

## FITNESS FIND

G T W A R M U P N E S Y S  
 I N A E W E I R X I H P E  
 P L I F T G U E F H O E L  
 A U I K N B R L L C E T C  
 G G L I L C T L E I I S S  
 O N K S I A L A X A B T U  
 Y I H S E O W B I T H B M  
 B M E W G R J H B G Z A T  
 I M S J I O T R I G T L T  
 N I N A U G A E L N R B R  
 U W T R N M W Z I I E A A  
 R S N E I S P T T K C L E  
 S A R K C A R T Y I N A H  
 L T S T R E T C H H A N A  
 S J O G G I N G E W D C R  
 B I C E P S C I B O R E A

AEROBICS	JOGGING	STRENGTH
BALANCE	JOURNAL	STRETCH
BALL	JUMP	SWEAT
BICEPS	LIFT	SWIMMING
BIKING	LOG	TAI CHI
BURN	MAT	TRACK
DANCE	MUSCLES	WALKING
EXERCISE	PULSE	WARM UP
FAT	RUN	WEIGHTS
FLEXIBILITY	SHOE	YOGA
HEART	STAIR	
HIKING	STEP	

## Put Some Fun in Your Life

**E**njoying life is more than just making a lot of money and buying new cars or big houses. Enjoying life is also spending time with your family and friends and having simple fun. Here are several ways you can perk up your life by adding a little fun to the mix:

- Rent some funny movies and watch them with a group of friends or your family.
- Play dress up with your kids. Put on funny hats and then pose in front of a mirror or make a funny video modeling your outfits.
- Play fun board games with your family or friends. Pick games that allow people to act silly or interact with one another.
- Read some jokes or the comics and laugh out loud. After all, laughter is good medicine!
- Phone a longtime friend and reminisce about the good old days over lunch or dinner.



### Be Aware of the a.m. Brain Drain

There's more than one reason why you shouldn't cut the grass at 7 a.m. in the morning. The most important reason is you're probably not safe doing it. The fuzzy brain feeling you have when you first wake up, called sleep inertia, can be as bad as being drunk, say researchers at the University of Colorado-Boulder. It can last from a few minutes to an hour or more, depending on the individual. The area of the brain responsible for problem solving, complex thought, and emotions takes longer to wake up than other parts of the brain. If you'll be working with machinery or driving in heavy traffic, it's recommended that you be awake for at least an hour before you start.

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