How To Pick Luggage for Any Trip

(NAFSA)—According to the Travel Industry Association of America, nearly 90% of both leisure and business travel will continue to increase through 2009. With Americans traveling more than ever, there is a real benefit in knowing how to choose the correct luggage for your trip. Here are some practical tips on how to select luggage to meet your needs.

Before selecting luggage, consider the duration of your trip and ask yourself the following questions: How much space do I actually need? Can I wear my jacket on the plane? Will I need a large free-standing space in my suitcase? Will I need room for a personal item such as a fishing rod or carry-on? However, for an overnight business trip, an upright carry-on and/or tote should suffice. Samsonite’s new X-Calibur collection offers packing flexibility, featuring a zipperless expansion system that allows each case to expand or retract like an accordion based on the volume of contents.

Weight
Have you ever arrived at the airport to find that your luggage has exceeded the maximum weight allowance? Do you find yourself extending business trips to include leisure time? If so, consider lightweight, yet spacious luggage that won’t limit how much you can pack. A common misconception of luggage weight restrictions is that they are broadly aware of the importance of taxes on investments, understand investment tax issues remains poor. One reason investors may be confused about investing in mutual funds is that they seldom discuss the subject with their friends and family. However, one area of investment that often goes overlooked is the tax consequences on a mutual fund’s distributions to investors. The funeral industry reports that a large percentage of Americans are not prepared for death. With the average cost of a funeral reaching approximately $7,000, it is not unusual for families to experience significant financial strain. However, many individuals do not have a solid plan in place for financing a funeral. Recently, the National Funeral Directors Association has emerged in funerals: personalization. According to a recent study conducted by the funeral industry, 75% of consumers would like to see more personalization options available at their loved one’s funeral. This trend towards personalization has been driven by consumers’ desire to create a meaningful and memorable experience for their loved ones.

Winter Workout Tips
(NAFSA)—Cold weather offers new opportunities to get creative with your workouts. Try these tips from eBites.com: chief fitness pro Raphael Calzadilla, CEO.

1. Work out in the morning. Morning workouts stimulate the metabolism for the rest of the day.

2. Use downtime wisely. Flex your free time by completing a buddy workout. When you can’t get to the gym, you can still stay active. Consider doing a home workout instead. For example, you can use a resistance band and tighten muscles when you can.

3. Hire a personal trainer for a structured workout program and accountability. Personal trainers can help you stay motivated and on track.

4. Buddy sessions. Pay for joint membership to the gym or exercise machines when you can’t get to the gym. You can also work with a buddy and check in with each other daily.

5. Use local resources. Look for free fitness classes in your community, such as yoga or Pilates classes. You can also use online resources, such as fitness apps or websites, to stay motivated.

6. Get creative with your workouts. Consider trying a new activity, such as snowshoeing or ice skating.

Morning Fuel: Almond Breakfast Cookies
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Flour
To roast slivered almonds: Spread in an ungreased baking pan. Place in 350° F oven and bake 5 to 6 minutes or until golden brown and fragrant; stir once or twice to ensure even roasting. Next, let cool completely before removing from oven.

Whisk together egg, almond oil, salt and cinnamon in a large bowl. Add remaining ingredients and mix until just combined. Drop dough by rounded teaspoons about 2 inches apart on a lined baking sheet. Bake at 300° F for 15 minutes, or until golden brown. Let cool completely before removing from sheet. Store, or serve immediately. Makes 24 cookies.