



HEALTHY NEW YEAR !

Being healthy need not be overwhelming. Here are 6 straightforward ways

1. Love to Snack

Snacking throughout the day is actually a good idea, as it can help keep blood sugar levels and energy steady - which leads to improved mood, better productivity and more effective appetite control. But if you're trying to lose weight or to eat a healthier diet, that convenient bag of chips can sabotage your efforts. Processed foods contain too many calories, the wrong kinds of fat and carbohydrates, and have too much salt and too many additives.

Instead, plan snacks ahead of time and make sure you always have healthy ones on hand: fresh or dried fruit; raw, unsalted nuts (pistachios, cashews or walnuts); flavorful natural cheeses and dark chocolate with at least 70 percent cocoa solids. And don't forget to set aside leftovers from the healthy meals you'll be preparing.

2. Get Serious About Breathing Exercises

Simple breathing techniques offer a drug-free way to help lower your blood pressure, calm a racing heart, or settle an upset digestive system. Proper breathing has direct influence on emotional states and moods. When you're upset, you breathe rapidly, shallowly, and irregularly, but you can't be upset if your breathing is slow, deep, quiet and regular. At first, the effects are subtle, but they will gain power the more you repeat them. Whether you want to address health problems or just relax and reduce stress, make this the year to learn and practice breathing techniques.

3. Fitness: Consider a Personal Trainer

If you're really committed to getting into shape in 2008, a personal trainer can get you off to the right start. A study at McMaster University in Canada found that people who are new to exercise do better when they have some professional help. If you plan to do strength training (and you should!), you'll need a trainer to learn the correct form so that you won't injure yourself. If you can afford it, continued weekly training sessions will keep you motivated and ensure that your workouts are appropriate to your age and fitness level. If you can't afford weekly sessions, pay for one or two to set up a program. When you've achieved your initial expectations, schedule another training session to set new goals.

4. Take Time for Tea

Drinking green tea can improve your cholesterol ratio, as well as help protect against cancer and bacterial infections. The difference between green and the more familiar black tea is in the preparation: both come from the same plant, *Camellia sinensis*, but to make black tea, leaves go through an oxidation process that darkens them. This process decreases some of tea's beneficial compounds, including polyphenols called catechins. Green tea is unfermented, which means that it contains more catechins. But don't think of tea drinking only as a utilitarian way to imbibe those healthful compounds. Learn to appreciate the subtle fragrance of good quality green tea and use tea time to unwind, meditate and as a respite from your stress *du jour*.

The Vogue Travel Club & A River Runs Thru Her

invites you to pack your bags for the

Ultimate Girls Weekend Getaway!

**You will laugh, learn, shop, network, dance, and
leave feeling excited and rejuvenated**

at the

**6th Annual BOCA (Bellydancers of Color Association)
Soul Yoga Movement & Wellness Expo
May 28-30, 2010
in Silver Spring, Maryland**

Save the dates and stay tuned for further details.

Continued from Page 1

5. Volunteer to Help Others

Service organizations always appreciate donated money, but giving of yourself, especially in a way that draws on your unique talents or skills, is more satisfying. You can volunteer to feed the homeless, help people with terminal illnesses, and help to clean up the environment. Donate clothing you no longer wear and other items you don't use. Look for ways to help those close to home: take meals to shut-ins, offer transportation to elderly or disabled neighbors and tutor or read to children. Don't focus only on the needs of strangers. Look for ways to help friends and family members, too.

6. TRAVEL

**STAY TUNED. WE WILL BE SPONSORING EVENTS THROUGHOUT
THE YEAR TO PROMOTE YOUR HEALTH..... LET'S GO**

Travel Specials

CRUISES



July 2010

Celebrate Summer

July 18- 25, 2010

Join us as we visit a different exotic port every day ~ San Juan, St. Thomas, Dominica, Barbados, St. Lucia, Antigua, and St. Kitts! So come on and soak up beautiful tropical sunshine and take in stunning scenery! Prices starting at \$948.

September 2010

Wellness Cruise

September 4- 9, 2010

Overall wellness is essential for everyone, and this cruise will offer health sessions with renowned lifestyle authorities, in an entertaining atmosphere! Enjoy presentations by experts in nutritional, physical, mental, spiritual, and financial fitness. Give your mind, body, and soul a real makeover! Starting at \$799



It's Better in the Bahamas

September 17- 20, 2010

Join us for the vacation of a lifetime on the **Annual Vogue Travel We Are Family Vacation!!** Come set sail out of Miami to Nassau and sip sweet rum, dance the limbo, swim through its wrecks, and explore its reefs. ****An added bonus, As we dock overnight in Nassau ~ Don't miss Saturday Night Live in Nassau!**

*****Prices starting at only \$275!!!**



February 2011

Escape to Paradise in Hawaii

February 19- 26, 2011

Beauty abounds in this glorious cruise aboard Norwegian Cruise Line's Pride of America! Your package will include Accommodations, Port Charges, Fuel supplements, Taxes, Hawaiian scavenger hunt, Exotic photo contest and more!!! Prices starting at \$1,099

April 2011

The Cruise of Your Dreams

April 2- 9, 2011

7 Days aboard the Brand New Carnival Dream! More than a new class of Ship... It's a whole new class of Fun! Prices starting at \$827

Travel Specials

LAND PACKAGES



April 2010

Oh so eloquent Savannah

April 25 - May 1, 2010

Enjoy a glorious 7 days/6 nights taking in the southern charm of Jekyll Island and St. Simons Island, Georgia, and Beaufort, South Carolina. Your trip will include round trip motor coach, 6 nights accommodations, a guided tour of beautiful Savannah's historic "Belle of Georgia," time on the historic River Street featuring 19th century cotton warehouses, stop at the 'Millionaires Club' on Jekyll Island, a guided tour of the Parris Island Marine base, see Iwo Jima Monument, Parade Field and Museum, and visit the museum of Art in Columbia, S.C. Also includes 6 breakfasts and 4 dinners. Prices starting at \$625.

October 2010

The Splendors of The Nile

October 30—November 8

Enjoy 8 incredible days touring the Wonders of Egypt! Prices starting at \$2285



For Additional Information and Reservations Contact:

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Vogue Travel is a member of IATAN

Join the **Vogue Travel Club** and enjoy the excitement, companionship and savings of being with the club. The only thing missing is **YOU** (see page 8 for details)!

Travel Specials

**** Vogue Travel ~ Let's Go Getaways ****

Fabulous getaways for couples, families, girlfriends, groups, etc. All destinations offer numerous vacation options including fine dining, theater, spa, shopping, various attractions and more.

Excellent for anyone, anytime, to fit any budget!

Torontogo any time or experience one of the annual events. Caribana (end of July), Toronto Film Festival (September), Molson Indy Car race (mid July). The Santa Claus Parade, spectacular Christmas lighting, and Gala New Years Eve are some of the events which make Toronto the city for all seasons. Packages can include: round trip VIA rail from Windsor or Sarnia, accommodations at the downtown Toronto hotel of your choice, a complimentary coupon booklet including discounts on attractions, dining, shopping & sightseeing- hundreds of dollars in savings, optional tickets to Broadway Theatre and more.

Chicago.....Shoppin' Chicago is the ultimate glamour getaway and more. Festivals, museums, dining, Navy Pier, New Millennium Park, Merchandise Mart, American Girl; the list is endless. Packages can include: round trip Amtrak rail, accommodations at the downtown Chicago hotel of your choice, the Chicago guidebook of values including big savings at museums, dining, shopping, sightseeing & entertainment - hundreds of dollars in savings throughout the city, a Navy Pier VIP Card, optional tickets to Broadway in Chicago Theatre and more.

Niagara Falls....A wonder of the world - Niagara is a world class visitor destination today. New hotels with spectacular falls views, fine dining, Maid of the Mist, whirlpool rapids, helicopter rides over the falls and new Casino Niagara. The annual festival of lights (November thru January) is a wonder in itself. **For a memorable vacation we suggest a combination Niagara and Toronto combination getaway.**

Quebec City....Founded in 1608, North America's only walled city and annually ranked as one of North America's best tourist destinations. A spectacular landscape and many "must see" attractions - St Ann De Beaupre, Island of Orleans, Montmorency falls, whale watching, the citadelle and plains of Abraham. Shop for crafts in vieux Quebec city, sample world renowned French Canadian cuisine in cafes, bistros and fine restaurants, enjoy vibrant nightlife in discos till the wee hours of the morning. Packages can include: round trip Via 1 rail, hotel accommodation & attractions of your choice.

MontrealThe Paris of North America - Montreal is historic yet modern and chic - an interesting combination of old world charm and modern glass skyscrapers. Fine dining, electric nightlife, spectacular cathedrals, museums, historic buildings and sites - Montreal has it all. Located on an island topped by Mount Royal - a truly unique city. Packages can include: round trip Via 1 rail, hotel accommodation & attractions of your choice.

Group Leaders

Make Money & Have Fun!!!!

Do you have a passion for travel and love sharing that joy with others? Are you an "organizer"?

As a group leader you will easily be able to enjoy your passion, share great times with fellow travellers and reap some fantastic rewards.

Group Leader Benefits

- Earn Free Travel for Yourself
- Cash Back Program
- Group Discounts
- Personalized Amenities
- Customized Group Packages
- Complimentary Presentations
- Hassle-Free Accounting
- Free Promotional Pamphlets
- Price Guarantees
- Value Added Features
- Ongoing Support From Your Vogue Travel Specialist

Group travel is a great fundraising tool, too!

You'll find it surprisingly easy to organize a group. So c'mon, start planning and promoting your own group today! Contact Vogue Travel at (248) 663-2266 and ask to speak with our Group Travel Specialist

A RIVER RUNS THRU HER IS HERE!!!



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Introducing...

“A River Runs Thru Her”

A refreshing organization created to provide you with optimal experiences that will enrich your life while contributing to your overall well being. So join us on our journey in the “River!”

Mission: To inspire, empower & renew your mind, body & spirit

Philosophy: Create ultimate personalized experiences

Purpose: Encourage Balance in your life

Contact us at

RunsThru@aol.com



Collective Touch Therapeutic Massage

Specializing in 1 hour vacations.

For Information and Appointments

Contact Myomassologists

Janet & Cherry

(313) 268-0685

Are you ready for some fun?
Then we invite you to join the

Vogue Travel Club!

The Vogue Travel Club consist of individuals who desire to make new friends, meet people with common interests, and participate in organized group travel, social and sporting events. From novice travelers to seasoned globetrotters, members share a common love of travel and good times.

Some of our exciting local events have been:

- Luxurious Roof-Top Holiday Fashion Show & Parties
- Annual Summer Breeze Vogue Travel Club Picnic
- Movie & a Martini Afternoon at local movie theatres
- Evenings of dining and live stage performances
- Roaring 20's Dinner Theatre & all-night after party
- Annual Halloween Rock-N-Bowl & Costume Party

Exciting group travel has included:

- Annual "We Are Family" Trips, exploring exciting destinations such as Las Vegas, Dominican Republic, Jamaica, Alaska, and Europe
- Mystery Weekend Excursions
- International New Year's Eve Celebrations
- Wellness/Fitness/Spa Mind & Body Renewal Get-Aways

In support of local charitable events and organizations, The Vogue Travel Club is honored to be part of the Detroit Metro Area community that believes in giving back and supporting those in need. We've participated in:

- Strides Against Breast Cancer Walk
- American Heart Association Marathon & Walk
- American Red Cross Blood Drive
- Holiday Warmth Drive for Serenity Services of Michigan, a safe-house and outreach program for victims of domestic violence

**So join in the excitement, companionship
and savings of traveling with the Vogue Travel Club...**

The only thing missing is YOU!

For More Info

Call: (248) 663-2266 E-mail: voguetravel@aol.com

