**Monthly Premiums For New Medicare Prescription Drug Coverage Program Will Cost Up to 40 Percent Less Than Originally Estimated**

(NAPS)—For seniors paying out of their own pockets for their medications, the new Medicare prescription drug coverage program brings welcome news at an even lower cost than originally anticipated. Recent estimates issued by the Centers for Medicare & Medicaid Services found that as more prescription drug plans offer options to seniors, the monthly costs will continue to drop.

When the plans take effect beginning on January 1, 2006, Medicare beneficiaries will be offered options for a prescription drug coverage with premiums at $20 per month or less—approximately $10 less per month than experts originally estimated.

“All of the options under the new Medicare prescription drug plan were already slated to offer seniors options to cut their prescription drug costs. This drop in premiums, coming as a result of competition between prescription drug plans, means more affordable ways for seniors to get the medications they need,” said Mary Grealy, president of the HealthCare Authority, which administers Medicare Today—a program aimed at increasing awareness of the new Medicare prescription drug coverage among both seniors and their loved ones.

A study released in late August 2005 by the HealthCare Authority found that all Medicare beneficiaries who are not receiving other government or private sector health assistance could save an average of nearly $700 a year in out-of-pocket prescription drug costs and pay just $32 a month for coverage. With recent reviews of the Medicare prescription drug plans indicating that monthly costs could be $20 or less, many seniors will see even greater savings.

The latest tools in search are aimed to help users find exactly what they are looking for when searching. If you are shopping, sites like Become.com are designed to give you specific results that relate to the item you are interested in. The sites carefully search sites like Become, you can now search for thousands of products, from luggage for your trip home for the holidays to a digital camera to capture the special moments experienced with family and friends.

You can rest assured that you are receiving unbiased information from Become.com as they are able to give their sister the gift she wanted without leaving her house AND saving money!

It’s important that everyone age 65 and older take the time to find out more about this new Medicare benefit and see if it makes sense for them,” said Grealy. “The competition among the various plans will help open up even more affordable options for seniors. Since all of the plans are relatively cost in mind, seniors should take the time to carefully evaluate which plan will provide them with the best coverage—depending upon what illnesses or conditions they may have and what medications they take regularly.”

To help seniors with this evaluation process, Medicare Today has engaged organizers in all 50 states and the District of Columbia to coordinate local informational events in senior centers, senior housing facilities, pharmacies, grocery stores and other gathering places. Seniors can locate events by visiting www.MedicareToday.org and clicking on “Beneficiaries & Caregivers,” then the state in which they live. More information about the Medicare prescription drug program is also available 24 hours a day at 1-800-MEDICARE (1-800-633-4227).

**Walking 10,000 steps a day may be easier than you think.**

(NAPS)—When did life become a numbers game? The day kicks off with a radio recap of traffic sounds that sounds like a fourth-grade math problem. Meal planning is expressed through calories, points or fat grams. Rarely a day passes that does not require counting the number of pins or password. And while numbers have always played a large role in fitness—30 minutes of activity per day, three sets of 15 reps, etc.—a new number has emerged that can simplify efforts to stay in shape. In that doubt, aim for 10,000. Ten thousand steps, that is.

Experts in fitness and weight management say that walking 10,000 steps per day can provide enough physical activity to achieve average weight-loss goals and increase fitness. With a basic pedometer, you can track the number of steps taken, a normal day—one that involves a few errands, a walk with the dog and perhaps a sprint for the bus—takes on the importance of a regular workout. While 10,000 steps sounds like a huge number, consider that the average city block pass is approximately 200 steps long. Ten thousand steps equals approximately five miles.

The best way to get started is to find out how many steps you normally take per day. This number can be anywhere from 700 to 3,000 on average and it’s surprising how much untalled walking a day contains. A few laps around the office can be all in a day’s work, or will take a walk around the entire floor of a building, the steps add up. Any mom who pushes a stroller around knows that qualities as exercise, but she may forget that chasing the toddler around the house or getting a few steps in at the grocery store—counts, too.

Dr. Thompson, Ph.D, director of the Center for Physical Activity and Health at the University of Kentucky, recommends in Shape magazine that you wear a pedometer for a week it can cost you as little as $20 and going about your normal routine to determine how many steps you take on average every day.

With an idea of your normal day’s activity, it will be easier for you to add more steps gradually. Park farther away from a destination or store and walk the rest of the way. Get off one train or out of the taxi a few blocks early; make it a rule to walk to any place that is close (if it’s safe, of course). Steps accrued through jogging and running count, too.

If daily demands make it difficult to add enough steps, consider investing in a home treadmill. A treadmill in front of the TV can make the goal an easy one to reach, all while enjoying the latest episodes of “Desperate Housewives.”

One treadmill, the Life Fitness T-7, even comes with a 10,000 steps tracking program, users can focus on the Housewives, while the machine calculates the number of steps you need to reach 10,000, based on your estimate for how many steps you’ve already taken, or will take, that day. Aiming for 10,000 steps per day can bring unexpected benefits in the form of a clear conscience and a healthful lunchtime! If you still have walking left to do and take the car behind to errands on foot can make that very expensive parking lot worthwhile. After all, walking is a terrific stress management tool, and with a clear mind it will be a snap to remem- ber all those other vital numbers you need every day.

**Holiday Shopping on the Internet**

(NAPS)—Holiday shopping online is a big deal, so it’s important to know just how much time you save may depend on how you search.

For your sister in law, an iPod this holiday season, your first choice may be to do a quick search for “ipod” using the search box on your homepage. Chances are, the search engine’s search results, with a-tilt in favor of sites selling iPods, will pay just $32 a month for coverage. With recent reviews of the Medicare prescription drug plans indicating that monthly costs could be $20 or less, many seniors will see even greater savings.

Your sister in law, an iPod this holiday season, your first choice may be to do a quick search for “ipod” using the search box on your homepage. Chances are, the search engine’s search results, with a-tilt in favor of sites selling iPods, will.

(NAPS)—A new book takes a look at where to track that number of steps taken, a normal day—one that involves a few errands, a walk with the dog and perhaps a sprint for the bus—takes on the importance of a regular workout. While 10,000 steps sounds like a huge number, consider that the average city block pass is approximately 200 steps long. Ten thousand steps equals approximately five miles.

The best way to get started is to find out how many steps you normally take per day. This number can be anywhere from 700 to 3,000 on average and it’s surprising how much untalled walking a day contains. A few laps around the office can be all in a day’s work, or will take a walk around the entire floor of a building, the steps add up. Any mom who pushes a stroller around knows that qualities as exercise, but she may forget that chasing the toddler around the house or getting a few steps in at the grocery store—counts, too.

Outdoor Lighting. Whether it’s accent lighting to highlight special features like shrubs, or motion-sensor lights that make paths, patios and porches safer, this year’s holiday lighting can be a welcome gift.

• Ceiling Fans. Everyone needs a basic toolbox to hold household necessities such as hammers and screwdrivers. Whether it’s an inexpensive plastic model or a deluxe rolling metal cabinet, a tool kit keeps everything organized and secure.

• Laser Finder. Virtually everyone needs a stud finder. The Carey’s favorite is Zircon’s new StudFinder 400, which is the only stud finder on the market that finds the center of a stud with just a few clicks. It’s the secret for spot secure for anchoring. This device even has an integrated, erasable marker that marks the anchoring spot without removing the tool from the wall.


• Cell Phone. If you want to make a call from your cell phone, carrier, the service provider, has always played a large role in fitness—30 minutes of activity per day, three sets of 15 reps, etc.—a new number has emerged that can simplify efforts to stay in shape. In that doubt, aim for 10,000. Ten thousand steps, that is.

Experts in fitness and weight management say that walking 10,000 steps per day can provide enough physical activity to achieve average weight-loss goals and increase fitness. With a basic pedometer, you can track the number of steps taken, a normal day—one that involves a few errands, a walk with the dog and perhaps a sprint for the bus—takes on the importance of a regular workout. While 10,000 steps sounds like a huge number, consider that the average city block pass is approximately 200 steps long. Ten thousand steps equals approximately five miles.

The best way to get started is to find out how many steps you normally take per day. This number can be anywhere from 700 to 3,000 on average and it’s surprising how much untalled walking a day contains. A few laps around the office can be all in a day’s work, or will take a walk around the entire floor of a building, the steps add up. Any mom who pushes a stroller around knows that qualities as exercise, but she may forget that chasing the toddler around the house or getting a few steps in at the grocery store—counts, too.

Dr. Thompson, Ph.D, director of the Center for Physical Activity and Health at the University of Kentucky, recommends in Shape magazine that you wear a pedometer for a week it can cost you as little as $20 and going about your normal routine to determine how many steps you take on average every day.

With an idea of your normal day’s activity, it will be easier for you to add more steps gradually. Park farther away from a destination or store and walk the rest of the way. Get off one train or out of the taxi a few blocks early; make it a rule to walk to any place that is close (if it’s safe, of course). Steps accrued through jogging and running count, too.

If daily demands make it difficult to add enough steps, consider investing in a home treadmill. A treadmill in front of the TV can make the goal an easy one to reach, all while enjoying the latest episodes of “Desperate Housewives.”

One treadmill, the Life Fitness T-7, even comes with a 10,000 steps tracking program, users can focus on the Housewives, while the machine calculates the number of steps you need to reach 10,000, based on your estimate for how many steps you’ve already taken, or will take, that day. Aiming for 10,000 steps per day can bring unexpected benefits in the form of a clear conscience and a healthful lunchtime! If you still have walking left to do and take the car behind to errands on foot can make that very expensive parking lot worthwhile. After all, walking is a terrific stress management tool, and with a clear mind it will be a snap to remem-ber all those other vital numbers you need every day.

**Walking 10,000 steps a day may be easier than you think.**