



## Timely Information for Personal Success

### Arguing on the Internet *Beware of this Trend!*

It used to be that couples had to leave home to fight in public, and the most common place for an argument was a restaurant. Now, couples are fighting in public at all hours of the day and night — on social networking sites like Facebook!

Some write wall posts such as, “*How come my birthday lasts one day, but her birthday lasts a whole week?*” Some jokingly change their relationship status from “in a relationship” to “single.” Still others just want to get their side of the story “out there.”

According to *The New York Times*, couples used to work hard to put up a good front and keep their disagreements private. Consequently, it always looked like they had a harmonious marriage, whether they had one or not. That attitude seems a bit quaint and old-fashioned to a generation raised on Dr. Phil and Jerry Springer. Today, you have couples where both people want to be vindicated and show they’re right by proving their partner wrong. In fact, Facebook fighting has become so common that a lot of people are joining groups with names such as, “I Dislike Couples Who Argue Publicly on Facebook.”

#### Dirty Internet Laundry

Marriage experts say that taking your disagreements to Facebook — even if you’re just joking — is nothing to laugh about. They say it’s part of a gradual but significant decrease in society’s respect for marriage. It also shows a lack of respect for your spouse!

Internet fighting also puts friends and family in an awkward position because it forces them to take sides. If you stay together, you’ve now eroded the relationship your spouse has with your friends and family. They may never look at your spouse the same way again.

According to Brad Wilcox, director of the National Marriage Project at the University of Virginia, people have stronger marriages when friends and family are supportive. However, when that support dries up, Wilcox notes that you have nobody to turn to — which can spell disaster for your relationship.

“So, if you have something to say to your spouse, respect them enough to say it face-to-face or over the phone.” ❖

*Additional source: John Tesh: Intelligence for Your Life ([www.tesh.com](http://www.tesh.com)).*

### Baby Boomer Boosters!

As many Baby Boomers choose to stay in their jobs longer, and retirees return to the workforce, it’s easier than ever to see, and sometimes feel, the age disparity. Younger bosses are taking over management positions, leaving Boomers and other mature workers to wonder what their roles will be and how they can keep up.

So, what *can* Baby Boomers do to obtain that fountain of youth? There’s no quick, easy fix, but there *are* things in your life that are in your control. The following are some suggestions:

➤ **Exercise** — Gyms and less traditional forms of exercise, such as Yoga classes, are seeing an increase in the number of older

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CLIP-N-SAVE!

[www.foodfit.com](http://www.foodfit.com)

## Healthy Recipe: Classic Burgers

### INGREDIENTS:

- 1/2 teaspoon Worcestershire sauce
- 1/2 cup fat-free mayonnaise
- 1 pound lean ground beef sirloin
- 1 red onion, sliced
- 4 onion rolls
- freshly ground black pepper
- salt to taste

### NUTRITIONAL INFORMATION:

- Calories per serving: 363
- Protein: 32 g.
- Carbohydrates: 34 g.
- Sodium: 691 mg.
- Fat: 10 g.
- Fiber: 2 g.

Serving size: 1 burger



### DIRECTIONS:

- 1 In a small bowl, combine the Worcestershire sauce and fat-free mayonnaise. Season to taste with salt and pepper. (This can be made in advance and stored in refrigerator for up to 3 days.)
- 2 Preheat grill to medium-high.
- 3 Shape ground sirloin into 4 patties, about 1/2-inch thick. Season patties with salt and pepper.
- 4 Grill patties on both sides until burgers are just cooked through, about 5 minutes per side.
- 5 Toast onion rolls on grill.
- 6 Serve burgers with sliced red onion and the sauce mixture on the toasted rolls.

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## Live Better on the Money You Make!

The economy seems to be getting a *little* better, but times are still tough for many Americans. Recognizing this, the following are a few dollar-stretching tips:

❖ **Check out the Freecycle Network.** Many people are using online classified ads like Craigslist and they can be great ways to save money, but there are others, like this one — located at [www.freecycle.org](http://www.freecycle.org). Freecycle is a group of people who offer scores of items for free. You can't take something and re-sell it, but usually if you want it, it's yours.

❖ **Save money on toys.** Organize a local toy exchange with other moms in your community, such as through a MOPS (Mothers of Pre-Schoolers) group. Pick out several toys that your kids don't care about anymore, and put them in a box. Ask other mothers to do the same. Then, swap boxes. This can be especially helpful on long car trips as you can give your child a "new" toy every few hours to keep him/her occupied. The best part about a toy exchange is that it's free! It works with older kids, too! ❖

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## Baby Boomer Boosters!

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workout enthusiasts. These people recognize the importance of exercise. Your younger body may have been OK with hitting the gym once a week (or even less), but as you age, your body will miss out on the benefits that working out brings — such as stronger bones and muscles, greater weight management, reduced stress, and rejuvenated brain cells — a must for today's fast-paced workplaces.

➤ **Eating well** — It's been said many times that, "*you are what you eat*," but it's true. As you age, this takes on increased significance when applied to health and energy levels. The right foods, such as plenty of fruits, vegetables, and healthy grains, nuts, and fish, all contribute to increased energy and improved health. And don't forget drinking water everyday — some experts recommend eight glasses.

➤ **Your outlook on life** — It's important to remember that stress ages you. That's why it's important to take life's problems with a grain of salt — no matter how old or young you are. It's been proven that it's not the stress in your life that kills, but how you handle that stress. Stress has also been demonstrated to kill brain cells, and chronic stress is so unrelenting and brutal on your body that it has an overall, detrimental effect. Watch a funny movie or TV program, or read a humorous book. Also, make the choice to see the proverbial "*glass as half full*."

➤ **Get enough zzz's** — The most obvious lack of energy occurs when people — young or old — don't get enough sleep. Don't eat too close to bedtime, and be wary of exercising right before bed, as an accelerated heart rate may make it difficult to fall asleep. Deep breathing, however, has been shown to be beneficial in relaxing your body prior to sleep.

➤ **Outward makeovers** — Unlike the TV show, makeovers needn't be "extreme," (as in losing a lot of weight). Even something simple such as a new hairstyle, clothing, or whiter teeth, can update your looks and enhance your self-image, which are both likely to boost your energy, too. Boomers may not be able to do anything about aging, but they can make the most of the years that lie ahead. ❖

Source: Max Izenberg, author, lecturer, and nutrition expert who helps organizations, businesses, and families establish healthier lifestyles. She is also the author of the new book, *Reaching for 100*. For more information, visit [www.maxliving.ms](http://www.maxliving.ms).