

# Three Easy Ways To Improve Your Life

(NAPSA)—Your health, wealth and happiness may be improved if you heed these three helpful hints to ease and enhance your life:

1. Studies show money effectively motivates weight loss. So many individuals, couples, friends, families and employee groups turn to HealthyWage.com—the leading provider of money-driven diet challenges. It provides cash prizes, social and expert support, tools, resources, and goal-setting and tracking technologies. Over 200,000 participants have collectively lost over 10 million pounds, earning over \$5 million in cash prizes for their pound-shedding success.



**Three helpful resources can take you a long way toward a better life.**

---

2. Those ready to retire can avoid financial strife with the Amazon.com-listed book “20 Retirement Decisions You Need to Make Right Now.” It covers key financial decisions for the critical period transitioning from work to retirement. These decisions—many permanent—will affect your financial security for decades.

3. Excessive sweating—a serious medical condition called hyperhidrosis—affects approximately 4.8 percent of the population and can lead to serious practical, social and emotional consequences. The International Hyperhidrosis Society provides support, resources and expert perspective to those struggling with this condition and others who hate to sweat. Its website, [www.SweatHelp.org](http://www.SweatHelp.org), offers education; treatment, insurance, and clinical trial information; a physician finder; a useful award-winning blog; and sweat-management product discounts.