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## **In House Real Estate, Inc.**

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We have a new section:  
The Codger's News. All you need to know about changes and news with your softball team.

## **Use These Strategies To Shop Smarter For Groceries**

You can read plenty of articles on the internet about how to save money on groceries, but do you really have a grocery shopping strategy? Here are some supermarket tips and secrets that will make you a savvy shopper.

- **Approach grocery shopping like a job.** You need to have a plan (take a list) and a budget to make the best use of your time and money.
- **Stick to a time schedule.** Shop for what you need and get out. It is said that if you're in the store more than 30 minutes, you'll spend an extra 50 cents to \$1 per minute as you walk the aisles.
- **Shop alone.** *Real Simple Magazine* says parents will spend 10-40 percent more if they take their kids along. It might be worth it to hire a babysitter!
- **Only buy "food" at a grocery store.** Generally, you're better off buying toiletries, cleaning supplies and pet food at a big-box discount store.
- **Know the floor plan.** Shop the perimeter first for fresh fruits and vegetables, protein and milk. You'll find some good buys in the center aisles, but you'll also be tempted by items like frozen convenience foods.
- **Don't assume everything on sale is a bargain.** Stores often display "sale" items at the end of the aisles. Manufacturers pay to have their products put there so they aren't necessarily a good deal.
- **Check "price per unit."** Sometimes it's cheaper per unit to buy two smaller items than it is to buy one supersize package.
- **Look high and low.** Stores often place higher-priced items at eye level (brands pay for the space). Check prices on the top and bottom shelves.

## Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

**Prescience** (PRESH-ee-unss) noun

**Meaning:** foreknowledge of events; foresight

**Sample Sentence:** My friend bought a GPS because he had the prescience to know he got lost easily.

## Heart Health

To keep your heart healthy, AARP.org says use the FIT approach:

- F=Fill your plate with food that won't pack on pounds; find fun ways to exercise.
- I=Individualize your eating and workout routine.
- T=Team up with others.

## Plane Facts

Aviation is still the safest form of transportation. The International Air Transport Association says the 2009 global accident rate for Western-built jet aircraft was one accident for every 1.4 million flights. If you were to take a flight daily, you could go 3,859 years without an accident!

## Got Clutter?

Author Peter Walsh says do the trash bag tango! Have your family go around the house with two trash bags in hand. Place items to throw away in one and items to donate in the other. Do this often and you'll clean up in no time!

## Quotes To Live By...

Promises are like the full moon: if they are not kept at once they diminish day by day.

--German proverb

The first problem for all of us, men and women, is not to learn, but to

# Don't Read This Sitting Down

Do you sit at a desk all day and become a couch potato on the weekends? Recent studies have shown that those who sit most of the day have an increased risk of obesity, diabetes, heart problems and other diseases. That's because the enzymes that burn fat shut down, slowing your metabolism and possibly lowering your beneficial cholesterol.

Even if you do exercise regularly, you need to move your muscles frequently (called non-exercise activity) throughout the day. Follow these tips:

**Try to get 30 minutes of moderate exercise a day.** When you're not exercising, don't remain sedentary for long. Get up and move, whether that means walking to someone's office (instead of sending an e-mail) or going to the copy machine. Even standing burns calories since you tense your leg muscles and shift your weight from one leg to the other.

**Turn off the TV.** You'll burn more calories doing almost *anything* else, such as playing games with the kids, cleaning the house or walking the dog.

**When you do watch TV, change your seating.** Watch it in a rocking chair (yes, it burns energy!), sitting on a therapy ball or riding an exercise bike. Move around during commercials, which can take up 20 minutes each hour.



This will be the section in our newsletter for a Vero Beach Codgers news.

We have made a rule change. "Over 70 the defense will play behind the co-ed line. If the batter has a pinch runner the rule is not in effect.

We welcome new ideas or comment via e-mail at [kdenero@aol.com](mailto:kdenero@aol.com)

Please pray for Tom Adams, Tom Harr, Earl Rizzo and Tom Deblase for fast recoveries.