

July 2008

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Welcome to this month's edition of **LifeBalance eAction!** the monthly email newsletter of the **LifeBalance Program**.

You are a member of the LifeBalance Program. Each month, LifeBalance eAction! is delivered to provide program updates, encourage members to make active lifestyle choices and to offer members savings with the top recreational, cultural and wellness businesses. Within this monthly newsletter you can read about businesses participating in your area, upcoming LifeBalance Member Events, special promotions from LifeBalance Providers, useful wellness tips and the chance to win LifeBalance prizes.

Want to learn more about using the LifeBalance Program? Read the LifeBalance [Website Features](#) section of this newsletter.

LifeBalance Program **RECREATIONAL ROW**

Get Your Adrenaline Pumping: Looking for your next heart pumping adventure? How about conquering a bridge, a plane or even a mountain? LifeBalance has partnered with a number of the finest, most established outfits offering Skydiving, Bungee Jumping and Paragliding, to bring you thrills while saving you bills.

For a complete listing of LifeBalance Providers that will get your heart pumping, visit the **Skydiving / Bungee Jumping / Paragliding** pages.

[Alaska](#) | [Oregon](#) | [Washington](#)



LifeBalance Program **CULTURAL CORNER**

Save on Summer Screenings: Order up some popcorn and enjoy those summer blockbusters. LifeBalance has partnered with many national movie theatres including Regal Cinemas, United Artists, Edwards Theaters, Cinemark Theaters, Century Theaters, Carmike Theaters, AMC, Cinetopia and more to bring you the best in big screen entertainment at a price that can't be beat.



For a complete listing of movie and film related LifeBalance Providers, visit the **Movies / Film** pages.

[Alaska](#) | [Idaho](#) | [Montana](#) | [Oregon](#) | [Utah](#) | [Washington](#)

LifeBalance Program **FITNESS FACTS**

Avoid Overtraining: If you feel burnt out, weak and/or sore, you are probably overtraining. **Not providing your muscles with enough rest will often prevent you from making improvements.**

LifeBalance Program **NEW SITE FEATURES**

Inflation Busters: With prices rising on most everyday items, many people have been feeling the pinch of their shrinking wallets. However, being active in your free time does not have to cost you an arm and a leg. Here are some inflation busting activities, tips and even some horrible poetry to inspire you save money, reduce stress and enjoy life.

Visit the LifeBalance [Inflation Busters](#) page today.

LifeBalance **WEBSITE WATCH**

LifeBalance Food Tracker: The LifeBalance Program is pleased to announce the launch of the new LifeBalance [Food Tracker & Journal](#). Members can search a database of thousands of food items to add to their daily journals, add favorite foods to the list, set their caloric intake goals, monitor progress and more. Log in to your [MyLifeBalance](#) account today to get started.

LifeBalance Activity Planner: Plan out your weekly exercise and activity regimen and calculate how many calories you can burn with the

Training the wrong muscle groups on consecutive days will also counteract your good results. Doing too many sets and exercises per muscle group will also cause overtraining. Remember that weightlifting, especially in an intense program, produces what's called "tissue microtrauma," those tiny tears in the muscles that temporarily decrease strength and cause varying degrees of muscle soreness. It is absolutely necessary to provide ample rest time between successive training sessions. Muscles generally require about 48 hours for the resting and rebuilding process before you work them again. Another example of overtraining is doing duplicating movements of several similar exercises for one specific muscle group. It makes no sense to do three sets of bench press with a barbell and then do three sets of bench press with dumbbells or push-ups. Each of these exercises requires exactly the same movement and works the same specific muscle. Focus on your workout and also on your recovery and your fitness regiment will be a successful one. ([Global Health & Fitness](#))

For a complete listing off fitness clubs, visit the LifeBalance **Fitness Club** pages.

[Alaska](#) | [Idaho](#) | [Montana](#) | [Oregon](#) | [Utah](#) | [Washington](#)

For complete listing of personal trainers and coaches, visit the LifeBalance **Personal Coaching** pages.

[Alaska](#) | [Idaho](#) | [Montana](#) | [Oregon](#) | [Utah](#) | [Washington](#)

LifeBalance Program FOOD FACTS

Safe Food Zone: Fresh fruits and vegetables look so luscious and appealing; it's tempting to eat them straight out of the package. Stop yourself and make for the kitchen sink! Food safety experts say it is imperative to carefully wash all your produce before you eat it to avoid food-borne illness. When battling the food bugs, 76 million Americans each year get sick from something they ate, according to the Centers for Disease Control and Prevention. Fortunately, most people are only ill for a day or two. Contaminated seafood, meat and poultry are the traditional culprits, but recently a number of outbreaks have been traced to fresh fruits and vegetables that were processed under less than sanitary conditions. The Center for Science in the Public Interest recently analyzed 3,500 food-poisoning outbreaks and found that contaminated produce was responsible for the greatest number of individual food-borne illnesses. Dirty irrigation water and the use of untreated or fresh manure can help spread animal pathogens to fruits and vegetables. In addition, the use of unclean water to wash and chill fruits and vegetables after harvest can contaminate many boxes of produce. **Here are some key steps experts at the CDC and the U.S. Food and Drug Administration say to take to reduce the risk of food-borne illness from fresh produce:** Thoroughly wash/rinse all your fruits and vegetables under running water before you eat them. Cut away bruised and damaged areas on fruits and vegetables because they can harbor bacteria. Discard the outer leaves of lettuce or cabbage before washing and eating. Don't leave sliced fruit or vegetables at room temperature for more than two hours because bacteria can thrive on the cut surface. Always wash your hands before and after handling fresh produce.

new LifeBalance [Activity Planner](#) in the [MyLifeBalance](#) section of the website.

LifeBalance WELLNESS WINDOW

Community Corner: Sharing your time and expertise to improve the lives of others is an important part of living a healthy, balanced life. LifeBalance has recently expanded the **Community Corner** section of the Wellness Window to feature a hand-picked array of opportunities.

The LifeBalance [Wellness Window](#) offers members streamlined access to all things wellness related, including fitness and health club listings, personal coaches, massage practitioners, yoga and Pilates studios and more. The Wellness Window also offers members health and wellness related articles and content including daily fitness tips, healthy recipes, motivational insight, fitness tools, health and wellness calculators and more.

LifeBalance QUOTE of the MONTH

"Life is like a game of cards. The hand that is dealt you is determinism. The way you play it is free will." Jawaharlal Nehru.

LifeBalance COACH

Out of Balance: Have you ever wondered what balance means? And if it's some distant myth that is impossible to achieve? Perhaps perfect balance at all times is unobtainable, but bringing awareness to where you are at and yearning for more balance is essential to your health and well-being. For example, imagine that you haven't drunk enough water and you're becoming dehydrated. The symptoms may show up as thirst, a headache, perhaps some dizziness and fatigue. **What if you could look at the symptoms of where your life is out of balance and take just one step towards equilibrium.** A personal day off from work to play in the park may just be the glass of water to your dehydration which helps you move back into the balance of life. (Brought to you by [Jason Stein Coaching](#))

LifeBalance DID YOU KNOW?

Kayaking: A kayak is a small human-powered boat. It typically has a covered deck and a cockpit. It is propelled by a double-bladed paddle in the hands of a sitting

Once you've taken the necessary food safety precautions, settle in for a treat. Fresh fruits and vegetables taste phenomenal. They also contain an array of vitamins, minerals, fiber and important health-promoting antioxidants. (FoodFit)

Boone Bridge Books FEATURED TITLE

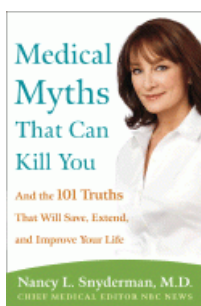
Each month, **Boone Bridge Books** features a different title for LifeBalance members. This month's title is:

[Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life](#)

Nancy L. Snyderman

Nancy Snyderman, chief medical editor for NBC News, examines some common medical myths, why they are wrong, and what sensible approaches people can take to avoid inadvertently damaging their health because of false beliefs. Along the way, she points out some little-known truths that can improve health and longevity, e.g., that hyperactivity is unrelated to sugar, that sunglasses can prevent blindness, and that drug mistakes are a leading cause of death and illness in this country. Every page is filled with useful facts in this fascinating and well-researched book accessible to all readers.

LifeBalance members save 35% on this title!



[Buy This Title Now from Boone Bridge Books](#)

Boone Bridge Books offers members at least 25% Savings on all titles (excluding textbooks) ordered from their website.

LifeBalance Program TRIVIA CONTEST

The randomly drawn correct answer to this trivia question wins a LifeBalance Member Event gift certificate to an upcoming event.

[Last month's trivia question](#), which asked members to identify a photograph of a LifeBalance Provider was correctly answered by **Marietta Walters**. The correct answer was [Alaska Sea Kayakers](#). Congratulations!

This month's question is in the form of a photograph from a LifeBalance Provider in Washington. **Who is this LifeBalance Provider?**



To answer this month's trivia question, simply fill in

paddler. The kayak was originally used by native hunters in the sub-Arctic regions of Asia, North America and Greenland. Traditional kayaks typically accommodate one, two or occasionally three paddlers who sit facing forward in one or more cockpits below the deck of the boat. If used, the spraydeck or similar waterproof garment attaches securely to the edges of the cockpit, preventing the entry of water from waves or spray, and sometimes making it possible to roll the kayak upright again without it filling with water or ejecting the paddler. Kayaks differ distinctly in design and history from canoes, which are more flat-bottomed boats propelled by single-bladed paddles. **Modern kayaks come in a wide variety of designs and materials for specialized purposes.** They have evolved into numerous specialized types, that may be broadly categorized according to their application as sea kayaks, whitewater (or river) kayaks, surf kayaks and racing kayaks (flat water, white water, or slalom), though many hybrid types exist as well, broadly labeled recreational kayaks.

For a complete listing of kayaking related providers, please visit the LifeBalance **Kayaking / Canoeing** pages.

[Alaska](#) | [Idaho](#) | [Montana](#) | [Oregon](#) | [Utah](#) | [Washington](#)

LifeBalance FROM WITHIN

What You Know Is Right: No matter what you do; there will be people who disapprove of it. You cannot please everyone, so it is foolish to even try. Instead, guide your actions by what you know is true. Go beyond what is merely popular, or expected, or what looks impressive. **Keep your focus on what is right. Graciously and humbly accept praise without living for it. Learn from criticism without being dismayed by it. Listen to your heart. Live life on your own terms, based on what you know is the right thing to do.** Those who are worth impressing will be most impressed by authenticity. You have many special things to offer the world. Some people will resent you. Others will blindly accept you. Don't let yourself be swayed by either. Be who you are, as honestly as you can. Integrity is more than just a claim or a promise. Integrity results from being consistently true to your most profound values, even when no one is looking. Fulfill your enormous positive possibilities by continuing to do what you know is right. (Daily Motivator)

the form below.

Your Name:

Email Address:

Daytime Phone:

Answer:

The correct answer to this month's question will be revealed in the next edition of eAction!

LifeBalance Program WELLNESS TRIVIA CONTEST

The randomly drawn correct answer to this trivia question wins a \$10 certificate from LifeBalance Partner CNCA.



Remember, LifeBalance members receive special savings from CNCA. Visit the [LifeBalance / CNCA](#) page for details.

[Last month's trivia question](#), which asked about **DHA and EPA** was correctly answered by **Jean Hovet**. The correct answer was "400 i.u."

This month's question: **Of all the following, the most abundant source of omega-3 fatty acids is:**

Your Name:

Email Address:

Daytime Phone:

Answer:

Cod Liver Oil

Fish Oil

Flaxseed

Walnuts

LifeBalance HUMAN RESOURCE

Handbook, What Handbook: In all of the excitement of starting a new job; the new faces and names to commit to memory, the new procedures and software to master, and all the forms to be filled out; one of the most helpful tools to getting off to a good start with a new company is often overlooked. **A well-written and up-to-date Employee Handbook provides a new employee with a solid reference to help them navigate the many unknowns in a new job. The Employee Handbook is a vital resource for all employees, not just new arrivals.** Employees facing an unplanned leave of absence need to be aware of their company policy on unpaid personal leave and the federal and state guidelines for family and medical leaves of absence. Without careful review, employees may be unaware of valuable benefits already available to them or may overlook an important policy on personal cell phone or computer use that impacts their daily activities. Managers and supervisors look to their company's Employee Handbook for guidelines on employee and management behavior. Clearly written policies and performance guidelines make the jobs of supervisors and managers a little easier by articulating appropriate and inappropriate behavior. A well thought-out Employee Handbook also serves as a source of history and conveys the company's mission statement, values and culture. Many companies use their Handbook to communicate not just the expectations they have of their employees, but also what their employees can expect of them, namely ethical business practices with fair treatment for employees. The constantly shifting laws governing employment, compensation and leaves (both state and federal) create a need for annual Handbook updates. A good Employee Handbook follows the life of the employee from new hire to retiree and should be used as a point of reference for employees, management and the company as a whole. (Brought to you by [Xenium](#))

LifeBalance Program WEBSITE FEATURES

For a complete overview of the LifeBalance Program website, visit the [About LifeBalance](#) section of the site and take a **guided tour**.

Find exclusive LifeBalance savings at thousands of recreational, cultural & wellness related businesses throughout Alaska, California, Idaho, Montana, Nevada, Oregon, Utah and Washington. The **LifeBalance Program Provider Network** gives members the opportunity to quickly search for specific recreational, cultural and wellness providers by geographic region and category, or by business name, through the LifeBalance [Search for Savings](#).

You can use our secure server to make payments online for many **LifeBalance Member Events and Tickets**. LifeBalance offers members thousands of special events at reduced rates with the top vendors, instructors, and venues. LifeBalance also has your ticket to the arts, including theater, dance, musical performances, sporting events, ski resorts, museums and more. Visit the LifeBalance [Events Calendar](#) and the LifeBalance [Ticket Window](#) for a complete listing and select the listing that interests you and then complete your registration.

The LifeBalance [Wellness Window](#) offers members **food and fitness tips, wellness calculators**, information about community events and more. [MyLifeBalance](#) is the component of the LifeBalance Program that includes **personalized wellness tools**, customized content and more.

You can also easily print the **LifeBalance Program materials and this newsletter** by visiting the [Printable Materials](#) section of the site.

LifeBalance Program **MEMBER FEEDBACK**

The LifeBalance Program always welcomes your feedback! **Complete the LifeBalance Survey** and let us know about new recreational, cultural and wellness businesses that you would like to see added to our existing network of benefit providers, new member events, suggestions for the LifeBalance website or even suggestions for this online newsletter. If you would like to speak to a member of the LifeBalance Customer Service Team, please call **503.234.1375** or **888.754.5433**.

The LifeBalance Program
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