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**How To Remember Those Important Dates!**

**By Word Content**

C.S. Lewis' stated, "The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is." In other words, you and I have the same amount of time as the president of the United States has everyday. Absolutely nobody can say that he or she has a minute more than the next person. All of us are given 24 hours a day, not a second more. It is said that death is the great equalizer because no matter what your stature in the world is, you will meet your maker sooner or later just like everybody else. In my opinion, death should share that title with time, as they are supreme contemporaries in leveling all of us mere mortals.

The direct relationship between productivity and time management is undeniable. Managing time wisely is crucial in anything as basic as keeping a household in order to running a Fortune 500 company. Time management is so important that teaching about it has become a huge business that is becoming an industry in itself. As companies try to improve employee productivity through efficiency experts, time management has become a core concept in these company improvement strategies.

Whether you fancy free or fee based advice about time management, there are tons of reading materials about it online and also in print. The plethora of time management gurus is available and ready to educate and train people to be more sensitive about how they spend their time. I hear these pundits are making a killing out of straightening up the chronologically unskilled. Putting deadlines or setting goals for a specific amount of time each day is a basic notion that are being ingrained to the minds of people who are considered time wasters. I believe that all the time management gurus will agree with me when I say that all the styles, techniques and methods will prove useless if you are unable to remember your scheduled engagements and tasks.

You can always write down your appointments in a date book or have one of those handheld devices remind you of your day, week or monthly plans. If you don't want to hassle yourself by lugging around a wad of paper with scribbles on them or if you are not into expensive handheld gadgets then you might want to consider visiting one of those websites that offer free online date book/calendar services.

This is a very viable option nowadays because of the wide availability of Internet access. You can store birthdays, special events and other significant dates. The obvious advantage of storing these important

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dates online would be that you could access the information anytime and anywhere you are in the world. You might lose your physical date book and along it your precious information. Your handheld device might get stolen or the data in it might get corrupted. The data you stored online though, will be available to you as long as the site is up and running. You have to admit, this is one cool way to be reminded of one's appointments.

<http://www.RemindersBot.com>

### **Friday Night Fitness Dates**

**By Nathan Boyd**

Close your eyes and imagine this romantic setting: an intimate picnic on the beach, you and your mate enjoying strawberries from a fresh fruit salad, and both of you enjoying the ocean breeze as plans are being made for your next date. All of this, of course, after you jogged with your sweetie on the beach at sunset. That's right, "jogged"!

While many couple's idea of a romantic date will still include a walk on the beach at sunset, other couples are increasingly opting for inclusion of a healthful fitness activity instead. Around the country, these "fitness dates" have become more and more popular as people are searching for a different, if not healthier, option to the customary "dinner-and-a-movie" routine. These fitness dates can include everything from an actual workout together at the gym, to a nighttime game of tennis, to even a canoe-by-moonlight excursion. What's important is that an activity is found that both of you like to do and then use it as a platform to have some fun and enjoy each other's companionship. Granted, it may require a different mindset to appreciate a date at a gym, lake, or track as a dating alternative, but it does reap an extraordinary amount of benefits and it can genuinely be a lot of fun as well.

To begin with, these fitness dates do allow for some actual quality time together for the both of you to bond. This time together is yours to share and the exercise itself does release hormones in the body that helps promote a general feeling of relaxation and well-being. Bottom line is that you'll both feel better about yourself and will enjoy each other's company even more. Besides, workout sessions are always more fun when your partner is along and that's part of the point in even inviting a partner with you in the first place.

Fitness dates also encourages the practice of healthy behaviors between the both of you. Just like the saying, "birds of a feather, flock together", it is a well-proven fact that the health practices of one partner will greatly influence the condition of the other. Chances are that if you and your date routinely include a fitness date into your calendar, then both of you are also more likely to be maintaining a healthier lifestyle during the week as well.

Additionally, these fitness dates tend to do amazing wonders for stimulating a couple's intimacy with one another. Research has confirmed that regular exercise does result in greater levels of desire, frequency, and increased confidence. The increased blood flow to all body parts also enhances your ability to be aroused. Needless to say, the visual appeal of your mate working up a sweat probably won't dampen the attraction either.

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As for arranging Friday nights for your fitness dates, just remember that this could also be a great, healthy way to wind down at the end of your work week. Looking forward to meeting your date will only add to the motivation. However, if your schedule doesn't necessarily allow a Friday night for the both of you to meet in a gym or attend a spinning or yoga class, then the truth is that any day or time of the week will work as an ideal time for a fitness date. Just remember to enjoy the moment and time together with your significant other and have some fun!

Nathan Boyd is author of the highly rated ebook, "The Fitness Lifestyle" and the current Director of Pro Fitness of Texas. Nathan encourages everyone in their pursuit of becoming physically fit and maintaining it for a lifetime. All questions and comments are always welcomed!

<http://www.weightloss-cookies.com/page4.html>

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