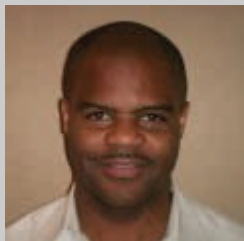


Meet CFUS



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Hello friends and future clients:

The CFUS Corporation would like to take this issue of our Technology Newsletter to wish everyone a safe and happy holiday season.

Staying fit over the holiday season:

It may be that Thanksgiving Day dinner that we swear is still with us or all of those Holiday Season parties that throws us out of our regular workout routine. This is the time in which we tend to gain most of our weight or lose that summer body that we spent many hours perfecting.

Whether you are in California, Texas, or Washington, DC, when the weather turns cold we will find any excuse to not keep up with our routine.

Cold weather might make you feel like hibernating, but you don't have to give up your exercise and fitness goals. You can exercise indoors. And by dressing properly and heeding cold-weather safety tips, you can exercise outdoors, too.

Maintain your motivation

Focus on how you'll benefit if you keep up your exercise rou-

tine throughout the cold-weather season. Exercise can help shake those winter blues. It improves your mood, increases your energy level and helps you sleep better. And you'll be in better shape when the weather warms up.

Try to set aside 30 minutes or more on most days of the week for physical activity. It doesn't have to be all in one stretch. You can work it in a little here or there. And it doesn't have to be strenuous. Make a workout of household cleaning. Take the stairs. Go sledding. For extra motivation, work out with your spouse or a friend.

Exercise indoors — Choose activities that won't leave you in the cold

Don't let cold weather sidetrack your exercise routine. Get creative!

Walk at the mall. The hardest

part about mall or indoor track walking is getting there. Once you get started, you may be amazed at how quickly you finish your workout.

Join a health club. Choose one that's convenient and geared toward your fitness level. Ask the staff to show you how to use the equipment.

Make a splash at an indoor pool. Working out in water is easy on your joints. Try lap swimming or a water aerobics class.

Invest in home exercise equipment. Choose something that's practical, enjoyable and easy to use. To stretch your exercise dollars, consider buying used equipment.

Exercise outdoors — Dress right and play it safe

Want to take it outside? Stay safe as you brave the elements.

Get your doctor's OK. For some people, cold air can trigger chest pain or asthma attacks. If you have any medical conditions or concerns about exercising outdoors, check with your doctor first.

Dress in layers. Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Next try fleece for insulation. Top this with a waterproof outer layer. To warm the air you breathe, wear a face mask or a scarf over your mouth. Remember to wear a hat and gloves, too.

Remember sunscreen. Snow reflects the sun's rays — so sunburn is possible even if you're cold. You may want to wear lip balm, too.

Make sure you're visible. If you'll be outdoors when natural light is poor, wear reflective clothing.

Wear a helmet for downhill sports. Helmets are especially important for children

and adults learning to ski or snowboard.

Start slowly. Don't forget to stretch and warm up. It's OK to feel a little chilly at first. You'll warm up quickly.

Head into the wind. You'll be less likely to get chilled on the way back if you end your workout — when you may be sweaty — with the wind at your back.

Drink plenty of fluids. Drink water or sports drinks before, during and after your workout — even if you're not thirsty. Cold air has a drying effect, which can increase the risk of dehydration. In turn, dehydration increases the risk of frostbite.

Beware of slippery surfaces. To stay steady on your feet, choose footwear with enough traction to prevent falls.

Pay attention to wind chill. The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Fast motion — such as skiing, running,

cycling or skating — also creates wind chill because it increases air movement past your body. When the temperature is 10 F and the air is calm, skiing at 20 miles an hour creates a wind chill of minus 9 F.

If the temperature dips well below zero or the wind chill is below minus 20 F, choose an indoor activity instead.

Watch out for frostbite. Frostbite appears as a patch of hard, pale, cold skin. If you think you may have frostbite, get out of the cold and warm the affected area. If numbness continues, seek emergency care.

Seek emergency care for hypothermia. If your body temperature drops too much, you may experience intense shivering, slurred speech, loss of coordination and fatigue. If you suspect hypothermia, get out of the cold and seek emergency care.

When it's cold outdoors, there's no need to give up and hit the couch. With a little planning and creativity, you can step up to the challenges of winter exercise.

5 tips to ensure you computer is secure this Christmas

- Keep an eye on electronic Xmas cards

Be very weary of Electronic Christmas Cards and you may just avoid identity theft.

- Watch your Instant Messenger

Malware attacks are no longer confined to emails. Instant Messaging platforms are increasingly becoming a target and IM worms can be extremely deceiving.

- Watch out for the lock symbol when paying online

A helpful tip for online shopper, always look out for the 'Lock symbol' that verifies a secure and trusted payment connection. In Internet Explorer 7 the lock symbol is located next to the URL, in Firefox and Internet Explorer 6 it can be found in the bottom right corner of the page.

- Don't fall for offers that seem too good to be true

If looking for a specific item and searching online for a good offer, don't be overly tempted by offers that look too good to be true.

- Keep security software updated

The most important piece of advice to remember is to ensure you are protected by security software which is constantly updated to protect against new variants of Malware.

Contact CFUS (corporate)

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