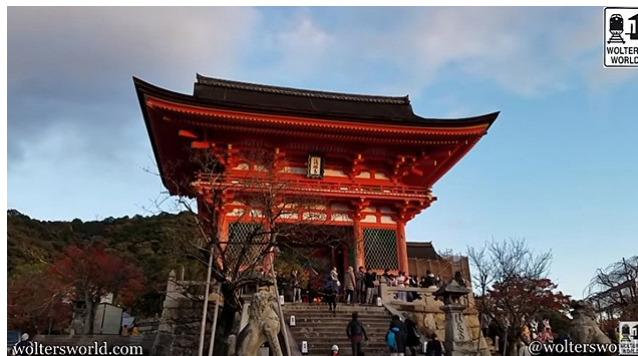


Contents:



8 Ways To Get Fit Without Hitting The Gym

2



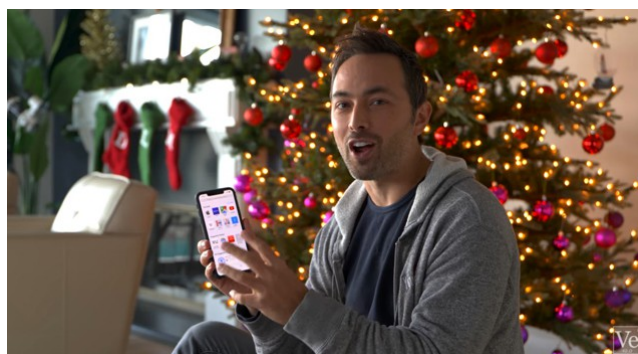
15 Things Not to Do in Japan

6



5 Actions That Result in Success

12



New Years Resolution Evaluation

17



8 Ways To Get Fit Without Hitting The Gym

by: **Beverleigh H Piepers** (reading – 6.12. - 12.12.)

One of the most important things you need to do to promote a healthy body is making sure you are getting enough daily physical activity. Too many people miss the mark, however, because they believe you need to be in the gym to exercise and just don't have the time during the day to make it there.

The good news there are plenty of ways to get fit outside of the gym if you just get a little creative. Here are eight ways to take your fitness up a notch without stepping foot on a treadmill or picking up a free weight ...

1. Hike. Consider going out on a Saturday you don't have anything going on and taking a long hike around the neighborhood. Or, head out to a hiking trail and get away from it all. Even better!

2. Plant a garden. Don't underestimate how many calories you can burn doing yard work. Whether you chose to plant flowers or mow your grass, you will

burn fat while improving the look of your yard.

3. Go swimming. Swimming is a significant calorie burning activity for the entire body and is great fun as well. Take your kids out for a day at the pool.

4. Walk and talk. Next time a friend calls to get together, consider going for a walk and catching up rather than going somewhere to sit. It is a fast and easy way to boost your calorie burn.

5. Turn up the music and dance. Few activities burn calories like dancing, so give this a try next time you are stuck inside and need some exercise. As an added benefit, this is one of the top ways to boost your mood as well.

6. Do a deep clean. Every so often, set an afternoon aside to do some deep cleaning in your house. A few hours of this - really getting down and scrubbing will work almost every muscle in your body. Book a massage for yourself afterward as a reward for all your hard work.

7. Get some stretching in. Do not overlook the

importance of stretching. Get some stretching in every day. It takes 10 minutes and can be done in the comfort of your home. It is a great way to get yourself more mobile.

8. Toss a ball. Finally, if you have a few minutes before or after dinner, go outside and toss a ball back and forth. Do this with your significant other or your kids if you have them. It is a fun activity everyone can do.

Keep these ideas in mind and don't let yourself miss out on the benefits physical activity brings.

Although managing Type 2 diabetes can be very challenging, it is not a condition you must just live with. Make simple changes to your daily routine - include exercise to help lower both your blood sugar levels and your weight.

About The Author

For nearly 25 years, Beverleigh Piepers has searched for and found a number of secrets to help you build a healthy body. Go to

<http://DrugFreeType2Diabetes.com> to learn about some of those secrets.

The answer isn't in the endless volumes of available information but in yourself.

Article Source:

http://EzineArticles.com/expert/Beverleigh_H_Piepers/123142





15 Things Not to Do in Japan

by: **Bob Tom** (reading – 13.12. - 19.12.)

If you have plans to visit Japan, there are some things you need to know. Familiarizing yourself with some basic Japanese cultural practices will go a long way in making your trip there enjoyable. Also, you are not likely to get into trouble. Here are things you should not do based on Japan culture.

1. Don't enter a house wearing your shoes

Are you used to walking around in your house in your shoes? Well, you might get yourself in trouble if you do that in Japan. There is a special place where you should keep your shoes before entering the house. Also, there are slippers for guests when entering a room.

2. Don't shout on the train

Trains are very common in Japan. However, people don't make noise while in trains. They are always silent. If you have to speak to someone, do it in a low tone. Use your earphones if you have to listen to some music.

3. Don't use your phone on trains

As indicated earlier, Japanese don't like any noise in the trains. You will rarely find someone using his phone to make a call in the train. If you have to use your phone, send a message or talk in a low tone so as not to distract other people.

4. Don't eat on trains

Japanese do not eat when traveling on commuter trains. Drinking is okay unless the train is too crowded. However, in long distance trains, eating and drinking are allowed. Food and beverages are also sold in such trains.

5. Don't forget to remove toilet slippers

Once you get to Japan, you will notice that there are slippers only used when going to the toilet. These slippers are easily noticeable since they have particular words or pictures. Always remember to remove them when entering your house or walking on the streets.

6. Don't tip anyone

While it is common to tip anyone after an excellent service in many cultures, Japan is an exception. No matter how satisfied you are with their service, they never accept tips. In fact, someone will come running after you, returning the tip!

7. Don't ignore someone you are speaking with

If you are talking with a Japanese person, always stay calm and attentive. You may sound impolite and rude by just failing to show that you have understood a point. Whenever speaking, show your attentiveness by talking back.

8. Don't photograph everything

Despite Japan being a beautiful country, you are not allowed to take photos everywhere. It is advisable to always ask someone before taking photos. You must be granted permission to take pictures in museums, temples, and shrines.

9. Don't hug anyone you meet

Hugging is common in western countries. However,

in Japan, it is not. You don't hug someone you come across in Tokyo streets. Most of the older folks don't like the habit. If you want to hug someone, then it's best to know their age group and whether they are comfortable with it.

10. Don't eat or drink when walking

It is uncommon to find Japanese eating or drinking while they are walking. Even on the streets with food stalls they always find a place to sit. Now you know how to behave when you are on Japanese streets so you don't look foreign.

11. Don't receive a present with one hand

Whenever receiving a gift or a visiting card from a Japanese, use your two hands and bow. Then tell him thank you. On receipt of a gift, don't open it until the person who has given it to you has left.

12. Don't throw away trash haphazardly

Another thing you might find hard to get used to is how to handle your trash. In most cities around the world, there are a lot of trash cans however,

Japanese cities are different. People are encouraged to carry their trash until they find a place to dispose of it.

13. Don't fail to say "thank you"

The verb "thank you" is highly valued in Japan. Learn to say it after being served in a hotel or store. Familiarize yourself with how bowing is done in Japan. You must always bow and say thank you when you meet with elders.

14. Don't write down a person's name in red ink

In Japan, it is OK to write "goodbye" in red ink but not a person's name. The Japanese consider it to be disobedient. Therefore, if you have to write down your Japanese friend's name, you know which color to avoid.

15. Don't be shy

It is common for tourists to ask for help from locals. When you get to Japan, don't be shy or afraid of asking for anything. They are very friendly and helpful. Even when you accidentally forget

something somewhere, go back as no one is going to take it away.

About The Author

BiggieTips is dedicated to BIG TIPS to help you get things done more efficiently. You will master how to do everything in a bigger way and live smarter. Topics include Home, Health, Lifestyle, Travel, Technology, Entertainment, Business and Video.

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Article Source:

http://EzineArticles.com/expert/Bob_Tom/2362899





5 Actions That Result in Success

by: **Mason Gruenberg** (reading – 20.12. - 26.12.)

Perhaps you have thought of how much believing in yourself makes a difference in your quality of life? A strong belief in yourself can bring you all these benefits plus much more:

- you recognize your capacity to achieve goals
- you are optimistic concerning the future as you set objectives and accomplish them
- deep down inside, you know you are able to do anything
- you treat yourself kindly
- you are feeling uplifted and more satisfied with life
- you're motivated to get things done
- you have got faith, no matter what
- you see and revel in the abundance around you
- others feel drawn to you

Wouldn't you like to enjoy these qualities of confidence and well-being every day? The good news is you can! You'll find actions you can take to build up your belief in yourself.

Whether you feel lacking with this area or just want to strengthen your belief for the extra benefits, try these thoughts to further develop your belief:

1. Think about in your own abilities to get something finished. Be your own best cheerleader and encourage yourself to get your tasks completed. Figure out how to divide huge tasks down into attainable parts. After that, even when times are tough and your courage is low, you will know that it can be done.

2. Make dreams. Whether it is getting the career you desire, obtaining additional training, meeting someone you admire, traveling to a distant place, or setting a goal to save a million dollars, connect with your dreams.

* Where you come from, the money you are making, and the folks you hang out with are insignificant to the dreams you create. Dreams are often focused on what you would like for yourself in the future. When you believe on your dreams, you may also believe in you!

3. Establish goals and go for the gold. Believing in yourself means you're motivated to get things done. Get into the custom of setting targets (both short-term and long-term). After that, you can take active steps to accomplish them.

4. Treat yourself well. Treating yourself with a nurturing character and the knowledge that you're a deserving human being is a crucial aspect of developing belief in yourself.

* Pamper yourself whenever you want it. Recognize that others ought to treat you with respect and love.

5. Ensure motivation is high. When you want to achieve your responsibilities with distinction and achieve your goals, it's an unbelievable witness to your degree of motivation. Build momentum to fuel your motivation.

6. Over the tough times, keep the faith. Nobody is immune from experiencing rocky chapters in his/her life. But when you believe in yourself, you can meet those challenging phases with a positive, solid fortitude. You will push ahead, go through the trying

moments and know you'll come out on the other side smarter, stronger and surer of yourself.

7. Recognize the bounty you possess. No matter what period of life you're living, look for the good all around you. Get the most you can from every moment.

* Is the chair you are sitting on comfortable? Do you think you're secure and warm now?

* Whatever you love in your life, be grateful. Hold gratitude.

Believing in yourself is probably the most powerful choices you can make. Practice these techniques and you will discover the sheer delight and luxury of knowing you can do whatever it is you select when you believe in yourself.

About The Author

If you have faith in yourself, you can do literally anything More hints.

Article Source:

<http://www.articlebiz.com/article/1051608398-1-5-actions-that-result-in-success/>





New Years Resolution Evaluation

by: **Jared Wiener** (reading – 27.12. - 2.1.)

It's almost that time of year again where you say to yourself "I'm going to start fresh and make the new year the best of my life." More often than not, most people's new year's resolution is financially driven in some way. Possibly they want to make more money in the new coming year. Maybe they want to give more to their favorite charity.

This is all well and good, but it's never a good idea to make a new year's resolution in haste without really thinking through on actually how you're going to achieve them. It's so easy to say you're going to do something without ever planning on how you're going to do it. This is where the problem lies in the fact that most new year's resolutions fizzle out within the first few months of the new year.

You must evaluate the new's years resolutions you made for yourself from the year before and adjust the new ones accordingly to make certain that you attain them...this time! Don't make your new year's resolution unattainable. For example, if you want to

make \$10,000 per month in a home based business that you're just starting out with, don't expect to be earning that much within the first few months.

Set a goal that you're going to earn \$500 per month so that when you do start earning \$500 per month, you feel good about yourself and look forward to the next level in your financial endeavors. So many people make the mistake of having merely an idea of what they want to achieve in the new year but realize that once they start trying to fulfill that new year's resolution, it's really a lot of hard work. When you evaluate your new year's resolutions, ask yourself these three questions:

1) Is it attainable within the time period that I have allotted?

2) Do I have a plan of action of meeting my new year's resolution goal?

3) Can my new year's resolution be something that I can achieve and maintain year after year?

As stated earlier, most people's new year's resolutions are financially-based, which means that when the new year comes around, many people set out to earn more money or extra money for themselves and their family. For this reason, the home-based business industry is booming. Why? Because it is believed that making more money or making a lot of money affords so many people opportunities that they never have done before, resulting in something NEW for themselves. This can be equated to a new beginning if you will.

So, when the new year approaches, many will evaluate the resolutions that they have set forth for themselves but it is guaranteed that one of their resolutions will be to make more money in their "new" life starting in January. Most likely, you are one of those people who want to provide a better life for yourself and your family. Make certain that when you find a money-making activity that is home-based, this activity leverages the power of the internet and teach you marketing strategies that will almost guarantee your success in meeting your new year's resolutions.

Next, if you want to discover and learn how to really achieve your New Years Resolution [<http://www.MastermindProfitsOnline.com>] then you will want to grab my special free report today written by Jared Wiener [<http://www.MastermindProfitsOnline.com>]

About The Author

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