

This coming holiday season is all about giving. As a valued Aqua-Pure customer, we're giving you an opportunity to win a 3M gift bag packed with various 3M products.



Simply log on to:

www.aquapure.com.au/mygift

and tell us in 25 words or less why you like your Aqua-Pure water filter system.

Offer ends on 16/12/11 so register today!

Filtered Water versus Bottled Water

Do you ever wonder about the effects we have on the environment when companies produce millions of bottles of water.

Did you know?

- Plastic takes over 300 years to degrade in our natural environment
- It takes 3 times the amount of water to make a bottle of water than to fill it
- Think of all the fossil fuel and related emissions to truck the water all over the country
- The electric energy we use to store it in the fridges before we purchase it.

Tips to save you buying bottled water:

- Buy a reusable BPA free bottle & fill up from your home water filter before leaving home.
- Store a 1 litre BPA free bottle in an esky in your car that you can go back to and refill your own bottle.

Compared to buying a \$3 bottle of water per day, filtering your own water at home could save you over \$1,000 per year!



Join us and Go Green!

Help our environment by choosing to receive future communication via email instead of paper. Register at

www.aquapure.com.au/gogreen

Every Go Green registration receives a free 12 month warranty extension*.

*Condition applies. Please go to www.aquapure.com.au/gogreen for more information.

Aqua-Pure[®]
WATER PURIFIERS

NEWSLETTER

Edition 2

Featured Articles:

Healthy tips for Christmas

Drive safe this coming holiday

Filtered Water versus Bottled water



3M



Get fit for Christmas & control your weight over the holiday season

Hi Reps Outdoor Fitness is an award winning personal training company, corporate fitness provider and Fitness Australia business member.

Do you want to change your health and fitness but don't know where to start? Here are some helpful tips I give my clients when they start a program of weight loss success with me:

Emotions – ask yourself these questions

- What is holding you back?
- What is your goal and what do you want to achieve?
- When do you want to achieve this goal?
- How will you feel if you achieve this goal?
- How will you feel if you don't achieve this goal?

Education

- Stressed at work? Use a calendar or diary to schedule your time better.
- Ask for help
- Find time for yourself

Eating

- Plan what you are going to eat the week before.
- Make sure you eat 3 main meals and 3 snacks daily
- The time you eat is very important. Try to eat every 3 hours. Don't eat to late into the evening as your food needs time to settle.
- Keep a food diary

Exercise

- Exercise can ease stress – a high intensity exercise is superior in reducing stress and anxiety
- If you are not exercising at the moment buy a pedometer and aim for 10,000 steps per day
- If you are on a budget and would like to start doing more exercise try interval training. Run 1km, power walk 1km. Aim for 5-6kms

Staying active really does beat middle-age gain. Chances are you will have a better night sleep and feel less stressed the next day. It's one of the healthiest ways to boost your mood and being a good role model for the next generation. If you would like more information on getting active, starting to eat right and kick your excuses you can find me and my latest blogs at www.hireps.com.au

Christmas Cake to make and give

Ingredients

- 800 g mixed dried fruit
- cup brandy
- cup caster sugar
- cup brown sugar
- 250 g butter
- tsp bicarbonate of soda
- 4 eggs
- 1 cups plain flour
- 1 cups self raising flour
- Glace cherries and nuts to decorate



Method:

1. In a saucepan combine mixed fruit, brandy, butter, caster and brown sugars, bicarbonate of soda and 1 cup water. Stir well and bring to a boil over a medium heat, stirring well.
2. Once boiled, turn off the heat, cover well and leave for 12 hours or overnight.
3. Preheat oven to 130 C.
4. Grease a 20cm diameter tin or spring-form pan and double layer with baking paper.
5. With a spoon, mix in eggs into your fruit mixture, then add flours half a cup at a time stirring in well before adding the next half cup. When all combined, pour into your tin.
6. Press mixture well into the edges of the tin and flatten down the top. Decorate as you wish!
7. Cook for 3 hours on the middle shelf of your oven.
8. Remove from oven and allow to cool in the tin.

For more great recipe ideas, visit: <http://www.kidspot.com.au>

Driver Reviver

Driver Revivers operate throughout Australia during Christmas, school/university holidays and over long weekends to reduce fatigue related crashes on our roads. So, if you're planning a road-trip, Driver Revivers are a great place to take a break from the driving and enjoy some free refreshments.

How to prevent driver fatigue

The best way to prevent driver fatigue is to make sure you have enough sleep before driving, regardless of the length of your trip.

The best way to avoid a fatal fatigue crash while driving is to recognise the early warning signs:

- Yawning
- Restlessness
- Boredom
- Poor concentration
- Drowsiness
- Oversteering
- Tired eyes
- Slow reactions

If no Community Driver Reviver stops are operating when you travel, be sure to revive at other safe stopping locations including country towns, scenic points, service centres, petrol stations, parks and roadside rest areas. For more information visit <http://www.driverreviver.com.au>

Tips on avoiding fatigue-related accidents:

- Get a good night's sleep before commencing a long trip.
- Do not drive at times when you would normally be asleep.
- Avoid long drives after work.
- Take regular breaks from driving (use rest areas).
- Share the driving whenever possible.
- Pull over and stop when drowsiness, discomfort or loss of concentration occurs.
- Find out whether any medicine you are taking may affect your driving.