

# Time-Saving Tips

## Fitting It All In

(NAPSA)—Constantly being on-the-go has become a fact of life for many. Luckily, recent innovations are making it easier than ever to satisfy our personal interests. From exercising to reading the latest novel to eating a nutritious meal, there are some great new products and resources that conveniently try to help us get the most out of our time.

No matter how busy the day, creating the opportunity to do the things you really enjoy is essential to your overall health and happiness. So, instead of wishing you had another hour in the day, find creative ways to do more with the time you have.

Following are some tips and techniques for tackling everyday responsibilities while also satisfying personal interests—not one, but two at a time:

- **Education in the carpool lane.** Planning your next family vacation overseas? Learn the language of the land while driving by listening to language-training CDs. The drive will fly by and you'll save hours studying at home. Visit [amazon.com](http://amazon.com) for a wide variety of language options.

- **Catch up with friends and family.** A hands-free device for your cell phone can add valuable time to your personal life. From grocery shopping to cleaning house, having both hands free while talking makes multitasking seem a breeze. Visit your favorite electronics store or cell phone provider to find the right hands-free device for you.

- **Exercise anytime.** Eliminate drive time to and from the



gym by downloading a free yoga, aerobics or Pilates podcast and exercise in the comfort (and convenience) of your own home. [Apple.com/downloads](http://Apple.com/downloads) offers a selection of workouts you can listen to on your iPod.

- **Enjoy a nutritious breakfast.** A nutritious breakfast can make all the difference between a productive day and a slow one. When time is of the essence, consider the new “ready-to-drink” breakfast beverage from CARNATION® INSTANT BREAKFAST®. Since it doesn't need to be mixed, it's great for on-the-go scenarios, plus it provides 21 essential vitamins and minerals, twice the protein of an egg, and twice the calcium of a 6-oz. carton of fruited yogurt. [CarnationInstantBreakfast.com](http://CarnationInstantBreakfast.com) offers a variety of delicious tips to start your morning off right.

With just a little creativity (and, often, the use of the Internet), you can find ways to add precious time back into your day.

Eliminating a few minutes here and there, or finding ways to double up on minutes, can add up and give you the time you need to fit in activities for personal growth and enjoyment.

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