

H & M

Carpet Care

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

"Your Safe Summer is Here!"

June kicks off the start of summer, kids are out of school, and if you are lucky, a family vacation is on your calendar. For some families, that adventure is a road trip either across provinces, or across the country. Either way, it is best to ensure that your car is in top shape.

Shared here from Consumer Reports are the best tips to make sure you are Road Trip Ready:

1. Schedule a checkup. Perform basic maintenance on your vehicle before you head out such as checking wipers and fluid levels. Also, schedule any necessary service such as oil changes or tune-ups.
2. Stay charged. Check your battery to make sure it's strong and has clean terminals:
3. Read the rubber. Inspect your tires for any tears or bulges in the sidewall. The tires should have a good amount of tread left. Make sure the tire pressures are set to the figures that are printed on the placard on the driver's door jam, or what's listed in your car's owner's manual
4. Give it a break. Have your service station inspect your car's brake pads to make sure they aren't worn or need replacing.
5. Be prepared. Bring supplies in the event of an accident or medical issue. Stock your car with an emergency kit—especially a flashlight, blanket, first-aid kit, and some basic tools.
6. Pack smart. Check your vehicle's load capacity to make sure you aren't putting too much weight in the car. On most new cars, the total weight you can carry is printed on the door placard inside the driver's door jam. Roof-top cargo boxes should only be filled with light bulky items
7. Track it. A portable GPS navigation system will help you get where you're going, making it easy to find gas stations or restaurants along the way. Traffic-enabled devices can warn of roadway congestion, and all units can assist in finding an alternate route.
8. Kid prep. If you're driving with kids, make sure you pack enough snacks, water, games, videos, and music to keep them comfortable and occupied during your journey.
9. Be patient. During busy travel times expect to hit traffic. It may make sense to drive late at night or early in the morning to avoid the rush and ensure you get to your destination on time and with minimal stress.
10. Be safe. Make sure you are driving safely and follow the rules of the road.



**Cool Blogs, Sites
& Online
Resources to
Check Out!**

Cool websites!

www.agoodmovietowatch.com

Are you a movie maniac, with not being able to find something cool and interesting to watch always? This website provides you with "Staff Picks" and "Random Suggestions" to find the next best movie to watch.

www.touchpianist.com

Want to play a Piano? No problem! This website lets you play the Piano strings by hitting keys on your keyboard. You can play some of the most famous tunes on this web app. Play famous music without worrying about the notes and keys!

www.hemingwayapp.com

Hemingway App, named after the legendary writer Ernest Hemingway, is basically a free grammar and error checking tool to improve your writing significantly. Get rid of those clichés and improper adverbial usage with this web app.

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Get Inspired

“The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.”

– Helen Keller



Outstanding Client Of The Month!

Meet [insert name]

Every month I choose a very special **Client Of The Month**. It's my way of acknowledging loyal clients and saying a big **“Thank you!”** to those who support me and my business with referrals and repeat business...You could be my next **Client Of The Month!**

See Insert This Issue...



Get my deepest discounts of the year! (See Insert Inside)

Healthy Nutrition Tips for the Summer, Part 1

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. **Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
2. **Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
3. **Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
4. **Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
5. **Snack at work.** Bring **snacks** to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
6. **Grab a sports drink.** For workouts lasting longer than 45 minutes, drinking a sports drink every 15 to 20 minutes can help you maintain energy, increase endurance, and **stay hydrated**.
7. **Drink healthier beers.** If you're going to indulge, opt for antioxidant-packed craft brews like Fuller's Organic Honey Dew Ale, or Stoudt's Fat Dog Imperial Oatmeal Stout. To save calories, choose **beers with less than 100 calories** like Select 55 and Miller Lite. Or just drink more water!
8. **Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.
9. **Cook meals together.** Involve your friends and family in your healthy lifestyle this summer. A simple way to start: Plan meals, shop, and **cook with your spouse and kids**.

Quotes for June...

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” -James Dean

“Keep smiling, because life is a beautiful thing and there's so much to smile about.” -Marilyn Monroe

“I believe the world needs more Canada.” -Bono

Healthy Nutrition Tips for the Summer, PART 2

10. **Downsize your dinnerware.** We're not talking about buying new plates, just using the smaller ones in your set for meals like lunch and dinner. Cornell University researchers found that by switching from 12- to 10-inch plates anyone can reduce calorie consumption by 20 to 22 percent and lose nearly two pounds per month. And that's without changing any other aspect of your diet.

11. **Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.

12. **Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.



13. **Eat healthy outside.** Ice cream stands and high-calorie barbecues are bound to put a damper on your diet, so stay clear of these temptations by being prepared. Pack a cooler with ice, bottled water, sandwiches on whole grain breads, pita chips, hummus, yogurt and lots of fruit. You'll feel healthier and happier after your day outside.

14. **Give your house a summer cleaning.** You need an environment that reflects your healthy way of living and your summer fitness goals. To start, remove unhealthy foods from your home (so you're not tempted). While you're at it, stock your office with fruit, nuts, and other healthy snacks. And be sure to get your carpet cleaned too.

15. **Build a better burger.** Create a healthier burger with whole-wheat buns, lean meats, and delicious toppings like pineapple, wasabi, guacamole, and feta cheese.

June Fun Facts



The birthstone for June is the Pearl.

The flower for June is the Rose, symbolizing love, devotion, generosity.

Father's Day is June 18th this year; the first father's day was June 19th, 1910.

People born in June can be moody, romantic and good secret keepers.

Longest Day of the Year is in June - *the summer solstice* - on either June 21st or 22nd.

June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.

June is the most popular month for weddings (then August, followed by September and October)

The famous English tennis tournament – Wimbledon – is played during the month of June.

Several countries celebrate their flag days during June, including the United States, Sweden, Denmark, Romania and Argentina.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Alice, Mary and Rob

Thanks for All the Kind Words!

I always call on H&M Carpet care for the annual carpet and furnace cleaning. Reliable, friendly and superb results.

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

We take the extra step to please you

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Inside This Issue You Will Discover...

- ✓ **Your Safe Summer is here!**
Consumer Best Tips for Summer Road Trips
- ✓ **Healthy Nutrition Tips for the Summer ...** *Enjoy your warm weather favorites while keeping your nutrition in check with the tips provided.*
- ✓ **PLUS MORE ... "June Fun Facts."**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**
Discounts, Specials And MORE!
Keep Reading Inside...

Who Wants To Win Movie Tickets?

Take my Trivia Challenge And you could win too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Who was NOT quoted in this issue?

- A) Helen Keller B) James Dean
C) Marilyn Monroe D) Bono

Hint: You'll find the answer in the newsletter.