

# princesschronicles

December 2008

## Editor's Note...

Well, well, well...it's Holiday time again. Not just any Holiday. It's the November/December/January bonanza of Holidays that keep us listening to Christmas carols for several weeks starting in mid November.

With this in mind...**Here's the Thing**...for goodness sake have a blast! No matter what actual events you celebrate keep your cool, keep a calendar and keep plenty of good humour. **IF** you are traveling to get somewhere that you'd rather not be going I bid you good luck in your travels and in your stay.

**IF** you are staying put don't peak too soon! If you start putting up trees and decorating your house inside and out before it is really necessary then you will be hoping for the Holidays to be over before December even begins. No matter what, have a great Holiday

Season and a fun-filled **New Year!**



*Princess Tess*

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If you find yourself going on vacation in the sun these holidays please remember the

## Princess Pledge to our Shoes...

Please raise your **BIG** toes and repeat after me:



As a Princess I pledge to follow the Rules when I wear sandals and other open-toe shoes: I promise to always wear sandals that fit. My toes will not hang over and touch the ground, nor will my heels spill over the backs. The sides and tops of my feet will not pudge out between the straps. I will go polish-free or vow to keep the polish fresh, intact and chip free. I will not cheat and just touch up my big toe. I will sand down any mound of skin before it turns hard and yellow. I will shave the hairs off my big toe. I won't wear pantyhose even if my misinformed girlfriend, coworker, mother or sister tells me the toe seam really will stay under my toes if I tuck it back into place hoping it will stay put. I will get my shoe fixed or toss it. I will not live in corn denial; rather I will lean on my good friend Dr. Scholl's if my feet need him. I will resist the urge to buy plastic sandals at Payless for the low, low price of \$4.99 even if my feet are

small enough to fit into the kids' sizes. This is out of concern for my safety, and the safety of others. No one can walk properly when standing in a pool of sweat and I would hate to take someone down with me as I fall and break my ankle. I will take my toe ring off toward the end of the day if my toes swell and begin to look like Vienna sausages. I will be brutally honest with my girlfriend, coworker, mother or sister when she asks me if her feet are too ugly to wear sandals. Someone has to tell her that her toes are as long as my fingers and no sandal makes creepy feet look good. Now put your big toes down and have a great trip!

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# A Thing of Beauty

Our minds and our bodies are both A Thing of Beauty. Naturally, we need to work both of these assets diligently throughout our lives to keep our quality of life heightened.

Whether young or old that we keep a physical activity in form of exercise we can make. It's incredibly important to remember that a variety of forms and like exercise could activity that gets our



old it's very important to have a certain amount of physical activity in our lives daily. What we choose to do can be an important and challenging decision to make. Walking is very easy and doesn't need special equipment and you can easily add walking to your life. Walking can help your body to recover from injuries sustained from higher impact sports and it can be used hand in hand with anyone wanting to start running. If you are challenged by arthritis in your legs, remember that even walking slowly will help keep blood circulating and your muscles active.

One of the best physical activities you can do is walk. Walking is very easy and doesn't need special equipment and you can easily add walking to your life. Walking can help your body to recover from injuries sustained from higher impact sports and it can be used hand in hand with anyone wanting to start running. If you are challenged by arthritis in your legs, remember that even walking slowly will help keep blood circulating and your muscles active.

Imagine a walk after dinner enjoying someone else's company. You'd never think you were exercising, but you are. Instead of jumping in the car to buy a quart of milk, just walk to the store. This might sound a little soft in our fast paced world of multi-tasking but that fifteen minute walk for the milk will make you feel a lot better than being stressed in traffic.

If your job requires you to stand, remember that at the end of the day you'll be stretching your legs by walking home, even a portion of the route. If your job has you sitting all day, what could be more invigorating than a brisk walk after work to get your body moving!

Take care of yourselves whilst doing any exercise or activity. Stay safe and have FUN!!!

*A Cocktail for all Seasons...*

*Bubbles are a great solution for all your celebration needs over the Holidays. The selection of Sparkling Wines and Champagnes is vast in your local Jolly Shop. Take advantage of the Season and drink yourself silly with bubbles!*



## **Holiday Baking!**

**If you aren't much of a baker just buy the cookie dough, bake it and pass it off as your own. You can only do so much.**

PS...Don't forget the dust of flour on your cheek for proof of your efforts.

**Remember to take the time to relax over the Holidays. Put your feet up and take it easy in your favourite chair!**



## **Happy Holidays and a Very Happy New Year!**



From our **Headquarters** to you...

*Have a wonderful Holiday Season!  
Fill it with all that you wish and wish for all that you love.  
Like we always say...go big or stay put in the castle.*

*Please be advised that the January Princess Chronicles will be released the middle of January, 2009.*

Please pass this edition of **princesschronicles** on to anyone you think would be interested.

If you know anyone who would like to be added to our distribution list please send a quick email to: [perks@princessheadquarters.com](mailto:perks@princessheadquarters.com)

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