

H &amp; M

Carpet Care

# Healthy Home News

*"Secrets For Living A Healthy, Wealthy & Happy Life..."*

## 3 Fun And Fresh Holiday Ideas For Summer

With warmer weather and school holidays upon us, it's time for some relaxation and fun with the family! If you want some fun, fresh ideas on trips check out these 3 holiday ideas...

**#1. A tree house fantasy come true.** Doesn't everyone have a kid inside them that wants to sleep...*maybe even live...*in a tree house? This collection of unique holiday destinations has 9 locations in the UK and speaks to the "kid" inside you. This is an eco sensitive experience and can be tailored for couples, families, or large groups. Many of the cabins are luxury suites; offering hot tubs, log burning stoves, and more. There is plenty to do when you choose a holiday in the trees. Check it out at [www.forestholidays.co.uk](http://www.forestholidays.co.uk)

**#2. A trip back in time.** This is a real adventure back in time and you only have to travel to France to get there. Located about 3 hours outside of Paris is Le Puy du Fou, a historical theme park, which boasts "25 restaurants, 3 themed hotels, and 50 hectares of pure green bliss". You will be entertained by shows that are rich in history, action and fun. And if Le Puy du Fou isn't your cup of tea, you can always go visit Disney in Paris on your way home. [www.Puydufou.com](http://www.Puydufou.com)

**#3. What's a holiday without a beach?** If one is going to take a holiday involving a beach, you cannot deny the beauty of the beaches of Greece. And there is at least one source that claims this particular beach may be the most beautiful in the world. Not only is this a stunning beach but it holds the appeal of mystery! Navagio Beach (*Shipwreck Beach*), located on Zakynthos Island, is one of the most famous beaches in Greece. It is an exquisite white sand beach tucked into a cove of limestone cliffs, with crystal clear turquoise blue waters lapping it's shore. The shipwreck on Navagio Beach that dates back over 30 years. And while you are there, well you *will* be in Greece, what more can I say.

**Cheers!**

Get Exclusive Specials When You "Like" us at [www.facebook.com/HMcarpetcare.com](https://www.facebook.com/HMcarpetcare.com)!



## www.LonelyPlanet.com

[www.LonelyPlanet.com](http://www.LonelyPlanet.com) is a travel/ lifestyle website that will help you to explore...or at least dream about exploring...this great big lonely planet of ours!

*This is a beautifully designed site that will suck in anyone suffering from even a twinge of wanderlust.*

*You can choose to explore the site by "destination," and you may just find yourself clicking on an article about "10 Of The Best Hidden Foodie Highlights" or "The Best Beaches and Small Islands for Travel in 2014".*

*Or you can explore the site by "Themes" and be led on adventures from Road Trips, to Tech Travel, to Foodie Travel.*

*There is a forum where you can exchange travel ideas and tips, and even an online store with a library of travel e-books at your fingertips.*

*Be prepared to dream big when you spend your time on [www.LonelyPlanet.com](http://www.LonelyPlanet.com)*

## From the Mouth of Babes

After hearing his mum say something was “funny”...  
“Is that ‘weird funny’ or ‘haha funny?’” – 4 year old boy named Phoenix



## Outstanding Client Of The Month!

Meet: Marc

Every month I choose a very special **Client Of The Month**. It's my way of acknowledging loyal clients and saying a big “**Thank you!**” to those who support me and my business with referrals and repeat business...You could be my next **Client Of The Month!**

See Insert This Issue...



Discover How To Earn **FREE** Money This Summer With My Referral Rewards Program!

## Healthy Talk

### 5 Tips On Eating Healthy While On Holiday

Do you find that you are able to stick to a healthy eating plan when you are at home and in your routine (at least most of the time), but when you hit the road for a family holiday it all goes out the window? Have you ever found yourself coming home from holiday with souvenirs you don't need and half a stone you don't want?

If you do, then you are not alone. Everyone struggles with the fast food on trips, the extra snacks we seem to need when we are out of our routine, and the high calorie meals that come with eating out everyday on holiday. But here are 5 easy ways to eat healthy on your trip.

**1. Eat mindfully.** Let yourself have a treat if you really want it, but eat mindfully. If you stop enjoying that cookie 3-5 bites in, toss the rest. *No one said you have to eat the whole cookie.*

**2. Listen to your inner cues.** It's simple, eat when you are hungry, stop when you are not. This is a basic intuitive cue that many of us stop listening to as we get older, but it can mean the difference between being lean, or not. *Try sharing all your meals with your travel buddy, then you both save money and calories.*

**3. Play a game of checks and balances.** If you had a doughnut for breakfast, why not have a fresh salad with oil and vinegar and a delicious cup of soup for lunch? If you had a greasy lunch, opt for a fresh, whole foods dinner. *It's a balance that when you strike, will keep your weight in check.*

**4. Plan ahead.** With the Internet at your fingertips you can use Yelp! or Google, even Apps, to help you *find healthy options at your destinations.*

**5. Eat raw and whole foods.** Try to make 70-80% of your choices whole, and unprocessed. You will feel so much better and have more energy. *You can always swap out trips through a drive-through with trips through a Whole Foods Salad bar.*

But of course, holidays are about cutting loose and having a good time, so relax a bit on your eating habits, strive to eat healthy at least 70-80% of the time on your trip and have fun!

*Disclaimer: These are just suggestions, I'm not a doctor. Always talk to your doctor before starting any diet or exercise plan.*

### Quotes To Inspire Thoughts Of Travel...

*“We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.” – T.S. Elliot*

*“The World is a book, and those who do not travel read only a page.” – Saint Augustine*

*“Never go on trips with anyone you do not love.” – Ernest Hemingway*

Quotes found at [www.brainyquote.com](http://www.brainyquote.com)

## 4 Promises To Make Yourself This Summer...

Life is busy. It's hectic and stressful and sometimes downright hard, but it's also beautiful and fun and an adventure waiting to be had. So, this year when the sun burns hot and the days grow long, do yourself a favour, take some time to really enjoy the season. ***Promise yourself you will do at least a couple of these things...***

**1 Go camping.** Maybe you already have your summer planned out with weekends of camping, but sometimes life gets away from you and before you know it, summer is over and you never got to go. If you don't like camping, then rent an RV and go "glamping." Spend at least one weekend in front of a fire, counting the stars.

**2 Take a road trip.** Nothing says "freedom" like an open road. Grab a map, pack a bag, and hit the road. Go crazy and don't have a destination...just see where the road takes you.

**3 Build a lemonade stand.** Now it might seem creepy if a grown man or woman is sitting along the road selling lemonade, so this one you will want to do with your kids, or whatever kids are in your life. Pick a lazy, hot Saturday and build an "old school" lemonade stand, the kind the Little Rascals would have built! Next, make some fresh, cool lemonade and watch as your kids have the best time getting a taste of being entrepreneurs.

**4 Go to the beach.** If you are lucky enough to live near the beach, then go often. But if you are not close to a beach, find one. Whether it's along a lake in the mountains or a trip to the coast, find a beach, take the cooler and the towels, and treat yourself to a healthy dose of vitamin D. You deserve a day at the beach!

## The Idea Corner



### How To Keep Kids Busy While Traveling...

Today we have iPads and DVD players to keep kids busy on long trips. But remember when we were kids? Entertainment often came in the form of inventing a crazy game with your sister or brother.

How about getting the kids to "unplug" for at least part of the road trip? Turn travel time into "family time" with classics like "*spot the alphabet in the road signs*" or "*guess this song*" while the family takes turns humming. And of course, the classic, "*I'm thinking of a person, place, or thing.*"

Or, tell the kids they have to come up with a game on their own and pack some little treats as prizes. Also, there are myriads of travel games to pick up, and Pinterest has tons of travel game and crafts to fill your car with. And when you get bored again, there is always the iPad and the DVD's...

### Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbours! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

**Marc**

### Thanks for All the Kind Words!

I came across H&M carpet care online a few years ago to clean the carpet in my home and my rental properties their service is excellent and carpets always look great.

# Healthy Home News

*"Secrets For Living A Healthy, Wealthy & Happy Life..."*

“You don't always need a plan sometimes you just need to breathe, trust, let go, and see what happens”



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## Inside This Issue You Will Discover...

- ✓ **3 Fun And Unique Holiday Ideas For Summer...** *These Trips Are Not Your Typical Idea Of Holiday.*
- ✓ **Healthy Talk... How to Eat Healthy While You Travel...** *Simple Tips To Stay Slim Even When On Holiday!*
- ✓ **4 Promises To Make Yourself This Summer...** *Feel Like A Kid Again When You Check These Things Off Your List!*
- ✓ **Thank You's, Fun Websites, An Idea Corner And Inspiring Quotes...PLUS...**

**Discounts, Specials And Much, Much MORE!**  
*Keep Reading Inside...*

## Who Wants To Win Movie Tickets?

**Take my Trivia Challenge  
And you could win too!**

This is one of my favourite parts of the newsletter! Each month, I'll give you a new trivia question. The first 4 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**Approximately how old is the shipwreck at the famous Navagio Beach?**

- A) about 10 years old B) about 100 years old  
C) about 65 years old D) about 30 years old

**Hint: You'll find the answer in the newsletter.**