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**Don't Blow Your Nose In The Water Fountain**

**By Nick Nilsson**

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We all know the general rules of the gym: don't drop the weights, wipe your sweat off the machines when you're done, etc. But do you know all about the more "colorful", lesser known rules of the gym?

NOTE: These rules are JOKES! If you ever see any of these rules posted at any gym you ever go to, please take a picture for me!

1. Don't blow your nose in the water fountain.

This is a crude habit and can contribute to the spread of colds and viruses. Besides, that's what the gym towels are for...

2. No smoking on the cardio machines.

Those little circular spots are water-bottle holders, not ashtrays. If you need a cigarette that badly when you're working out, tape one to the pulldown bar and take a drag on it as a reward for each rep you do.

3. When spotting someone on bench press, be sure to wipe your face first.

You are not a stalactite, and dripping sweat into someone's eye is not a good way to make friends.

4. If you choose to wear cologne or perfume to the gym, please don't marinate in it.

If the person on the stair machine next to you lights up a cigarette, you could both be seriously injured.

5. Those stands that have all the weight plates on them should not be used for holding your donuts.

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Your donuts will end up with a terrible metallic taste that even the coffee in your water bottle won't be able to get out of your mouth.

6. The Crunch Machine is not a vending machine for candy bars.

Please don't try to put money into this machine. It's for working your abdominals. You will never, EVER get a Nestle's Crunch bar out of it.

7. Even though the gym has stair machines, it is not required by law to have elevator machines.

Please stop asking about this at the reception desk.

8. Pick up after your dog when you walk him on the treadmill.

No explanation necessary.

9. If you have a habit of spraying spit when you lift, ensure there is no one in your target area.

It's bad enough that the mirrors by the squat rack look like a St. Bernard shook himself in front of them.

10. Do not give yourself C.P.R. when doing bench presses.

Bouncing the bar heavily off your ribcage instead of pressing it properly may cause damage to the bar and voids the warranty on the bench. Besides that, you don't want your spotter feeling as though he's dribbling a barbell down the court do you?

11. Beer and/or liquor in your water bottle are prohibited.

Unless, of course, you bring enough for everybody. This also goes for mochaccinos, frappaccinos, and anything with an umbrella in it.

12. Use the rowing machine at your own risk.

If it sinks, there are no lifeguards on duty.

Following these rules to the best of your ability will ensure a pleasant exercise experience for everyone.

Thank you.

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

or visit

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or subscribe to BetterU News, his fitness newsletter at

## **Make Your Garden The Envy Of Your Neighbors With A Water Fountain**

**By Jon Kilminster**

With so many people these days investing more and more time and money on their homes and gardens, it is hard to make your own home unique. After all, we live in a society that is literally obsessed with home decorating and gardening. It seems impossible to make our garden stand out from the rest!

If you want to add that extra something to your garden to make it truly individual why not install a garden fountain? There is no doubt about it, having a beautiful water feature in your garden, such as a fountain or waterfall, can add that special touch to your landscaping job. Not only will it look wonderful, there truly is nothing lovelier than the gentle tinkling of a water fountain.

There are literally thousands of garden water fountains to choose from, ranging from the traditional to the more unusual. They come in all manner of materials, from bronze, other metals, cast concrete, fiberglass and slate to name a few. Indeed, in addition to the vast number of pre-fabricated water fountains on the market, you can even custom design your own!

Deciding upon the right water fountain for you will depend on your personal likes and dislikes, the style of your home and garden, as well as the space you have available. The best water fountains are those that do not overcrowd a yard, so make sure your water fountain is a workable and realistic size for your yard. Whether you choose to install the fountain in the center of your garden, or discreetly tuck it into a garden bed or against a wall, the fountain should complement the landscape, not dominate it.

Even if you are on a tight budget, you can still enjoy the wonders of a water garden fountain because it is quite simple to install them yourself. In fact, by simply visiting your home-hardware store, you can easily purchase what you need to construct your own water feature without spending hundreds of dollars.

Whether you have professionals install it, or "do-it-yourself" you will be amazed at how much a garden fountain can add to your landscape. In fact, the only limits to making your water fountain "the icing on the cake" of your house and garden is your imagination!

gives advice on garden fountains,

and

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