

MOM & DAD ZONE

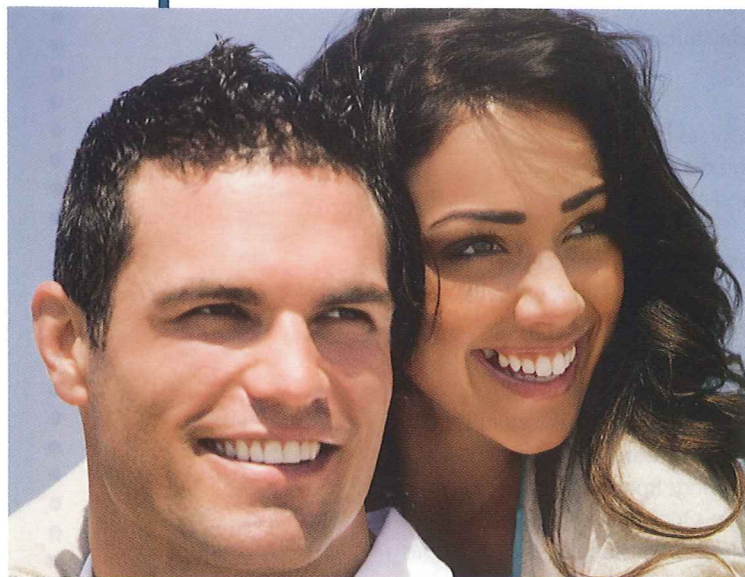
By Heather Lambie

Thanks to Oprah, today's women (and men) are focusing more and more on "living your best life". We at ParentGuide® say a-men to that!

1

Better Goals

No one can help you get your life on track like a life coach; someone to help you set goals and make you accountable for living your best life. In Tampa, call Elizabeth West of Starring You Coaching, 813-469-2968, www.starringyoucoaching.com. In St. Petersburg, call Sherry Sexton of Imagine Coaching, 727-458-3747, www.imaginecoaching.net.



3

Better Back

Are you "well adjusted?" Posture affects every physiologic function from breathing to hormonal production. Straighten out your life (and your back!) at the Family Life Chiropractic Health Center in Clearwater. For details, go to www.familylifehealthcenter.com or call 727-447-4647.

2

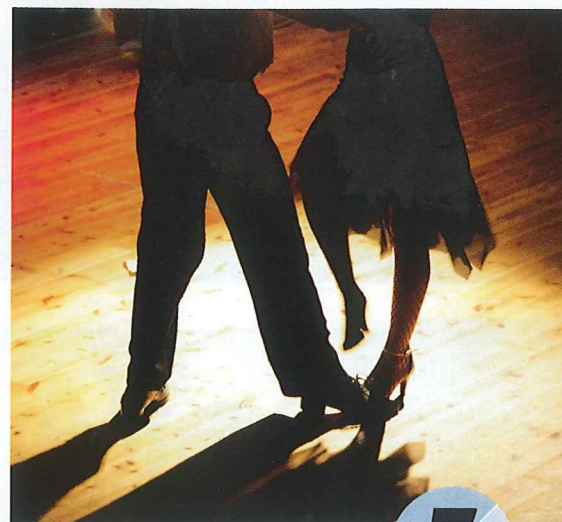


Better Tootsies

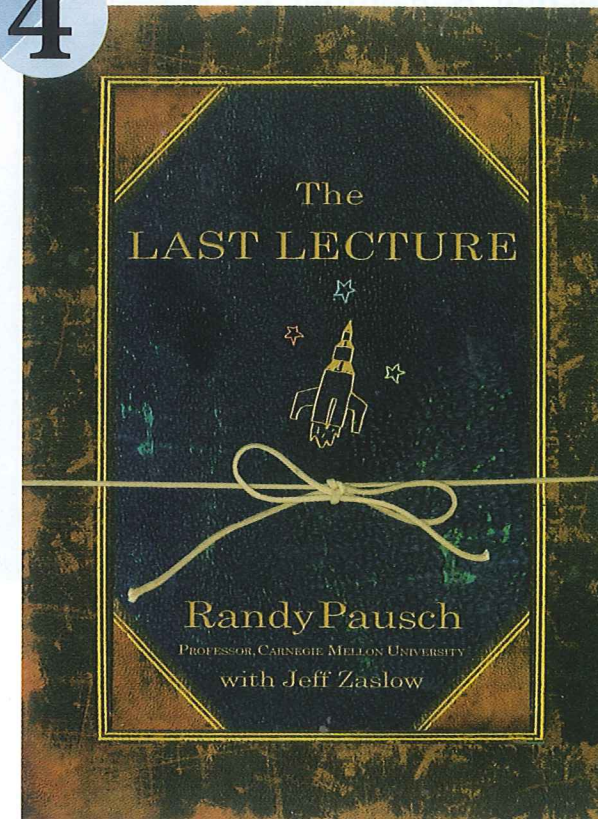
The FitFlop's midsoles give you a workout while you walk by challenging the support and balance muscles of the foot and leg. They extend the amount of time that the slow twitch muscles are engaged during each step so that you get more exercise doing what you normally do. Order at www.thefitflop.com or at Macy's for \$49.99.

Better Life

College professor Randy Pausche lost his battle with pancreatic cancer in July of 2008, but his lecture, "Really Achieving Your Childhood Dreams," wasn't about dying. It was about the importance of overcoming obstacles and of seizing every moment. His humor and inspiration for living a fuller life are found in his book, *The Last Lecture*, \$21.95.



4



5

Better Marriage

Monogamy doesn't have to mean monotony. "Date night" shouldn't just involve dinner and a movie. Hire a weekly sitter and fire up your engines at a tango or salsa dance class. Get in shape and fall in love again at the Fred Astaire Dance Studio in St. Petersburg at 727-525-2500.

6

Better Health

When considering options for relief from stress-related disorders, don't rule out Chinese herbal medicine, now widely used in the U.S. because of its effectiveness. Be sure to seek a physician who is qualified to prescribe Oriental medicine, like Dr. Princess Benson at Northeast Acupuncture & Oriental Medicine. Call 727-543-4087 or visit www.northeastacupuncture.com.

