heavy items that can be knocked over, and remove broken glass and other sharp items.
4. Remove plants that can be toxic.
5. Cats like warmth, so be prepared to supervise them around a fireplace or wood stove, and keep candles put away.
6. Cats like crawly spaces, so be alert for the cat crawling under a recliner or into couch and mattress box springs.
7. Cats can be poisoned, they are attracted to sweet smelling things. Make sure there is nothing toxic laying that the cat could ingest.
8. Go through the house and put medications, grooming accessories, creams, lotions and other potentially dangerous items in closed containers.
9. Outdoors and in the garage put mechanical fluids like antifreeze, pool chemicals, fertilizers, and other potentially toxic fluids in closed containers.
10. You may want to establish "cat free" areas - rooms where the cat is not allowed where you can store potentially dangerous items.

Introducing a New Cat

Gaining compatibility between household pets is very important, but be sure to introduce a new cat slowly. A new environment is very stressful for a cat, and adding other pets and children at the same time makes it even more so. Making introductions at a slow pace will give everybody time to adjust. Take into account the training and temperament of each animal and adjust for their needs. Slowly introduce children as well.

Cats become familiar with others inhabitants primarily through odor. Provide a safe place for each animal, then slowly introduce them to each other through scent over a few days, i.e. the bedding and toys. After a time they will be ready to venture into community spaces, but make sure there are always several easy escape routes.

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Tips for Glowing Skin

1. Slather on the sunscreen

We know, we know—you've heard it a million times, but wearing sunscreen is the single easiest way to look younger for life. "Ninety percent of wrinkles are from sun exposure," says Day. "It's so much easier to prevent the damage than it is to fix it afterwards." That means no slacking during winter months either, when rays are just as strong and can reflect off of buildings and sidewalks. Look for a formula that offers broad-spectrum protection to guard against UVA rays (the ones that cause premature aging) and UVB rays (one of the main causes of skin cancer).

2. Clean your makeup brushes

A British study found that 72% of women never wash their brushes or sponges, even though they collect dirt and bacteria which can cause breakouts. "You should wash loose powder brushes every two to three weeks, and those used to apply foundation once a week," says Jessica Wu, an LA-based dermatologist and author of *Feed Your Face*. Mix a couple of drops of gentle facial cleanser or shampoo and lukewarm water in a cup, swish your brushes around, rinse with lukewarm water, pat dry, and lay flat to air dry.

3. Munch on mixed nuts

Brazil nuts are rich in selenium, which increases skin elasticity and may decrease skin cancer, according to recent studies. Throw in walnuts—which are loaded with omega-3 fatty acids—to lower inflammation and put the brakes on breakouts, says Molly Morgan, Board Certified Sports Specialist Dietitian and author of *The Skinny Rules*. Finally, add some macadamias. "They're full of high quality oils and fatty acids that aid in skin repair and rejuvenation" says integrative practitioner Isaac Eliaz. Aim for a handful of each daily to reap their pore-perfecting benefits.

4. Start using serum

"It's much more concentrated than cream or lotion, so you tend to only need a small amount daily to see results," says Fran Cook-Bolden, Director of New York's Skin Specialty Dermatology. Look for one with antioxidants, the skin's major defense against free radicals and stress, and pentapeptides, which are a must-have when it comes to boosting collagen, the support structure that gives skin a firm, youthful appearance. Don't worry about spending a fortune on the ingredients; one of Cook-Bolden's favorites is Olay Regenerist Micro-Sculpting Serum, a sheer formula whose small molecules can dive deep into pores. For best results, apply to freshly washed skin; follow with sunscreen or moisturiser to lock in hydration.

5. Sanitize your Smartphone

According to a Stanford University study, that iPhone you can't keep your hands off of can get more germ-infested than a toilet in a public toilet. In fact, the glass touchscreens on mobile devices are so good at spreading viruses that sharing them may be almost as bad as sneezing in someone's face. Here's a scary thought: All those germs land right on your cheek and jawline every time you chat away, causing spots and irritation. To keep your phone (and face) bacteria-free, wipe it down with an antibacterial wipe like Clorox Disinfecting Wipes a few times a day.

6. Put your skin stash in proper order

The sequence in which you apply your products could be even more important than the products themselves. Reach for those with the most active ingredients as soon as you wash and pat skin dry. "These are the most powerful, so you want them to come into direct contact with your skin," says Syed Amiry, a dermatologist practicing in Reston, Virginia. If you're using more than one active product (like an antioxidant serum and Retin-A), start with the thinner one. "Anything that's water soluble should go first, followed by the product that's thicker and creamier. If you do it in reverse, the heavier cream will block the ingredients of the lighter one from penetrating the skin, so they won't have any impact." If you need moisturiser, it's next up in line, followed up by—what else?—sunscreen each morning.

7. Drop dairy from your diet (even that little bit in your latte)

"Dairy products—even those that are organic—contain cow hormones that stimulate your oil glands and your pores, leading to acne," explains Wu. Beware of hidden dairy in foods like salad dressing, protein bars, and shakes. And if you have to go there, stick to skimmed milk. "The hormones are concentrated in the fat, so it's your best option."

8. Start using retinol

"Everyone should use retinol," says New York dermatologist Doris Day. "It has decades of clinical data to support its efficacy, helps skin cell turnover, and boosts collagen production to keep skin firm and youthful." Most dermatologists agree that if you're only going to use one anti-aging product, prescription Retin-A is the magic bullet, and can even reverse abnormal and cancerous growth, among other forms of sun damage. "It has great anti-inflammatory effects, which is why it's as effective at treating acne as it is at treating wrinkles and other signs of aging," adds Amiry.

9. Hit the sack early

We know, you've heard it all before, but it's called beauty sleep for a reason. "Sleep

deprivation lowers circulation, which is why you look pale and washed out if you only get a few hours," says Amy Wechsler, one of only two U.S. physicians board-certified in both dermatology and psychiatry. It's also the best time to rejuvenate your skin. "Your body's cellular renewal team has the night shift, so this is when you want to equip your skin with as many nutrients and hydrating ingredients it needs to do a fine job," she says.

10. Exfoliate for smaller-looking pores

It's amazing how something so tiny can feel so huge, but enlarged pores are one of the most common beauty complaints. "Pores appear larger when they're filled with dirt, oil, dead skin cells, and keratin, a protein that lives on the surface of skin," explains Amiry. "Remove those plugs, and they seem to shrink." To clear out the gunk, start exfoliating regularly with daily applications of salicylic and glycolic acid, like those in Murad Exfoliating Acne Treatment Gel. Then add a cleansing system (like Clarisonic Mia 2, £125, Clarisonic) to soften and smooth skin, and clear the dead surface cells. To keep pores from getting even bigger as you age, practice safe sun. "Sun damage breaks down collagen, which can affect pore size as well."

11. Give your skin a sip of merlot

Resveratrol, a powerful antioxidant and polyphenol found in red grape skins, has been found to prevent the lines, wrinkles, and sagging caused by environmental skin saboteurs like smog and second-hand smoke. "In many preparations, it's an even more powerful antioxidant than vitamin C, and studies show it creates mild-to-moderate skin tightening for a firmer look," says board certified dermatologist and research scientist Erin Gilbert. Apply a small pump of Skinceuticals C E Ferulic Serum each night to plump up lines and smooth skin texture.

12. Don't neglect your neck and chest

Most of us are guilty of stopping our skincare routine as soon as we hit our chin. And our neglected neck and chest take vengeance by wrinkling, sagging, and displaying dark spots that beg to be hidden by a turtleneck. "The skin on these areas is thinner, and doesn't have a strong blood supply, so it doesn't heal well," explains Amiry. "Plus it's an area that we often forget to protect with sunscreen." Use the same products as you would on your face, but start lightly (every other day) when applying active ingredients like retinols or acids since they may cause some initial irritation.

13. Strip off your makeup before bed

Leaving makeup and dirt on skin doesn't just clog pores; it can cause excessive dryness and even skin dandruff. "Most makeup contains a sugar-type molecule that can grow yeast overnight," says Macrene Alexiades-Armenakas, assistant clinical professor of

dermatology at Yale School of Medicine. Don't forget to thoroughly remove eye makeup too. "It can lead to bumpy rashes around the eyes or small white bumps called milia cysts," says Wu. Try Rinse-Off Eye Makeup Solvent, a gentle, oil-free cleanser that quickly melts away everything from waterproof liner to mascara.

14. Running low on sleep?

Pick up some soy milk. Wu keeps a carton in her fridge at all times to "fake a good night's sleep." The natural anti-inflammatory reduces swelling while soy proteins hydrate skin to soften the look of crow's feet. The cold temperature helps shrink swelling and constricts veins to make eyes look less bloodshot. To make soothing, redness-busting compresses, pour a small amount of soy milk in a bowl, dunk two cotton balls, and squeeze out the excess. Then hold the cotton balls over your eyes (or any other area where you have red or irritated skin) for five minutes.

15. Roll away your puffy eyes this morning

"Fluid fills up under our eyes each night because we're lying down," says dermatological surgeon Anne Chapas. Start by sleeping on two pillows to elevate the face. In the morning, massage away the excess fluid with the Garnier Caffeine Eye Roll-On, which manually pushes out fluid. To reduce dark shadows, use your ring finger to lightly tap GinZing Eye Cream (£23, Origins), which contains caffeine, onto the delicate area. "Caffeine constricts vessels to minimize leaking, which causes the darkening, while titanium dioxide, mica, and iron oxides reflect light away to brighten."

16. Stay out of hot water

A steamy shower may feel great, but it's one of the worst things you can do for your skin. Not only does the heat strip essential oils, but it creates a mild burn. Blood vessels respond by dilating in an effort to cool the skin, causing flushing and ruddiness. "When you're in your twenties, you can take a hot shower, be red & swollen and recover in an hour, but in your thirties, it may take 2 hours," says Alexiades-Armenakas. "By your forties, your skin just doesn't have the ability to shrink back to its original state so you stay ruddy all the time."

17. Don't wait to moisturise

Most creams and lotions have key ingredients that create a protective barrier on the surface of the skin to lock in moisture, but because skin cools itself by evaporating water, you only have a few minutes before that hydration is gone forever. Slather on a moisturiser with natural silicone, while your face is still damp. Alexiades-Armenakas' research shows that it locks in moisture for up to 24 hours, plumping and improving the appearance of fine lines as skin drinks up the moisture (like the difference between a raisin and a grape). Try Three Kings Deeply Moisturising Face Cream.

18. Be extra gentle when defuzzing your face

Waxing and tweezing can cause scarring or spots, especially for women with darker skin. Prep your skin before hair removal by washing the area with an antibacterial wash, suggests Cook-Bolden. And to avoid discoloration, make sure to have an aftercare plan that includes anti-inflammatory ingredients to quickly calm skin and help it heal. Cook-Bolden recommends a dab of Avène Cicalfate Restorative Cream immediately after hair removal, and for a few days afterwards. "Investing in this type of product will save you money in the long run since preventing discoloration costs a lot less than trying to get rid of it."

19. Snack on watermelon

Adding a lycopene-rich food, such as this juicy pink treat, "helps reduce damage and redness caused from sun exposure, prevents future wrinkling and possibly even lowers skin cancer risk," says Elizabeth Somer, nutritionist and author of *Eat Your Way to Sexy*. Aim for one cup each day by tossing it in salads, salsas, and smoothies. Or try her recipe for refreshing ice cubes: Purée watermelon, sweeten with concentrated apple juice, pour into an ice tray, and freeze. Then add cubes to water (fizzy or still) for a refreshing, skin-saving mocktail.

20. Exfoliate... without scrubbing

"Over time, the natural enzymes in your skin work less effectively at removing dead skin cells, so they hang on and prevent your skin from reflecting light," says Wechsler. The result? You look ashy and gray. Speed up your skin's cellular turnover and smooth its surface with alpha-hydroxy acids (AHA) like glycolic or lactic acid. But beware: Although lots of products include AHAs, the concentration is often too low to do much. "Look at the label to see how much it contains and pick one that's around 8%. Anything more is too much." Expect some initial stinging at first; it should subside as your skin gets used to it.

21. Slip on your sunglasses

As if you need another reason to buy a new pair of sunglasses, turns out they provide more protection against undereye wrinkling and aging than sunscreen. "While your eyes are equipped to handle sunlight, the area around them is comprised of the thinnest skin, where most of the signs of aging are," says Amiry. "Every time you squint from bright light, you're creating lines from that repeat movement." To keep the wrinkles away, choose a pair of polarized glasses that's wide enough to fully cover the eye area.

22. Drink an extra glass of water

"Water helps clear the toxins that cause inflammation and blemishes," explains Eliaz. "It also assists in transporting nutrients and oxygen to skin cells, and preventing dehydration, which can cause premature aging." It can even make skin appear fuller since the hyaluronic acid that naturally exists in skin will pull in and hold the water for a wrinkle-plumping effect, according to Day. Both recommend at least 8 glasses of water each day, more if you're active or live in a warm climate. To add a little flavour, try a skin-soothing tea like chamomile or mint.

23. Pour yourself a bowl of Cheerios for breakfast

If your skin has a case of the blahs, a lack of zinc may be to blame. "People who are trying to lose weight or eating a lot of processed foods might not be getting enough zinc to keep their skin glowing," says Wechsler. And since zinc helps repair damaged tissues and heal wounds, it also helps clear acne and other irritating skin conditions. A cup of Cheerios has 25 percent of the daily recommended value of the powerhouse nutrient, which will get you well on your way to a clear complexion.

24. Be patient with your products

We're all in a hurry to see results, but putting on the brakes can ensure that the results you get are positive. When you're starting a new product, use it every other day, and never try a few new buys at once. "Even if you just got a new skincare system, introduce one product every three to four days at the least," says Cook-Bolden. "You'll rarely experience dryness, irritation, and burning. And if you do, you'll know right away who the culprit is." Give any new potion at least 12 weeks (and up to 6 months) to see if it's really improving your skin before calling it quits.

25. Put down the French fries

Research shows that a diet high in fats and carbohydrates causes more wrinkles. "Creamy cheeses and red meats are actually known as aging fats because of what they do to our skin," says Wechsler. To keep your cells revved up and rejuvenated, stick to lean protein like fish, white meat poultry, tofu, beans and lentils.

26. Don't forget your veggies

Look for an anti-aging cream that has plant-derived antioxidants such as mushroom or soy. Data from Alexiades-Armenakas' lab shows that the level of antioxidant-free radical scavenging (i.e. the little warriors that fight off all of the bad stuff that causes premature aging) with plant-derived antioxidants is off the charts. "Plants have anti-cancer properties when we eat them, which means they survive the digestive process," she says. "Think of what that that means for their long-lasting powerful benefits when applied directly to the skin." Try Dr. Andrew Weil for Mega-Mushroom Skin Relief Advanced Face Serum.

27. Eat your broccoli

Move over, oranges. "Just a half cup of raw broccoli is loaded with 65 percent of your daily value of vitamin C," says Morgan. Research shows that vitamin C-rich foods not only mop up the free radicals that cause wrinkles and sagging, but can help remove the DNA damage they form. While you're reaping the wound-healing and skin-protecting benefits of eating more vitamin C, try smoothing some on your skin as well. In one study, women who treated sun-damaged skin with a vitamin C cream for six months saw significant improvement in fine lines and discoloration.

28. Keep your hands off your face

"Picking—even lightly—can permanently damage skin," says Amiry. "I actually have patients whose skin cleared up with no medications, just because they stopped touching it." Every time you press against a pimple, it causes inflammation and distress to the skin. At the same time, bacteria is pushed deep inside the pore, and the oil glands burst, causing even more trauma. The result? More acne, plus discoloration and scarring. If you're really hooked on popping, leave it to the pros and schedule regular monthly extractions with an aesthetician who knows how to do them safely and gently.

29. Whip up a berry tasty treat for your skin

A powerful (cheap!) anti-aging potion is lurking right in your fridge. Raspberries are loaded with ellagic acid, an antioxidant that research shows can prevent wrinkles when applied to the skin. "It protects the collagen that keeps skin plump and beautiful from being worn down by the sun," says Wu. Add in honey, a natural humectant that holds water against the skin for maximum moisture, and you've got a recipe for gorgeous, dewy skin. Mash up a handful of raspberries with a spoonful of honey, and apply the mask to clean skin for 15-20 minutes. Rinse and pat dry.

30. Make your sunscreen work harder for you

Antioxidants like vitamin C offer an extra layer of protection against environmental damage and toxins, diverting them before they can damage your cells. "That's why applying them as part of your morning routine boosts the efficacy of your sunscreen," explains Amiry. "It's important to know that sunscreens are chemicals that you are applying to your skin and they absorb into your body. So, use a lighter sunscreen daily such as SPF 15 along with vitamin C and a higher sunscreen (about 30) every two hours if you are outdoors for a long period of time."

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Camping Tips

Whether you camp in an improved campground with all the amenities or on a patch of open ground in the backcountry wilderness, there are ways to make your outdoor living experience easier, safer and more ecologically responsible. Make good use of those tips that lend themselves to your style of camping.

Setting Up Camp

1. Arrive early. Give yourself plenty of time to set up camp before dark.
2. Choose a level spot and sweep it free of debris. If you must sleep on an incline, sleep with your head uphill.
3. Look up! Falling rocks, pinecones and dead tree branches can kill.
4. Don't park or camp under a lone tree, especially on high ground. It (and you) will be a lightning rod in the event of an electrical storm.
5. Unroll your sleeping bag right away, so that when it's bedtime, the bag has lofted up and is ready to offer full insulation. The same goes for your self-inflating sleeping pad.
6. Stake your tent down. Even a minor storm can blow your tent away with all its contents — including small children.
7. In sandy or loose soil, put large rocks on top of tent stakes to hold them in.
8. In rocky soil, where tent stakes won't take, use rocks inside the corners of your tent to anchor it securely.
9. Check for potential hazards such as anthills, wasp nests, or piles of rock, branches, bark or leaves that snakes or scorpions could call home.
10. Never make camp (tent or trailer) in a natural watercourse. A rainstorm, even miles away, can turn your camp into a raging river.
11. Camp where the morning sun will strike your tent or trailer. It makes those chilly mornings a bit warmer.
12. The bottom of a valley or canyon will be colder and damper in the morning than the side of the valley. The ridge tops will almost assuredly be more exposed to weather. Try to find something in between.

13. People love camping near water, but if the water isn't moving, it's likely to have a large insect population hovering about.
14. If at all possible, determine the prevailing direction of the afternoon-evening wind. Locate your tent or trailer upwind of your intended campfire so smoke doesn't blow toward and fill your sleeping quarters.
15. Always use a ground cloth (some companies call it a tent footprint). It's another layer of insulation and moisture control, and it will protect your tent floor from excessive wear and tear.
16. In hot, buggy weather, orient your tent door toward the prevailing wind to help cool the tent interior. It also helps keep mosquitoes away from the door — they tend to gather in the eddy of the downwind side of an object.
17. If the prevailing wind is strong or stormy weather is predicted, it's better to orient the sharper, more aerodynamic end of your tent (often the rear) toward the breeze. This will better deflect the breeze and help keep rain from blowing into the door.
18. Make camp no closer than 200 feet from water (lake, stream or river) to minimize water quality impact from your latrine or dirty dishwater.

Gear & Clothing

19. Practice setting up a new tent before leaving home.
20. Seal the seams of your tent — you'll have a drier night. Some tents come with a tube of sealer. It's also available at outdoor-equipment retailers.
21. I prefer aluminum over fiberglass tent poles, and flush-joint over collar-joint poles. Aluminum is more durable. Flush-joint poles slide through tent-pole sleeves more easily, making set up and take down quicker.
22. Slightly polish the connecting joints of your tent poles with super-fine-grit wet sandpaper for an easier fit.
23. If an aluminum pole joint jams, gently heat one side so it will expand.
24. If you're on a budget, don't "cheap out" on tents or sleeping bags. Trim money elsewhere, because mistakes with these two most critical items can be disastrous.
25. Some tents are overrated in sleeping capacity. Three feet of width per person is ideal for a comfortable sleep.
26. Clean, dry and air your tent after each trip. It will last longer and not mildew.

27. Check your tent for contents and condition prior to each trip. Give yourself enough time to replace or repair parts if needed.
28. Shop for a tent with a vestibule. The vestibule offers protected space for boots or wet gear just outside the tent.
29. Shop for a tent with a gear loft. It's a great place to dry socks and other wet clothing if the weather is stormy.
30. Bugs are attracted to brightly colored clothing.
31. Stick to high-quality wool-blend socks for hiking. Cotton traps sweat next to your skin.
32. Leave those leftover rock concert T-shirts at home. Invest in high-quality "wicking" or "hydrophobic" (pulls moisture away from your skin) base-layer wear.
33. Layering is the key to proper camping attire. Have a base layer, a mid-layer (insulator such as fleece) and a shell (rain jacket) on hand.
34. Break in those new boots long (weeks) before you hike a mile in them. This can be done by wearing them for a couple hours a day around the house.
35. Always carry a spare pair of bootlaces.
36. Unless you're backpacking or going on extensive day hikes, you may not need expensive boots. Buy good trail shoes, though — your feet are among your most important assets when camping.
37. A hat is essential. It keeps the sun off your head and face during warm weather, and keeps heat from escaping from your head (a prime source of body heat loss) during cold weather.
38. Never, ever leave home without high-quality sunglasses. Throw those cheap dime-store shades away. Your retinas will be damaged by the sun's radiation without proper protection.
39. Keep your stove clean — especially the burners and gas fittings. Clogged burners are inefficient. Dirty fittings can leak and create a fire hazard.
40. Have at least two flashlights, and spare batteries for each.
41. Consider binoculars a basic camping tool. Your trips will be more rewarding if you do.

42. Unless weight is an issue, bring a small hatchet and saw for cutting firewood.
43. Get a collapsible shovel. Uses range from latrine duty to campfire tending.
44. Those little headlamps may look silly, but they're worth their weight in gold when you need two hands free in the dark.
45. Use stacking storage tubs to organize your camping gear. They also make it easier to transport gear from the house to vehicle to camp.
46. Down sleeping bags are best for insulation, but when wet, can lose loft and heat-retention qualities. Three-season, synthetic-fill bags are generally less expensive and a good choice for family campers.

Keeping Warm

47. Wear a cap at night. It will help conserve body heat.
48. Don't go to bed cold. Prior physical activity will start your night warm.
49. Wear a base layer (long underwear) to bed.
50. A sleeping pad is essential for warmth. Without it, heat radiates to the ground and out of your body.
51. Wind steals heat. Keep your tent closed up. If you must, vent the tent on its downwind side.
52. Keep the next day's clean socks and underwear inside the foot of your sleeping bag. They'll be warm for the morning.
53. Get a sleeping bag with features such as draft tubes (keeps zippers from leaking warm air) and a collar (helps seal the top of the bag around you).
54. Although it feels warm at first, drinking alcohol just before bedtime actually robs you of body heat later.

Camp Kitchen

55. In bear country, cook and eat at least 100 feet from your sleeping area, so no food or drink spills (odors) will bring hungry visitors too close at night.
56. Always hang your food properly or store in lockers (if provided) or out of sight in your vehicle when camping in bear country.

57. Cook on a camp stove. Campfires are difficult to control and more likely to burn food and your fingers.

58. Freeze meat prior to departure. It will stay fresh longer.

59. If you must take glass-bottled beverages, wrap the bottles in aluminum foil or sealed in zip-top plastic bags, so if they break, glass shards don't find their way onto the ground to harm wildlife.

60. Use or build a windscreen for the stove, it will conserve fuel and shorten cooking times.

61. A tarp strung over (standing room height at least) the camp kitchen keeps falling debris and rain out of food and flame.

62. No fuel-fired stoves, lanterns, heaters or other appliances should be used inside a tent. The tent can burn and fumes can kill.

63. If weight is not an issue, invest in a couple of good cast iron pieces. A deep frying pan and a Dutch oven can cook 90 percent of camp food.

64. Black-bottomed pots and pans heat up quicker than shiny, reflective ones.

65. Always bring extra fuel for stoves and lanterns.

66. Bring three separate fire-starting devices (lighters, matches, and such), waterproofed or sealed in plastic bags. The idea is that one of them will work, no matter what.

67. Filter, boil or purify all your drinking water unless it comes from a known clean source. No matter how clean the creek looks, it's not.

68. When packing your food, don't forget the spices — salt and pepper can liven up any meal.

69. Don't forget potholders, but if you do, a thick hiking sock will do.

70. Make sure you have a can opener. A knife and a hammer is a dangerous substitute.

Sanitation & Hygiene

71. If you are staying in improved campgrounds with trashcans, use them. If you are camping in the backcountry, take out everything you brought in. Leave no trace of your visit.

72. Seal your toilet paper in a big zip-locktype plastic baggie to keep it dry under all conditions. Wet TP doesn't work.
73. Bring heavy-gauge plastic trash bags and double them so they don't burst and spill their contents.
74. If you're RV camping, a pair of long rubber gloves will make dealing with dump stations and your dump valves a lot less disagreeable.
75. Your mother told you so. Washing your hands with hot water and soap before meals or cooking is considered one of the greatest scientific advances in preventative medicine. It's especially so when camping. If clean water is not expected to be readily available, use one of the disinfecting hand cleaners now commercially available.
76. If sinks aren't available, excess cooking and dishwater should be disposed of at least 200 feet from the nearest body of water, in soil that drains well.
77. Never dump or bury food scraps. Flies and animals will find it, and so will the next person to camp there.
78. Use biodegradable soap products.
79. If you want to bathe in a river, creek, pond or lake, don't use soap. Even biodegradable products will leave a residue for a long time.
80. Urinating in the outdoors is relatively eco-friendly, as long as it's not done anywhere near a camp, trail, body of water or on a plant.
81. If you must "poop" outdoors, do it well away from water sources, trails and campsites. Dig a "cat hole" and bury the waste.

Kid's Tips

82. Bring a game of checkers. It's a simple game and young, old, and in-between can enjoy the action.
83. A good old-fashioned deck of cards is a winner on any camping trip.
84. Spend a night with your kids in the tent in the backyard before their first trip. It's a good way to familiarize children with sleeping outdoors.
85. Let them bring their own pillows. A little bit of familiarity goes a long way.
86. Give each a flashlight. Teaching them appropriate use of this basic camping tool is a

good place to start. It's also a good "security blanket" at night.

87. Consider battery-powered camp lanterns. No flames and no heat.

88. Dress them as you would yourself, in appropriate layers. Children chill and overheat faster than adults.

89. Break long car rides into segments. Plan stops that have some special interest.

90. Trekking poles, or a hand-carved walking stick for that matter, make hiking easier and more fun for them, too.

91. Pick a trail with a fun destination, such as a pond or beautiful meadow.

92. Give each a camera. Inexpensive, one-time-use cameras are ideal for this.

93. Teach them the basic rules of how not to get lost: Don't go off alone. Think about where you are. Remember where you've been.

94. Teach them the basics of being lost: Stay put. Stay calm. Make noise so searchers can hear you. A whistle on a necklace is a good emergency noise maker for kids.

Odds & Ends

95. Carry a full package of dental floss. It's better than a toothpick, and is strong enough to work as thread for fabric repairs or as emergency bootlaces.

96. Carry a roll of duct tape. There are at least 101 uses for duct tape, ranging from first aid to tent repair.

97. Bring a compact pair of scissors. It's good for all kinds of uses — first aid, equipment repairs, all sorts of things.

98. I always bring a small sewing kit. Don't laugh — try hiking with a blown trouser button.

99. Drink sips of water all day long. You won't know you're dehydrated until it's too late, so prevent it by constantly rehydrating.

100. Leave boots and shoes outside to keep your tent clean inside. If your tent has no vestibule for cover, slip boots into a trash bag to keep them dry.

101. Plan well. A thoroughly thought-out camping trip has a greater chance of success than a last-minute fling.

Useful Extra's

10 Essentials The following 10 items are recognized as standard essentials that should be carried by anyone venturing on a camping trip or long hike.

1. Spare clothing (I carry dry socks and a waterproof shell garment).
2. A good pocketknife.
3. First aid kit.
4. A compass and a map of the area.
5. Extra food (energy bars, trail mix and such).
6. Water (one-liter bottle at least).
7. Matches in waterproof container and cigarette lighter.
8. Fire starter.
9. Flashlight.
10. Spare sunglasses.

I carry a small pack filled with these items, even on day hikes, but have also included: sunscreen, insect repellent, lip balm with sunscreen, chewing gum, binoculars, pencil, notebook, whistle and signal mirror. In addition, I splurged on a handheld weather meter.

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