

This Report is brought to you by...

# The WOW Experience

Overdelivery is our Specialty!

Where Vision and Value Go Hand in Hand with Information and Opportunity!



Other Companies Make Promises -- We Make Dreams Come True!  
We Offer QUALITY CONTENT in Every WAY, TYPE and FORM

- Exclusive WOW Private Label Releases
- Private Label Products
- Public Domain Products
- Master Resale Rights eBooks
- Master Resale Rights Software
- Bestselling Audio eBooks by Top Authors
- Non-Fiction Audio eBooks
- Exclusive WOW Affiliate Products
- Resale Rights Products
- Exclusive WOW Private Label Reports
- eBook to Audio Conversion Software
- Resale Rights Generation Software



And, of course, if you want it all tied up in a neat website package, with *all the work done for you*, we have our NEW [Niche Empire Builder Software](#) – the Niche Real Estate Business Builder's Dream Come True!

## Niche Empire Builder

The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True!

[www.the-wow-empire.com](http://www.the-wow-empire.com)

## The WOW Content Club

Your Full Spectrum Content Provider

If Content Is King,  
The WOW Content Club is the Kingdom  
You Have Been Searching For!



[www.wow-content-club.com](http://www.wow-content-club.com)

## WOW Profit Packs

Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices!



[www.WOWProfitPacks.com](http://www.WOWProfitPacks.com)

Enjoy this Free Niche Report, compliments of WOW Enterprises  
For Many More Free Reports, simply click on the links below.

[www.TheWOWExperience.com](http://www.TheWOWExperience.com)

[www.NicheEmpireBuilder.com](http://www.NicheEmpireBuilder.com)

[www.WOW-Content-Club.com](http://www.WOW-Content-Club.com)

[www.WOWProfitPacks.com](http://www.WOWProfitPacks.com)

# Making Physical Fitness Fun for the Fifty-Plus Crowd

## Topics Covered:

Buddy Up - Companions Take the Drudgery out of Exercise  
Forget Those Senior Moments and Ease into a Physically Active Way of Life  
Get Exercising with Some Golden Oldies Music for your Golden Years  
Senior and Still Kicking - Dance Lessons Make for Great Heart Workouts  
Tap into the Fountain of Youth - Exercise!  
No Pain. No Gain is not the Rule in Senior Physical Fitness  
You're Not Dead Yet! A Senior's Guide for Some Get Up and Go!  
Revisit Old Pastimes for a New Senior Workout  
Window Shopping is a Competitive Sport - The Ins and Outs of Mall Walking  
Pushing up Daisies - Why Gardening is a Great Physical Activity for Seniors  
Yard Work = A Great Workout for Seniors  
Keep Up with the Grandkids - Strength and Weight Training for Retirees  
Getting Better at Getting Older - Physical Activities to Keep you in the Game  
Apparel Apparent - What to Wear for your Workouts

# Making Physical Fitness Fun for the Fifty-Plus Crowd

## Buddy Up – Companions Take the Drudgery out of Exercise

For those of us who are in our fifties or above, motivating to get fit can be a little intimidating. A few years, or even a decade, may have passed without any consistent exercise. Children and grandchildren, jobs, and figuring out your retirement plans have made your life seem busier than ever. The body may try to tell you that getting into a routine of exercise is too daunting of a task in your less youthful body. You may wonder how much working out may have changed since the last time you were in a gym or aerobics class.

The fact is that all of those concerns will quickly slip away after a week or two of getting used to a fitness track; but, knowing that doesn't always make it easier to get there. You really just need to find a little motivation to make those first steps. Many in the fifty-plus crowd have found a great source for motivation by partnering up with one of their fifty-plus friends. Both of you get to start something new together, and that makes many of the excuses and insecurities about a fitness plan just disappear. Fitness companions get to encourage and motivate one another, and they get to socialize in a fun way at the same time. A buddy is precisely what people in the fifties-plus crowd are calling their best tool for fitness support and motivation.

While you and your buddy's bodies are getting into the swing of a new workout routine, you will be able to get your mind off of your muscles with some catching up. Imagine how different a three or four-mile walk would be without your workout pal and you being able to chat and laugh. You will also be able to try out a variety of activities which need more than one person, like tennis, racquetball or bowling. With your fitness pal, finding new activities to try will seem more like an adventure than just a workout.

Although, it isn't always the best idea, depending on the kind of class and instructor you have, to socialize away during a class, having a buddy with you whom you can once in awhile grimace with and send knowing looks acknowledging the work your bodies are doing, can make a workout seem like something you can get through. Especially in the beginning, when muscles may be weak and the heart wants to slow you down, a friend's smile can give you an extra bit of strength. Having your fifty-plus companion in your aqua, step or weight-training class with you will make it easier to take that first step into the workout area. So what, if everyone in the class has been there for months and they all know each other? You and your pal have each other for the first few days that you are new.

With a busy lifestyle that is moving toward retirement, it will be easy to make excuses for why you are unable to make it to the gym. Your companion and you can motivate one another to stay on track. Friends can challenge you to do just one more push-up or to walk another half of a mile. A buddy which has known you a long time will also be able to call your bluff when you are trying to say you don't have enough time to fit in a workout. Likewise, once you encourage them, you have to make sure you show up, too. After so much time invested in your loved ones, you and your workout buddy can encourage each other to take time for yourselves and your friendship in a new, productive way.

Maybe you have recently been urged by your doctor to start working out, or perhaps you just want to feel better about your body and self with some preventative action. Either way, having a friend to workout with can make all the difference. Friends support us through all aspects of our lives, so it makes sense that they could also help us motivate to workout. With a workout pal, finding physical activities to do together can be a fun rebirth to fuller wellness for both of you.

## **Forget Those Senior Moments and Ease into a Physically Active Way of Life**

As we get older, our bodies tend to want to stay at rest. The secret to a long and healthy life comes from keeping our bodies active. So many things depend on maintaining a daily exercise routine. Besides the obvious benefits of keeping our weight under control, researchers have also concluded that daily exercise helps us sleep better, strengthens our bones and muscles and lowers the risk of heart disease, high cholesterol and high blood pressure. The risk of diabetes and even some kinds of cancer can also be lessened by regular exercise

In fact, the reasons that we typically feel disinclined to exercise, low energy and pain in our joints, can be affected by exercise. Researches have discovered that people who exercise regularly have more energy and experience relief from arthritis. Participating in a regular exercise routine (30 minutes of activity five or more days a week is enough to improve overall health), the increase in energy and the feeling of well-being is enough to keep us going. What do we do, though, if we've fallen into a routine of staying put and eating poorly (the largest underlying causes of death in the United States)? How can we get back into a healthy, active lifestyle?

The first hint is to ease into it. Start with things you enjoy doing and feel confident you can accomplish. Remember that exercise doesn't necessarily mean joining a gym! Combine exercise with activities you already like to do. Go for a walk with the grandchildren while you're taking care of them. Lift some light weights or stretch out your muscles and flex your joints while enjoying your favorite television program. Just a little bit of exercise will give you the energy and motivation to do more, and your body, with each increase in exercise, will become able to exercise for longer periods of time.

To keep up your motivation, make a list of all the health benefits you will experience as you become more fit and active. Make sure and include all the things being fit allows you to do. Review the list each day, add anything you think of, and check off the benefits as you begin to enjoy them.

As you begin a regular exercise program, remember not to overdo it. If you feel stiff or sore a couple of hours after exercising, cut back a little bit. Don't let aches and pains stop you from activity all together. Remember that you don't have to perform a full day's exercise all at once. A walk in the morning, some yard work in the afternoon, and lifting some light weights in the evening is just as good, and may be more enjoyable than a prolonged workout. Another good way to stay motivated is to take friends along. Not only will the activity be more enjoyable for you, but you'll be helping them stay fit and active as well.

Next you may want to examine your diet. Remember, diet is closely tied to energy and health. The more fresh fruits and vegetables you eat, the better you'll feel and the more active you'll be able to become. Talk to your doctor about the right diet for you.

Eventually, you'll find that you're exercising without much effort at all, and you'll be experiencing the health benefits that you wrote down on your list. Always keep in mind that additional activity produces additional benefits.

Low impact exercise can help ease any joint pain that might result from exercise. Bicycling (either on a stationary bike or outdoors) provides a great cardiovascular workout and is gentle on the knees. Swimming (especially in warm water) is another excellent way to save wear and tear on your joints. The Arthritis Foundation provides a warm-water exercise program at a number of locations, for those who are interested.

For those who want a more directed exercise regimen, local gyms or senior centers have everything from light aerobic workouts to weight programs that will allow you to engage the expertise of an instructor in your exercise program.

No matter how we do it—yard work, walks with grandchildren or friends, light exercise in front of the television, or trips to the local gym—becoming and staying active is the secret to a healthy lifestyle. If you haven't been keeping up with regular exercise, ease into it. The benefits will come quickly, and you'll wonder why you waited so long to get fit.

### **Get Exercising with Some Golden Oldies Music for your Golden Years**

Are you looking for a way to increase the positive effects of your commitment to exercise? According to doctors and researchers, you can increase your motivation and concentration and decrease your conscious effort when you exercise by making one simple change – the music that's playing while you work out.

People have known for decades that music makes work seem easier – but now researchers have proved that music is one of the strongest personal motivators known. According to studies headed by Dr. Jimmy Smith, a sports psychologist who practices in Texas, the right music can make you exercise harder and burn calories faster. Because exercisers are focusing on the music instead of on their bodies, he believes, they don't feel the strain as much, so they work harder and longer. One of the most interesting findings of his research is that the best music isn't high-energy, fast-paced dance music, as many workout trainers have assumed.

Instead, Dr. Smith found, the 'best' music for working out depends on the tastes of the exerciser. In one study, he had 15 students each do four workouts on exercise bikes. The first one was done with no music, the second to slow music, the third to fast music, and the last to music that they picked out themselves. In every single case, the students worked harder, longer and faster when they were listening to their favorite music. The results on all the other tracks were mixed, but when students were listening to their own choice of music, they pedaled faster and harder, and worked out longer than with any of the other three selections of music.

What does this mean for your workouts? Pop in your favorite music, say the experts, and let the good times roll! For many seniors, that means pumping up the volume on the Golden Oldies while they pump up the meter on their hearts and lungs. Working out to the Oldies is one of the most popular aerobics exercise classes at many senior citizen centers. Others get into the swing of exercising with the Big Band sounds of the Forties, or the Fabulous Fifties. And for an increasing number of fit and active seniors, exercising to music means square dancing and line dancing.

According to the Central Puget Sound Square Dancing Council, square dancing is the perfect low impact aerobics workout for seniors. They quote Dr. Arron Blackburn, who conducted a study of square dancers as old as 80 and concluded that they were as healthy and fit as adults ten years younger. According to Dr. Blackburn, "It's clear that square dancing is the perfect physical exercise. It combines all the positive aspects of intense physical exercise with none of the negative elements."

What Dr. Blackburn says about square dancing can be said of nearly any kind of dance. Rhythmic movement to music is more than just great exercise. It also challenges the mind, involves the whole body and includes social aspects that are hard to find anywhere else. Dancing is "the ultimate togetherness workout" says Phil Martin, an instructor at California State University at Long Beach. According to Martin, steps like the Samba, the Cha-Cha, the East Coast Swing, the Foxtrot and the Viennese Waltz can raise your heart function to the levels required for aerobic benefit without the strain of a more boring workout. You just don't notice the effort because you're having too much fun.

And having fun is another part of the benefit of working out to your favorite golden oldies. Studies show that seniors who have a regular social outlet are less likely to be depressed and are healthier than those who are solitary and alone. Part of the reason may be the fun factor, says Martin. It's a lot harder to keep up a regular three times a week workout than it is to go dancing every Saturday night.

Whether your favorite workout is the Lindy, the Charleston, a break-dance or a polka, the music you choose can be the key to keeping yourself in shape, and having fun while you're doing it. You can find local dance socials by checking with your senior citizen center, or in the Events section of your local newspaper.

### **Senior and Still Kicking – Dance Lessons Make for Great Heart Workouts**

Just thirty minutes of exercise five times a week has been shown to bring health benefits. Sleeping becomes more restive, arthritis and joint aches decrease, and energy levels increase. In addition, bone mass is maintained, protecting us from fractures due to accidental falls. Besides the physical benefits, regular exercise has been shown to aid in the maintenance of mental functioning.

Keeping our hearts healthy is especially important for us seniors. Cardiovascular exercises, which increase heart rate, keep our hearts in shape. Regular exercise has also been shown to

lower blood pressure, freeing our heart from some of the effort in moving blood through our system.

Yet many of us don't find much joy in regimented work outs. We know that we need regular cardiovascular exercise to stay heart-healthy, but what activities can we find to avoid the tedium of typical exercise programs?

I find dancing to be just such an activity. Dancing allows me to get my heart pumping and my limbs moving without having to endure the boredom of exercising on a treadmill or at a gym. In addition to keeping my heart healthy, dancing regularly also helps me to maintain balance and coordination. Besides the physical activity, dance lessons and events allow me to get out of the house regularly and make and meet friends in a social setting.

Local organizations, universities, community and, sometimes, churches hold dancing lessons and events that are open to people of all abilities and skill levels. If you haven't danced in awhile, or even if you've never tried it before, it's never too late to learn. Adding another skill to your list never hurts, and dancing is an ability that comes in handy mighty often. Dance lessons are typically offered by style (ballroom, folk, Latin, swing, et cetera) and ability level (beginner, intermediate, advanced, competitive). Most dances that you're probably familiar with fall into the category of "ballroom dancing."

Ballroom dancing is performed with a partner (don't worry; there are typically a number of "singles" taking lessons. You'll be able to pair off when you go to the lesson). Everything from the internationally renowned waltz, to the classic American Foxtrot, to the Latin salsa and cha-cha, fall into the category of ballroom dance.

Folk dancing typically refers to square-dancing, contra dancing, or one of several Irish, Scottish, or English styles of dance. Folk dances can sometimes be more social than ballroom dances (since partners typically split up and join with others during the course of the dance). Other popular styles of dance include swing, Latin, traditional and many others. Feel free to explore.

Books and videos can also be found online, if you just need a refresher, or would rather get the basics in the comfort of your own home.

Before kicking off your shoes and heading to the dance floor, it's important to get your body warmed up. Just like any physical activity, preceding it with some good stretching will help you get the most out of it. Stretching and warming up also aids in preventing injuries and will avoid soreness and stiffness after you've finished.

If you're just beginning to use dance as exercise, ease into it. Pay attention to the signals your body sends to you. If you start to feel stiff or sore, take a few minutes break and stretch a little bit to limber up the muscle. If your joints ache or become inflamed, you may be overdoing it. Avoiding pain or injury will allow you to hit the dance floor more often and for longer periods of time, so know your limits and don't push your body too far.

Always remember, you're the one taking the dance lesson. Move at your own pace. Don't feel pressured to keep up or to take part in every aspect of the lesson. If you feel uncomfortable or

unsafe with a particular feature of the lesson, sit out for a minute or two, or practice another part that you've already learned. Nobody expects you to risk your safety over a dance move!

If you're looking for a great way to be heart-smart, stay fit, and meet new people, try dancing. Dance lessons allow us to try something new, exercise, and take part in a social activity all at the same time. Find a style that interests you, pick the appropriate skill level, find a place, and dance!

## **Tap into the Fountain of Youth – Exercise!**

### **7 Ways to Success**

Long gone are the days when 'aging gracefully' meant taking to a rocking chair on the front porch. Today's seniors are more active than ever. They're out jogging, walking, swimming, biking and hiking – and that's just the tip of the iceberg. And, say doctors, by remaining active, they're increasing their chances of staying healthy and young.

Exercise, say many medical researchers, is a veritable fountain of youth. Seniors who engage in moderate to strenuous exercise on a regular basis are doing their bodies a favor in more ways than one. Recent studies released by the American Diabetes Association, the American Heart Association, the National Institutes of Health and the Arthritis Foundation all support regular, moderate exercise to help prevent or treat heart conditions, high blood pressure, diabetes and arthritis. In fact, say most doctors, by including a half hour of exercise in your routine three times a week you can reduce your risk of nearly every physical condition that's associated with aging.

"I love to travel and I exercise daily to stay fit so that I can enjoy my traveling more," says Maddi McDonough, 66, of Pembroke, Massachusetts. "When we went to Switzerland, I was able to hike right up to the peak of Mt. Pilatus while others sat at the lodge and waited. In Alaska, I went mushing on a dog sled, and white water rafting in Colorado. I didn't bungee jump in Australia, but it sure was tempting."

For Maddi, exercising is walking – 10,000 steps a day, every day. Since she started walking, her cholesterol levels have dropped, her blood pressure is down and the sciatica that had confined her to bed for months at a time hasn't reared its head in almost two years. She's one of millions who have snapped pedometers onto their belts to join the 10,000 steps club. Walking is only one way of staying physically active, though. It doesn't matter how you exercise, says the American Heart Association. The key is to get moving – and keep moving for about half an hour at least three times a week.

The Arthritis Foundation's position on exercise reflects the changing attitudes of the times and the new information that research has brought to light. For decades, doctors advised patients with rheumatoid and osteoarthritis to 'take it easy'. Not any more. Nowadays, the advice is 'move it or lose it'. Just like muscles which atrophy if not used often, joints stiffen and become inflexible without regular use. Exercise helps keep the joints flexible, builds strong muscles around the joints and reduces joint pain. That's not all, though, say the experts at the Arthritis

Foundation. Regular exercise increases energy, promotes better sleep, controls weight, decreases depression and increases self-esteem.

And it's fun. Just ask Marilyn Boynton, a 68 year old self-described 'old broad'; Marilyn took up tap-dancing at the young age of 59. At one point, says the tap-dancing senior, her back hurt 'really really bad'. Instead of retiring to her rocking chair, she joined a health club, and within a couple of months, the pain in her back had already begun to lessen.

For those who've been sedentary for some time, jumping right into a strenuous exercise program could cause injuries or strain. Instead, the American Heart Association offers the following advice for exercise success.

1. If you haven't been active for a while, are overweight or have a chronic health condition, see your doctor before beginning any exercise program.
2. Choose a variety of activities that you enjoy so that you don't become bored with just one type of exercise.
3. Wear comfortable clothing and shoes that fit well.
4. Make exercise a habit, but be flexible. If you miss a regular activity, make it up by fitting physical activity into your day another way.
5. Don't overdo it at first. Start slow and gradually work up your endurance and ability.
6. Exercise with company. Finding a friend to work out with you can make exercise more enjoyable and help you stay on track.
7. Remember to take the time to warm up before exercise and cool down after your workout.

"Exercising is good for you," says Maddi McDonough. "It keeps you young and healthy. It gives you a good perspective on life and makes everything more fun."

## **No Pain. No Gain is not the Rule in Senior Physical Fitness**

### **5 Ways Seniors Can Enjoy Daily Exercise**

First they tell you that you have to exercise at least 90 minutes a day, five days a week, and then they tell you that it has to hurt. This no pain, no gain mentality is somehow meant to inspire us to work our bodies so hard that we are sore and stiff the next day. For seniors who already have pain that they are trying to heal, the prospect of purposefully adding more pain makes exercise seem like a bad joke. The idea that we should feel pain after we exercise may be good for military boot camps that want to build up soldiers, but as seniors, there should be a way to work around extreme exercise.

## **Yoga**

Luckily, many doctors and fitness enthusiasts are beginning to support seniors in the re-done, no pain, no pain attitude. They are finding that seniors who are expected to add pain to a lifestyle that may already incorporate chronic pain is an unreasonable expectation. Yoga, for example, purports that no one is supposed to feel pain during any of the postures. In other words, a posture done within a person's abilities will not be painful. Activities like walking and dancing are being suggested as a beneficial, painless way for seniors to stay fit as well.

## **Swimming**

Swimming is another activity being recommended for no pain, with gain. Being in the water relieves muscle tension, pain and swelling from arthritis, and lets the body perform resistance exercise with little tension on the joints. It is still possible to overexert you or feel sore the next day, but the water makes the chances for a successful and painless workout much more possible. Hospitals have even built swimming pools or co-opted with gyms for pool use time because swimming is such a painless way for seniors and those in physical therapy to regain or grow strength.

## **Gym**

There are a few ways to make sure that you are in the right environment to engage in a no pain with gain workout. Professional gyms which have certified instructors are a great place to start. Senior classes are on gym calendars everywhere. Silver Sneakers offers classes made specifically for seniors at various levels of fitness and ability. Many instructors will also offer modifications for exercises. If the modification information is not readily available, ask the instructor or fitness manager for it.

As long as your doctor has approved the activity or class, the instructor should be able to offer ways to keep pressure off the knees and wrists, or recommend alternate exercises for those using walkers or wheelchairs. Wellness centers and weight rooms should have personal trainers on hand that can recommend the proper weight for circuit training and lifting weights. If a fitness instructor does not have this information, then reconsider taking a different class or going to another gym.

## **Dancing**

Besides finding places which can offer the proper modifications for their classes and machines, finding something enjoyable which you like to do and that is physical will also diminish the pain philosophy from a wellness attitude. If you pick a physical activity which you consider fun, you are not likely to associate it with a need to create discomfort. Dancing should end the night with you feeling rejuvenated and exhausted by the fun, not the pain, you experienced.

The only potential drawback to doing something that we enjoy is that we tend not to think directly about how much we are working our bodies when we feel good. Try to keep tabs on how your body feels throughout your activity or workout. Remember that you are going to be the first person who will know when it has been too much.

## **Walking**

Taking a little walk can do wonders. Not only will it revive you but may motivate you to continue exercising. As gentle as the new workouts are, a little soreness can still result from any physical exertion. Counteracting soreness with some yoga or stretches will take away some of the kinks, especially when they are more pronounced in the morning. Drinking plenty of water before and after a workout also does plenty to keep sore muscles away. Water helps to breakdown the lactic acid that builds up as you build muscle. Outside of drinking water, a relaxing, warm bath can alleviate any soreness until your body gets accustomed to your new pain-free workout.

## **You're Not Dead Yet! A Senior's Guide for some Get Up and Go!**

### **9 Tips to a Fun Exercise Program**

Eubie Blake, the jazz pianist, voiced the feelings of many an older American when he said, "If I'd known I was going to live this long, I'd have taken better care of myself."

Fortunately for today's seniors, doctors and health care organizations are waking up to the fact that it's never too late to start taking better care of you. All over the country, senior citizens are being encouraged by their children, doctors, grandchildren and health care providers to "Get up and move!" And all over the country, they're tugging on jogging pants, lacing up their sneakers and heading out there to have some physical fun.

To be fair, not all seniors need urging. According to a number of surveys of adults in the AARP set, this generation of older Americans is one of the most active, physically fit ones we've ever seen. As Baby Boomers hit retirement age, they're not slowing down. Instead, they're barreling into their senior years with all the energy and gusto they've tackled everything else in life.

And this is excellent news for their health, say doctors and researchers. Nearly every major study conducted in the last ten years has confirmed that staying active is a great way to stay young and healthy. And while doctors used to advise their older patients to slow down and take it easy, now they're far more likely to encourage them to get up and go. As recently as a decade ago, most people figured that if you weren't already exercising and active by your thirties, getting active after that wasn't likely to help you much. Now they know better.

In fact, no matter what age you are, getting yourself into the habit of being physically active on a regular basis can help you reduce the effects of getting older, increase your bone density and cut your risks of fractures, cut down on your risk of developing diabetes and even reverse some of its effects. As if that isn't enough, doctors have also found that seniors who are physically active for at least an hour daily 3 or more times a week reduce their risk of heart attack, lower their blood pressure, are less likely to be depressed, and live longer AND happier lives than their sedentary counterparts.

Think that you'd like to join the fit for life generation? Then doctors and fitness professionals have these tips to help make it easy and fun.

Don't let limited mobility or chronic conditions stop you from becoming active. The fact is that keeping your body moving is a key ingredient in getting better. Research has shown that regular physical activity improves just about every health condition that limits you.

Do, however, check with your doctor before starting out on any exercise program, particularly if you have arthritis, diabetes or a heart condition. A knowledgeable doctor can steer you toward activities that will strengthen your bones, joints and heart, or refer you to a physical therapist who can design an exercise program that works for you.

Pick activities that are fun. Take up golfing or hiking, walk at a local flea market, or join a volleyball team or class at a local fitness center.

If you have joint pain or osteoporosis, go for low-impact aerobic activities like walking or swimming. Be careful with activities that involve rapid starts and stops like handball or tennis.

Buddy up for double fun. Getting together with an exercise buddy can help keep you on track on the days when you just don't feel like working out. Even better, teaming up with a friend can make exercise seem a whole lot less like exercise and a lot more like fun. Would you rather 'exercise' or play a round of golf with a friend?

Got grandkids? They can be an excellent motivator. Playing with the grandkids is more than just fun. Pushing a stroller uphill on a fifteen minute walk is resistance training. Bouncing a 20 pound toddler on your knee is weight training. Half an hour of pitching balls for batting practice with your ten year old grandson is aerobic exercise – you can continue from there, can't you?

If you do decide to join an exercise, dance or fitness class, fitness experts recommend finding one with members close to your own age. Often, when seniors join classes that are mixed ages or mostly younger, they feel pressured to keep up with the competition.

Be flexible with scheduling and forgiving of yourself. If you don't get out for your walk in the morning, stop in at the health club for a swim in the afternoon. If you miss your golf game on Tuesday, fit in a walk after dinner that evening.

If it hurts – stop. No pain no gain is not the motto you want to make your own. Moderate physical activity shouldn't hurt. Waking up stiff the morning after a workout is normal. Being in pain all day the next day is not. Listen to your body and if it says you're overdoing it, slow down until it recovers.

Being active and fit is a great way to stay healthy and have fun well into your senior years. Don't think the time has passed you by – just get up and move!

## **Revisit Old Pastimes for a New Senior Workout**

### **The Top 3 Most Enjoyable Exercise Activities for Seniors**

If you are looking for new ways to enjoy working your body toward wellness, a bit of reminiscing may provide the activities you are looking for. What was once enjoyed does not have to stay a memory. Many of us have enjoyed a variety of sports in our youth. Why not dabble in the past to bring back some activities you once loved? Many seniors are rediscovering old sports and activities which they once enjoyed can be done with their current bodies. The agility and range of motion which scares seniors out of doing activities, which they once relished, does not have to be an issue if you respect the limits of your current self and take your sport little by little.

## **Dancing**

One of the most pleasurable ways that seniors rediscover an old pastime is by meeting with dancing groups. Many seniors have found that dancing brings back all of the best memories about being alive and active. It is also one of the best forms of exercise which involves socialization and fun. Most cities have dance studios which offer lessons for all kinds of styles of dancing including ballroom, salsa and square dancing, to name a few. Groups of seniors are also getting together and renting space which will let them have old-fashioned line dances. Meeting with these dance groups provides plenty of energizing and lighthearted movement which can be a great senior workout.

If dancing was never your thing, that is not a problem. Some of us never felt graceful on our feet, but took to the water with ease. Many seniors are heading to the pool for some soothing, joint relieving time. Working your self up to a few more laps each week will bring back some of the vigor once enjoyed by a younger self. If you want to add a new edge to your revisited swim routine, try a water aerobics or water therapy class which plays on the challenging, but gentle, resistance of water for quite a workout.

## **Swimming**

Sometimes motivating ourselves to get to the pool can be too much. Luckily, we can get exercise by just walking out of the house. Make sure that you have a nice pair of sneakers, and you can enjoy a morning or afternoon of walking your way to fitness. Seniors that have moved out of cities, or who no longer are in the routine of being out of the house, are not walking as often or as far as they used to. Find a new way to look at this oldest form of transportation and take yourself a little further or faster each day. The same can be said for bicycling. A nice, shock resistant bicycle can give you a sense of freedom and youthfulness.

## **Sports**

Group or two-person sports that were old pastimes, like soccer, tennis, softball and basketball can be accessible again if your doctor does not have any protests. Get a small group together of your friends, or put up a sign at the local gym about starting a senior sports club. Rules can be broken down to take tension out wherever needed. Group sports are great at invigorating the body and will allow the mind to focus on the team rather than the self.

The truth is that almost anything you used to do can become your new workout. It is wonderful to take the "I used to..." out of a conversation and to let the body remember the various ways in which you once trained it, whether it was to pitch a ball or spike a volleyball.

Getting a group of your seniors together and challenging them to join you on a toned down version of a sport all of you used to enjoy will rejuvenate your friendships and bodies. As long as everyone has permission from their doctor and rules are agreed on beforehand, taking on a group sport can work for seniors.

Dancing is also wonderful because of its social effects and can be made as comfortable to the body as needed. Backstrokes and butterflies can come back easily to the latent swimmer, while walking is almost as much of a necessity to live as breathing. Picking up an old pastime can become your new workout and help you feel youthful again.

### **Window Shopping is a Competitive Sport – The Ins and Outs of Mall Walking**

Thirty minutes of brisk walking per day is not only enough to help you feel better, it is enough to prevent obesity and a host of other diseases. Walking is beneficial as a form of exercise. It is one of the most basic and easiest forms of exercise. The only equipment required is sturdy shoes, comfortable clothing, and ambition. Walking is an aerobic exercise that tones your heart and lungs. It is most helpful to engage in walking three to six times a week for thirty minutes per session. Any type of walking, though, can improve health. However, outdoor walking is not feasible in all parts of the country due to climate, road conditions, and personal safety concerns. Mall walking is an excellent way to engage in this helpful activity.

There are a number of benefits to mall walking. Malls are not subject to the weather. It is possible to enjoy year round comfort in a mall without precipitation, wind, or temperature. Additionally, malls are relatively secure places. Stores and the mall itself employ security personnel to ensure the safety of their patrons. Also, malls are automobile traffic free which means that busy intersections won't interfere, and you won't be breathing any automobile fumes. Moreover, malls are also typically litter free so there aren't any worries about broken glass or trash on the path. Further, restrooms, water, and refreshments are always nearby.

Walking in the mall will also give you a head start when the stores open, which can be particularly helpful during the holiday season. Lots of malls encourage the practice of mall walking through clubs, price reductions, and health screenings. Some malls even offer rewards programs like mugs every fifty miles. Mall walking can also encourage friendships. Talking with other walkers is easy and fun.

There are also some drawbacks to mall walking, though. It can get rather boring, as walking for any length of time means seeing the same stores. It can also be a little tempting at times, as malls are packed with junk food stands. One other drawback is that the floors are typically concrete which can be harder than asphalt. Mall walking is also not conducive to a fast pace. Speedier walkers may find they are better off on an indoor track.

There are several things you can do to keep mall walking more interesting. Friends help everything, so walk with a friend. It's an excellent opportunity to catch up with each others' lives and chat for an extended period of time. Watch for bargains at stores. Mall walking provides a unique opportunity to notice things like great sales before most other patrons. If you're not walking with a friend, you should try listening to music. Make a tape, cd, or mp3 of

your favorite music and bring along your media player. You can groove to all of your favorite tunes while you watch the scenery float by.

It can also be helpful to use the time you spend walking to clear your head by thinking, dreaming, and planning, not just plotting the list of housework tasks you must finish when you get done walking. As odd as it may sound, try playing games as you walk. Create your own version of "I-Spy," or invent other mind games to keep yourself busy. You are likely to be more motivated if you schedule a favorite activity after you walk. Try to have a cup of coffee with another walker, or schedule something else you enjoy. Perhaps one of the most important things you can do is to establish goals for yourself. Decide when and how to build the prevalence, persistence, and magnitude of your exercise routine.

It is important to check with a doctor before beginning any exercise program, but there are a number of health circumstances that can make exercise unsafe. If you have been inactive for more than six months, you have any cardiovascular problems or you have a history of cardiovascular problems in your family, you take medication regularly, you have a lung condition, you have flexibility issues, or you have an untreated injury, it is absolutely necessary to be cleared by your doctor, even for something as basic as mall walking. Your doctor may suggest some routine tests before he deems it safe for you to begin exercising regularly. He may also suggest modifications to your exercise plan to meet your wellness needs. No matter his suggestions, only your doctor can assist you with the correct choices regarding your needs.

## **Pushing up Daisies – Why Gardening is a Great Physical Activity for Seniors**

*"No occupation is as delightful to me as the culture of the earth, and no culture comparable to that of the garden. I am still devoted to the garden. But though an old man, I am but a young gardener."*

-- THOMAS JEFFERSON

For many of us, gardening provides a deep sense of peace and connectedness to the Earth. It is a pastime we enjoy, and, after retiring from the working world, we finally have the time to indulge in activities that, in earlier years, we had to struggle to fit into our busy schedule.

In addition to being a fulfilling activity, gardening allows us to stay physically active. The act of gardening helps maintain balance, coordination and strength. This, plus the maintenance of mental faculties that it provides, makes gardening a wonderful physical activity for seniors.

As we age, our bodies tend to stiffen up. Our muscles lose their strength and the flexibility of our joints suffers. Sadly, cutting back on physical activity only hastens this process. That's why I value enjoyable activities that are both immediately rewarding, and stem the onset of the symptoms of aging. Experts in aging recommend light daily activities to keep our bodies fit and our minds sharp. Gardening provides precisely such an activity. In fact, the more frequently you visit your garden, the less work is necessary with each day. This motivates me to get out each day and keeps the workload light on an individual visit.

Besides the health and mental benefits of the activity, gardening is immensely rewarding. A flower garden adds to the attractiveness of the house and yard, while a vegetable or herb garden provides fresh vegetables and seasonings for the kitchen. Knowing that you have produced the food that you are eating makes the meal that much more delicious.

Over the years, I have discovered a number of tips that help me make the most of my gardening experience.

Stretching and warming up the body before beginning a physical activity is important. Having a prepared body helps keep me in the garden longer and relieves some of the soreness I sometimes experience afterwards. Likewise, a gradual cool-down after being active helps prevent the body from stiffening up.

While in the garden, try to avoid twisting your body while working. If you need to reach around to the right or left, take the time to stand up and replant your feet for the task. This is especially important when applying force (with a gardening fork or while weeding, for example).

A wheelbarrow can save your muscles and joints as well. When lifting, make sure and lift with the knees, no matter how light the load—this will keep your back from experiencing any discomfort. Similarly, when performing a task at ground level, avoid bending at the waist—kneel down instead. Sometimes, I find that taking a kneeling pad, or even a garden stool, with me helps my endurance when working with the soil or young plants.

Try to break tasks up and keep your body moving. Avoid sitting or kneeling in the same position for too long. Stiffness sets in quickly when the body is at rest, and you can avoid discomfort and injury with frequent changes of your pose.

A number of adaptive tools are now available that reduce the strain on muscle groups while tilling, planting, weeding and harvesting a garden. These tools reduce the danger of injury and can prolong sessions of gardening.

In addition, volunteer organizations exist in many communities that will provide some help in the more strenuous aspects of gardening and yard work. Ask about these programs at your local senior center or at the United Way.

With those guidelines in mind, my only additional advice is: don't delay! Get out there and enjoy your garden. The sooner you begin, the more quickly you'll experience the health benefits yourself. Once you start, I predict you'll want to spend more and more time in your garden—it's addicting! Whether you decide to plant flowers, vegetables, or herbs, your garden will provide you with an attractive addition to your yard, a sense of pride and well-being, as well as a healthier, fit body and mind.

### **Yard Work = A Great Workout for Seniors**

Staying fit can be quite a chore. Making the time and mustering energy to go to a gym or even to use home exercise equipment can be challenging, and what do we have to show for the time

we spend (besides the knowledge that we're staying healthy)? That's why you may find that, rather than exercising for the sake of exercise, you prefer to work in your yard. It's a fun and fulfilling way to keep active and keep your house and yard looking its best.

Many seniors will hire neighborhood youngsters to perform their yard work for them. Others prefer to get outside and do it their self. Doing your own yard work not only allows you to get a light, enjoyable workout, but you can also make sure the yard looks exactly the way you would like it to look. In addition, you derive a great deal of personal pride and satisfaction from doing the work yourself.

Nothing compares with the simple pleasure of working out of doors. Whether surrounded by the warmth of the summer sun, the changing leaves of fall, the crisp air of winter or the blossoming flowers of spring, working outdoors connects us with nature and provides us with a deep and abiding feeling of well-being.

No matter what the season, there's work to be done in the yard. With the coming of spring, it's time for a trip to the lawn and garden section of the local store. There you can pick up grass seed, fertilizer, soil and mulch and seeds for your garden. If your arthritis is acting up, you may enlist the aid of a neighbor or member of your church for help in moving the heavier bags.

It's a joy to listen to the birds return while you walk slowly behind your fertilizer spreader while clearing the ground and turning over the soil in your garden beds (You can also add compost collected the year before). Later, when the threat of a late-season frost has ended, it's time to plant the seeds. Purchase a gardening stool to sit on as you work in a particular area. This helps keep the ache out of your knees and back.

During the long summer months, you can mow your lawn (Try a self-prepared mower to avoid too much strain), and water and weed your garden. Besides getting out of the house, and providing you with much needed exercise, it's rewarding to watch your lovely flowers and vegetables grow out of the earth and to their full size.

Fall is a time of harvesting vegetables, raking leaves, and cleaning up the yard in anticipation of winter. You will find it also helps to apply a high potassium fertilizer just before the winter sets in. You can also reseed thin or bare areas.

During the winter months, keep the sidewalk clear of snow with frequent sweeping. Accept help from the neighbors when the snow gets too deep or the sidewalk is icy—it's always important to avoid overexertion. Friends in the south have the pleasure of maintaining flower gardens year round, planting cool weather seeds for the winter months. Such are the joys of living in southern states!

In order to keep the workload light, try and make a point of getting outdoors each day. Your daily walk around the yard will always turns up some task that needs doing, from picking up fallen sticks and branches, to pulling out weeds. This daily inspection means that you get out every day, and don't allow the work to pile up!

For those of us who need a helping hand in the yard, the United Way supports a number of local volunteer agencies that will send a strong back to your aid. In this way, we seniors need

not shy away from yard work in general for fear of the one or two tasks we may not be able to accomplish on our own. Ask about these programs at your neighborhood senior center, or call the United Way.

By diligently performing daily maintenance, yard work presents a great exercise for seniors. Not only does it provide an opportunity to keep muscles and joints flexible, but it also gives the exercise a sense of purpose. An attractive lawn, lovely flowerbeds and delicious vegetables are the rewards for this type of exercise. I highly recommend yard work as exercise for my senior friends.

## **Keep Up with the Grandkids – Strength and Weight Training for Retirees**

### **3 Ways to a Better Lifestyle**

Having grandkids over to stay over for a week can easily take up all your reservoirs of energy. The smaller your grandchildren are, the more activity you will be required to do. Changing diapers, waking up in the middle of the night, catching falls, and playing games with them are just a few of the activities which will take up your time and take away from your retired time. All these chores and tasks will bond you with your grandchildren, but they will also require that you make sure you are able to perform them.

You have been a parent before, so you know all the tasks that will be involved, but when the time comes to take care of your sweet grandchildren, you can do a few things to be prepared. Strength and weight training should be at the top of your list. You are going to want to pick up your grandkids as much as possible. Building up your arms, chest, back and stomach will provide you with some of the strength you need. There are plenty of ways to work these parts of the body at home, either with an exercise DVD or by writing down your own routine. If you work by yourself, make sure that you walk or bicycle for at least five minutes before you start, and that you cool down with stretches and plenty of water.

### **Push ups**

Push-ups are one of the quickest ways to build upper-body strength. Try to increase the number of push-ups you do each day or each week. If a regular push-up is too difficult to start with, do them with a cushion placed under your knees, with your feet up behind you. This takes some of the weight out of your push-up. These can also be done standing up, with your palms on the wall. Results with push-ups are noticeable after just a few days and will help you do the extra lifting that grandchildren require. You can counteract small sets of push-ups (five to ten) with sets of crunches.

Magazines, books, gyms and the internet can help you find some interesting ways to work your abs. One that does not require lifting up the shoulders off the ground (which relieves the neck of having to get involved), is to lie on your back, place both arms straight up, bend the knees and take your feet off the ground. While leaving the other limbs stationary as possible, take your left leg and right arm straight down toward the ground, then raise them back up. As soon

as your left leg and right arm get back to their original position, switch and do your right leg and left arm. This is based on the “dead bug” series in yoga and really works the core muscles.

## **Weights**

Walking with a little extra weight can also get you ready to chase and entertain your grandkids. There are Velcro weights which you can attach to your ankles and/or wrists. The extra weight will make your walk more intense. Remember to work yourself up to further distances slowly. Just feeling the weight come off after your walk will make you feel stronger. Bicycling and swimming are great for building leg and body strength and are something your grandchildren will enjoy doing with you immensely.

## **Gym**

Self-motivation is not always the easiest tool to conjure up. Some people prefer to visit the gym where they feel more focused on their workout. This can work in your favor since a gym can supply you with a complete weight training circuit for every muscle in your body. Lifting weights, even if its 10 or 15 pounds to start, will also help build up your bone mass which lets you feel more comfortable about a little rough-housing with your grandkids. Remember that it does not have to hurt. Your body will appreciate and reward you for being gentle to it. Also, make sure you feel comfortable with the information you have about using any of the machines. Whether at home or in a public setting, let your doctor know that you want to build up your strength for the grandkids, and they can make sure that you get on the right program for you.

## **Getting Better at Getting Older – Physical Activities to Keep you in the Game**

The older we get, the more ways the body will find to surprise us with its newly found inabilities. It seems like one break down of the body keeps us filled up with excuses for longer and longer periods of time for why we are unable to do one thing or another. There are some limitations set due to these drawbacks that have to be configured into staying physically active. The key is to keep the body active in as many ways as possible, working around any limitations that emerge.

We also should be aware that there are many who overcome their conditions, not always by eliminating the condition, but by working the body much as you can. There are many survivors of cancer, for example, who motivate themselves past significant degrees of fatigue, nausea and depression by working back toward wellness in anyway they can. Getting older or dealing with disease or illness is a setback meant to be overcome as much as possible, rather than being a pass to not stay active. Expectations have to be put in the parameters that your body is willing to manage at the time. Accepting what you have and moving on with those particular limitations will improve the way you age.

One of the biggest hurdles of growing older is the increased feelings of fatigue. The good news about that is that almost any physical activity will actually help to counteract feelings of being tired, because the activity increases blood flow and the strength of the heart to supply the

exerting body with extra oxygen. Yoga and walking are great activities to help increase energy. They both focus on breathing and the yoga gets circulation to all parts of the body through its many postures and stretches. The improved breathing and circulation in turn, gives us a feeling of more energy, alertness and less tension. Yoga can be modified for any condition or degree of disability and keeps seniors able to reach higher and lower than they may have been before. Walking is one of the most beloved forms of fitness around the world and is gentle on the joints with the right shoes.

Arthritis and other chronic pain ailments are also aspects of growing older which can try to take away all of your favorite activities, thereby taking away your health. Seniors across the country are raving about the effects of swimming on their joint pain. Some say that their symptoms are eliminated while in the water and subdued for quite a while afterwards. The warm water and joy of being able to jog or do weight bearing exercises without pain are uplifting and rejuvenating. A few hours in the water each week will keep you feeling young and keep you limbered up to do other day to day activities which you need to perform?

Perhaps neck to neck with elements of a healthy lifestyle is the need for socialization. As seniors, an active lifestyle is best accentuated with active socializing. A blending of the two is a perfect match. Finding neighbors and friends who want to take exercise classes with you or become a partner for walking is one of the best ways to make staying fit fun. Joining a square dancing or ballroom dancing club will provide you with an environment of others who are motivated to stay fit and active.

Surrounding yourself with inspired, motivated individuals makes it much easier to stay motivated yourself. Dancing is extremely popular among seniors for providing this environment. It is also wonderful for keeping the heart light because dancing is full of whimsy and fun. If you like tennis, golf, basketball or other sports which take more than one, you will be giving yourself the tools to make aging a graceful process along with the opportunity to make lasting friendships.

Exercise is not meant to be a painful or lonely process, it is meant to eliminate those feelings as much as possible. By participating in activities which reduce elements of pain from chronic conditions, by increasing blood flow and oxygen intake, and by involving some social time in the mix, you can stay in the game for much longer. Remember that physical activity now makes future activity more accessible.

### **Apparel Apparent – What to Wear for your Workouts**

Once you decide to start an exercise routine you will want to make sure that you can optimize your comfort level during your workout. Much of what you end up choosing will boil down to what feels comfortable to you. Buying a replica of your friend's workout wardrobe may become a return headache unless you know that those pieces are going to work for you first. With this in mind, there are a few keys to picking out the best pieces for your fitness apparel.

The fabric of the workout clothes you purchase is going to determine much of your comfort level. Moisture wicking materials will keep you feeling comfortable the longest during the

sweatiest parts of your workout. For running and high-impact workouts, material that will pull the moisture away from your body will keep you the driest. Apparel that advertises moisture wicking fabric will cost a little more, but will be worth it. If your workout is going to produce a lower amount of sweat, polyester, cotton and spandex blends, and velour are recommended. Just remember that the look of workout apparel can be deceiving and will mean nothing if it is made with impractical fabric.

Now that you are committed to buying apparel made with appropriate workout materials, you will want to know which cuts will work best for specific activities. If you are going to be outside walking, jogging or running in various weather conditions, comfortable layers that can be removed easily and tied around your waist, or placed in a pocket, will suit you best. The layer closest to your skin should be a tank or long-sleeve (depending on the temperature) made from one of the moisture relieving fabrics like nylon, Supplex, Coolmax, polypropylene or Thermax.

A sweatshirt or fleece vest can be worn over the first layer, and all of this can be topped with a rain protective jacket. For your lower half, there are a lot of moisture wicking pants, which even come in thermal styles for warmth, that can be worn alone or with a top layer of Cirrus pants, which breathe and repel water. Don't forget to bring a knit cap or hat. The least bit of wind chill will leave you cold, especially when you pick up a little speed.

If you are going to be working out in a gym or in your home, it is also a good idea to start with layers. A tank with a t-shirt that you can remove once you get warmed up, along with spandex tights which can have loose fitting shorts thrown over them, will guarantee your free movement and range of motion. Wearing a t-shirt throughout a workout will often become cumbersome for any activity from yoga to lifting weights, so try to use them only for layering.

Yoga and Pilates are comfortable in loose, but stretchy enough to retain their shape, pants, Capri's and shorts. Tanks with scoop or slight v-necks are versatile for the weight room or step-class. For women, a tank should either leave enough room for a supportive, athletic bra, or should already include a quality, built-in-bra. Look for nylon, Lycra or spandex blends for your indoor workout apparel.

A lot of fitness enthusiasts are wearing loose fitting, athletic shorts made of jersey cotton, or nylon with polyester, over a base of cotton mixed with Lycra shorts. This provides a base layer to deal with moisture and a top one to deal with warmth and comfort. Loose fitting shorts can also be worn over ankle length spandex pants or tights. Another benefit from wearing these combinations is that you don't have to feel like you are going skin-tight, yet you can enjoy the dryness and versatility of your base layer.

Buy a few pieces for outer and inner layers that are of quality fabrics which will let your skin breathe and keep it from chaffing. A workout should be done in as comfortable clothes as possible so you can focus on the muscles you are working and you're breathing. Your layered pieces, matched with socks that are not too thin or too thick, and supportive sneakers, will help you get the most out of your workout.

**You are invited to pass this report along to as many people as you like,** provided that you make no changes to it and that you give it away for FREE.

If you would like **your own Private Label Version of this report** and hundreds of others just like it on hot, high interest niche topics – all of which come complete with 5 custom cover graphics – [click here to visit our Niche Reports Resource](#).

The image displays a 3x3 grid of promotional banners for various WOW products. Each banner includes the 'WOW' logo, a product name, a short description, and a website URL.

- WOW Audio Book Store:** Your One Stop Shop for Listening and Learning Pleasure. [www.WOWAudioBookStore.com](http://www.WOWAudioBookStore.com)
- The WOW Content Club:** Your Full Spectrum Content Provider. If Content is King, The WOW Content Club is the Kingdom You Have Been Searching For! [www.wow-content-club.com](http://www.wow-content-club.com)
- WOW Niche Reports Resource:** Your Private Label Niche Reports Mega Source. [www.NicheReportsResource.com](http://www.NicheReportsResource.com)
- WOW EbayDealmaker:** We Make Selling Successfully on Ebay Seem Like Child's Play! [www.WOWEbayDealmaker.com](http://www.WOWEbayDealmaker.com)
- Niche Empire Builder:** The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True! [www.the-wow-empire.com](http://www.the-wow-empire.com)
- NICHE TARGETED ARTICLES FOR CONTENT:** New Articles Every Month For Your AdSense Sites, Blogs, Newsletters, etc...
- WOW ResaleWebsite Generator:** Now You Can Easily Generate Unlimited Resale Rights Sites with All Included Files in Place with a Few Mouse Clicks. [www.ResaleWebsiteGenerator.com](http://www.ResaleWebsiteGenerator.com)
- WOW Profit Packs:** Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices! [www.WOWProfitPacks.com](http://www.WOWProfitPacks.com)
- WOW eBooktoAudio:** Turn Any eBook Into Streaming Audio with the Simple Click of a Button. [www.WOWeBooktoAudio.com](http://www.WOWeBooktoAudio.com)

**WOW: Where Vision and Value Go Hand in Hand with Information & Opportunity!**

Please click below to check out all of our entrepreneurial friendly sites and products.

=> <http://www.The-WOW-Experience.com>

Always something NEW on the horizon. Always something for YOU to use to grow your business!  
That's what WOW is all about. Your success is our ultimate goal and our reason for growth.