

Products to Help you Keep your New Year's Resolutions...

Resolution: Drink More Water—Clean Water

The PUR Ultimate Pitcher can eliminate unhealthy and unpleasant tasting things in tap water such as chlorine, along with mercury, industrial pollutants and pesticides that can sometimes be found in municipal tap water.

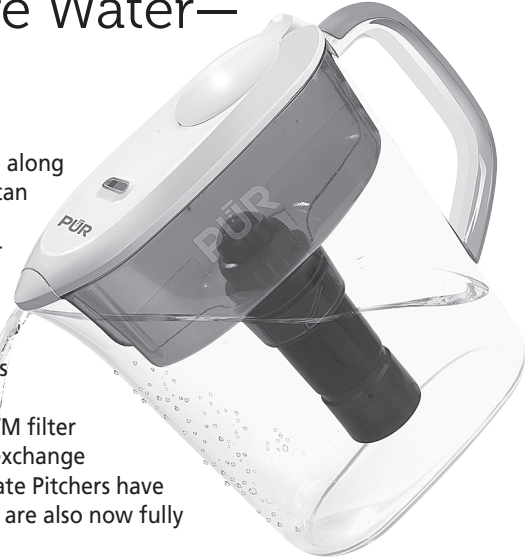
PUR offers contaminant removal and its PUR Pitcher Filters are certified to reduce 2x more contaminants than the Brita pitcher³ and PUR Faucet Mount Filters reduce 10x more contaminants than the Brita pitcher. PUR filters are now certified by the NSF to reduce traces of pharmaceuticals and other incidental contaminants.

PUR Ultimate and Classic pitchers feature MAXION™ filter technology, PUR's formula of blended carbon and ion exchange materials for contaminant reduction. PUR's new Ultimate Pitchers have a sleek, modern design and are BPA free. PUR products are also now fully recyclable through its partnership with TerraCycle.

The ULTIMATE Series has a covered spout that prevents odor and particles from getting into clean water. The slim pitcher design fits easily in the refrigerator and has a lid that's thumb activated.

The New PUR® Ultimate 7-Cup Pitcher with LED/without LED, starting at \$21.99/\$16.99. Ultimate 11-Cup Pitcher with LED, starting at MSRP \$34.99.

You'll save money, too. Filtered water is about one-tenth the cost of bottled water. Plus, only 23 per-three percent of plastic water bottles used in the U.S. are recycled, resulting in 38 billion plastic water bottles being discarded every year. For more info, visit PURWater.com.

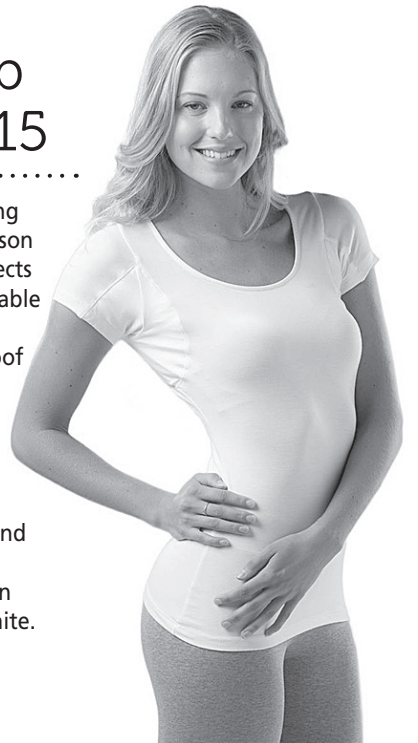


Resolution: Keep Your Cool in 2015

What could be better than this for coping with Florida's hot summers? The Thompson Tee is a specialized undershirt that protects shirts from sweat. And yes, they're available for women, too.

The innovatively designed sweat-proof undershirt blends the company's Hydro-Shield, sweat-proof technology and 100% ultra-soft lightweight cotton to produce a clinical-grade sweat-proof material that guarantees unparalleled underarm protection in a comfortable and inconspicuous way. Phew!

Price: \$24.99. Thompson-Tee comes in men's and women's styles in black or white. Visit www.thompsonstee.com.



Resolution: Breathe Better—Anywhere

Florida typically is humid most of the year. However, leaving Florida's sunny shores can mean—especially in winter—dry air. Dry air is harder on the nose, throat and lungs—not to mention the skin. So, if you want to maintain healthy humidity, here's a great product to try out.

Jerry is small but powerful humidifier, weighing a mere .4 lbs, and is outfitted with an automatic shut off. It works with any standard size water bottle (17 oz. or less) and is ideal for keeping hotel rooms at a healthy humidity.

It's also perfect for kid's rooms or the office and includes a transcontinental AC adapter and interchangeable plugs for use throughout North America, Europe and Asia. FYI their humidifiers all have men's and women's names. Really cool web site and products. Available for \$49.99 at www.StadlerFormUSA.com.



Resolution: Stay Healthy Down to and including your Toes

It's a new year and we're all looking for health and wellness head to toe. Don't forget from the knee on down. Swiftwick offers athletic compression socks that are tried and tested by the world's top athletes.

Swiftwick's newest sock is the RECOVERY+ (\$69), a sock that brings compression and comfort to those looking for support after an intense workout or a long day on their feet. Not only is it comfortable, but it also reduces swelling and helps prevent deep vein thrombosis.

The ASPIRE (\$13-\$36 depending on height) sock line will have you throwing your "rotten cotton" socks in the garbage. Just released in several bright new colors, the ASPIRE uses linked-toe technology, which prevents bunching in the toe and reduces the risk of blisters and hot spots.

Swiftwick's Performance Sock of the Month Club is the gift that keeps on giving. Swiftwick's monthly subscription service (\$19.99 per month with free shipping) provides club members with exclusive, limited edition compression socks before they are seen or sold anywhere else.

Swiftwicks are available at swiftwick.com or at Fleet Feet Sports and Village Bikes in Sarasota.



Resolution: Get Organized, Get Organized, Get Organized

When you travel does your luggage look like a mess? Is it hard to find things in your bag? TravelWise Products has a new travel accessories line, the TravelWise 3 Piece Packing Cube System, that allows clothes to stay folded and neat when packed in their own "small drawers." The cubes help you stay organized on short and long travels alike and help you avoid over-packing (ahem, you know who you are).

Costing \$24.95, the TravelWise 3 Piece Weekender is made of lightweight, durable nylon. The multi-sized cubes allow you to compartmentalize similar items such as shirts, pants, undies and electronic accessories and streamline packing. Available in five colors, each set

includes a small, medium and large cube to organize different sized items when traveling.

The open mesh panel affords breathability and visibility—no more digging through luggage to find that elusive sock. Suitcase security checks are less daunting since screeners can easily view contents through the mesh insert.

For extended trips that include a different city/ hotel every few days, TravelWise packing cubes let you "unpack without unpacking". Simply take out the cubes as needed, then pop them back in your suitcase when leaving. Sold on Amazon and at the company's website: www.eatsmartproducts.com.

