

# TidBits for Today

## Now You Can Stick To Your 2011 Weight Loss Resolution

Did you know that losing weight is one of the most popular New Year's resolutions? All of us start with good intentions by joining a gym or eating healthier and then after a few weeks, we fall off the wagon as the weight creeps back on.

Before you begin I'd also like to encourage you to consult with your physician about starting any weight loss program. Let's take a look at seven steps you can take to make sure you stick to your 2011 weight-loss resolution.

**Step #1 – Determine Your "Why":** Think about the reason why you want to lose weight. Is it to look better in a bathing suit?

Is it to reduce your risk of heart disease and diabetes? Do you want to be able to enjoy a more active lifestyle? Do you want more energy to play catch with your kids?

*(Continues on page 2)*

## Do You Have An *Urgent* Legal Question That You Want Answered FREE?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question regarding anything related to auto accidents, workers compensation cases, construction injuries, dog bite cases, DUI or criminal arrests, please feel free to give us a call at **(847) 854-7700**

We've written several Special Reports on these topics. To get your FREE copy simply call our office and we'll send you, a family member, or friend one of our informative Special Reports or audio CD's.

## Thank You So V-E-R-Y Much For Telling Your Family And Friends About Us!

The highest compliment you could give our law firm is the referral of your friends and loved ones. Over the years, our practice has been built upon the trust you place in our ability to take care of those you care the most about. Our major purpose is to provide OUTSTANDING legal service to everyone who comes to us in need. We would like to thank you in advanced for all your support and the trust you place in our firm.

Thank YOU - **Franks & Rechenberg, P.C.**

## How To Boost Your Memory Naturally (At Any Age)...

Having a momentary loss of memory can be embarrassing or even downright frustrating, for example when you can't find your car keys. No matter what the reason you don't have to accept memory loss as a part of getting older.

Many experts agree that there are simple things you can do to boost your memory, and the key is to stay active. Check out these suggestions and see how many you can make a part of your daily routine in 2011:

**1) Get Moving:** Getting your heart rate up at least three times per week for 20 minutes at a time brings more oxygen to the brain and helps it grow new cells. Walking, cycling, or any activity that gets you up and moving on a regular basis is a great choice.

In fact, exercise like this may be two to three times more effective as anything else you do for your brain according to Sam Wang Ph.D., an associate professor at Princeton University and co-author of "Welcome to Your Brain: Why You Lose Your Car Keys but Never Forget How to Drive and Other Puzzles of Everyday Life."

*(Continues on page 3)*

**INJURED ON THE JOB ?** Need to get your Bills PAID? **Want to know what is your case worth?** CALL David N. Rechenberg at **(847) 854-7700** so he can start working on your case right away!! **Rechenberg** just settled another rotator cuff surgery case for big money!

## Stick To Your 2011 Weight Loss Resolution .....(Continued)

You need to be as specific as possible. Now take out a sheet of paper and write down your reasons "Why" it's important to you.

**Step # 2 – Write Down A Sensible Weight-Loss Goal:** The next important tip to being able to stick to your weight-loss resolution is to set a sensible goal. You shouldn't expect to lose more than 1 to 2 pounds per week.

Look for a Body Mass Index (BMI) calculator online to help you determine whether you are underweight, normal, overweight, or obese. The higher your BMI, the more weight you can expect to lose in the long run.

**Step #3 – Make A Plan You Can Stick With All Year:** You know yourself better than anyone else. So you already know what doesn't work for you. You'll be more likely to stick with your program by making smaller lifestyle changes.

Making healthier food choices, consuming fewer calories, and getting more activity should be the cornerstone of your program.

**Step # 4 – Set Small Achievable Goals Along The Way:** Look at where you are now and at your goal for the end of the year. Now break it down into small achievable stepping stones.

You want to break your weight loss journey down into small chunks that seem more attainable. Focus on the first "mini" goal until you reach it and then move on to the next one.

**Step # 5 – Track Your Progress:** Get a journal and start recording what you eat and how active you are during the day. If you chase the kids around the yard for 20 minutes, record it. Writing these things down builds accountability so if you are tempted to eat that cookie, you'll have to write it down. So, you'll probably skip it.

If you haven't been a couch potato all day, you may be motivated to take a quick walk around the block so you can jot it down in your journal.

*(Continues on page 6)*

## ***Thank You! Thank You! Thank You!***

Special thanks go out to all of our clients and friends who graciously referred our law firm to their friends and neighbors last month! Our practice is built based on positive comments and referrals from people just like you. We just couldn't do it without you.

## **25 Incredible Tips For Living An Extraordinary Life In 2011**

As your friend and attorney I want to encourage you to live life to the fullest in 2011. Sure you might know some of these tips, but how many of them are you using to create an extraordinary life?

These universal truths, values, and principles can help you make 2011 your best year ever. If you know someone who feels that life is passing them by, please give them this newsletter as our special gift to make 2011 a spectacular year. We are here to serve you and your loved ones.

- 1) **Live Today:** You can't relive the past and the future will always be uncertain. Today is yours, so make the most of it.
- 2) **Maintain Balance:** Your life is affected by the four aspects that are mental (brain), emotional (heart), spiritual (faith) and physical (body). Learn to maintain equal balance between these four aspects. As you already know, too much of anything is bad.
- 3) **Forgive and Forget:** The only person that suffers when you don't forgive is yourself. The other person probably doesn't even know that you are carrying a grudge. So remember to be kind to yourself and forget about it.
- 4) **Accept Change as Part of Life:** The more you can adapt to change, the easier your life is because change can open bigger and better possibilities for you, if only you would accept it.

*(Continues on page 4)*

**ARRESTED FOR A CRIME? Worried about what will happen? Need answers?  
Call David Franks at (847) 854-7700. He is a member of the  
Illinois State Bar Association Criminal Justice Section Council!**

## "The Do's and Don'ts For A Better Life Starts Here!"

*Give The Gift Of Longevity...*

A part of my commitment to better serving you through my newsletter, **Franks & Rechenberg, P.C.** would like to send 12 FREE issues of **TidBits for Today®** to a family member, co-worker, or close personal friend of yours.

Your family member or friend will receive a welcome letter letting them know that you gave them a free subscription.

Plus, they can cancel any time they want. Call my office at **(847) 854-7700** and ask to speak with **Marlo** to give a loved one a free copy!

### More 1980's Trivia...

Where in the Ukraine was there a nuclear explosion in 1986? **A: Chernobyl**

What island was the home of Bob Marley, who died in 1981? **A: Jamaica**

Who released an album called Thriller in 1982? **A: Michael Jackson**

Who won the ladies singles most times at Wimbledon in the 80s?  
**A: Martina Navratilova**

In 1987 Madonna filed for divorce from which husband? **A: Sean Penn**

The increasing scarcity of elephants and rhinos led to a 1989 ban on which substance? **A: Ivory**

Who attempted to assassinate Ronald Reagan in 1981? **A: John Hinckley**

Which volcano in Washington state erupted in 1980? **A: Mount St. Helens**

*- The End*

## Boost Your Memory Naturally (*At Any Age*) .....(Continued)

Even better news for the too-busy-to-workout crowd, the latest brain research finds that just one moderate to rigorous exercise session a week can make you 30% more likely to hold onto your cognitive function as the years pass.

**2) Floss Daily:** Plaque on your teeth is bad for brain function. "The plaque between teeth can cause an immune reaction that attacks arteries, which then can't deliver vital nutrients to brain cells," points out Dr. Michael Roizen, co-author of "YOU-The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger."

Keep the floss with all the things you use to get ready in the morning so you're less likely to forget.

**3) Multi-task While You Workout:** Stretching your body and brain at the same time can have a real impact on your mind power. Experts suggest doing double duty revitalizes brain cells.

You might try a crossword puzzle while riding a stationary bike, listening to an audio book or language lessons while on the treadmill or jogging.

If doing two things at once isn't your thing, do the mental exercise right after your physical workout when your brain is pumped full of energy.

**4) Eat Food For Your Brain:** DHA an Omega-3 fatty acid is critical for optimal brain function, and can be found in salmon and trout. It's good for your brain to try to get all you can from natural food sources.

"DHA decreases arterial inflammation and improves repair of the protective sheath around nerves," Roizen explains. "The result is less age-related memory loss, less Alzheimer's disease, less depression, and a quicker mind."

Those are some pretty good reasons to get to the health food store and buy some omega-3 supplements.

*(Continues on page 7)*

Are you a Car Crash Victim? Adjuster calling? Looking for Answers?  
Call our office to obtain a free audio CD and learn what to say when the insurance adjuster calls asking for your recorded statement! David N. Rechenberg will help get you all the money you are entitled to from your personal injury case!

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## "Ultimate Banana-Strawberry Fruit Smoothie Recipe"

It is truly amazing what you can do with a fridge full of fresh fruit and a blender. The difference between blender recipes and juicing is the added advantage of soft fibers which promote a healthy colon. Please let us know what you think of my "Ultimate Banana Strawberry Fruit Smoothie."

### Ingredients:

1 banana  
6 strawberries, frozen  
1 1/4 cup water  
1 tbsp. skim milk powder  
Optional: 1 heaping tbsp. high- quality vanilla protein powder  
Optional: 1 tsp. flax seed oil

### Preparation:

Add ice for thicker and icier consistency in a blender. Process all the ingredients until thoroughly mixed and serve to your liking.

### Nutritional information per serving:

Calories 192  
Total fat 2.8 g  
Saturated fat 1 g  
Cholesterol 19 mg  
Sodium 45 mg  
Total carbohydrate 37.7 g  
Dietary fiber: 3.4 g  
Protein 7.11 g  
Vitamin C: 55 mg  
Iron: 2 mg

### Blending raw fruits and vegetables in a smoothie everyday will:

1. Save you time and money!
2. Ensure that you are properly hydrated at the beginning of the day.
3. Provide you with the full spectrum of nature's bio-available vitamins and antioxidants.
4. Give you plenty of natural fiber to ensure excellent digestion.
5. Give you the scientifically proven best "brain fuel" in the form of fructose.
6. Help boost your immune system. - *The End*

### "Positive Thoughts Will Lead You To Success (Just Try Them)!"

"I know God will not give me anything I can't handle. I just wish that He didn't trust me so much." ~ **Mother Teresa**

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."  
~ **Dr. Seuss**

"Quit now, you'll never make it. If you disregard this advice, you'll be halfway there."  
~ **David Zucker**

### Live An Extraordinary Life In 2011.....(Continued)

5) **Visit Places You've Never Been To:** Seeing a new place lets you discover and learn more of other things in your life. It helps you expand your perspective and horizon.

6) **Read Books:** The best way to live is through continuous learning. In order to improve you present skills and expand who you are read some good books.

7) **Attend Classes:** Like the swimming lessons you have always wanted to take back in high school. Remember, you are never too old to learn something new.

8) **Take Time To Make Memories:** We should not wait for memories to happen, we should make memories happen. Find time to create memories with others.

Make a note of each moment you do not want to forget, both the good and bad. Read your journal once in a while to see how far you have come along. Surely, it will make you SMILE.

9) **Capture The Moments:** The ability to retrieve a memory decreases dramatically unless boosted by artificial aids like photographs and videos. Start taking those pictures you would like to look back to in your old days.

(Continues on page 5)

Involved in a car crash? Claims Adjuster calling you requesting a recorded statement?  
Call for your Free Information Guide, authored by David N. Rechenberg, entitled  
"What Questions to Ask when the Claims Adjuster Calls."

## Letting Go Of The Old To Make Room For The New...

Being happy in life is all about unloading things that hold you back. When I say let go of the old, it's about ridding yourself of stuff that bothers you deep down on the inside, which does nothing more than complicate your life. If you want to unburden yourself and start the New Year right, then you should practice letting go (forgiveness), it's good for you and your health.

1. **Letting go is good for your heart.** When you choose to forgive, you rid your body of stress. As you know, stress can make your heart work harder, since it constricts blood flow, making you prone to vascular diseases and other chronic illnesses.
2. **Letting go boosts your immune system.** When you carry a grudge, you become isolated with your own suffering. Experts agree that people who learn to let go of grudges show a prominent decrease in their emotional stress level and are less likely to complain of headaches, migraines, and back pains.
3. **Letting go lowers your risk of depression.** When you decide to forgive the offending party, it doesn't only strengthen your spirituality, but your coping mechanism to negative situations, making you less prone to depression. This will give you a more positive and confident outlook on life.
4. **Letting go will help you become more productive.** Hanging on to old hurts literally over burdens your mind, making it difficult for you to concentrate. Deciding to forgive makes you focus on the things that you need to get done.
5. **Letting go can make a huge improvement to your love life.** Forgiving past hurts will make you appreciate your current relationship. By holding on to past hurts blinds you to the love and affection that you are now receiving.

Never underestimate the power of forgiveness, because it can make a positive impact in your life. I know it's not going to be easy, but remember, the road less traveled has its rewards.

- The End

## What You Should Do In Case Of A Car Accident - Safety Tips To Remember!

If you're ever in a car accident here are some safety tips that can save your life and protect your family.

1. **DON'T** make any sudden moves to your head and neck. You may have sustained a serious injury that could be aggravated by sudden movements.
2. **TURN** the engine off **IMMEDIATELY!**
3. **MAKE** sure that everyone in your car is conscious and hasn't sustained any cuts or lacerations.
4. **IF** you have small children in the car make sure that they're OK.
5. **IF** you have a cell phone **call 911** for help.
6. **IF** you smell gas fumes get out of your car at once.
7. **BEFORE** getting out of your car make sure that no other car is coming.
8. **IF** you don't have an auto accident handbook, please contact our office and we'll send you a **FREE** copy! Make sure to call **TODAY!**

## Live An Extraordinary Life In 2011....(Continued)

- 10) **Smile Often:** Nothing beats a cheerful heart and mind. Be happy regardless. Make the world a better place to live in by sharing your sweet smile.
- 11) **Join a Club:** You can learn more about yourself by exposing yourself to other people and learning from them. It will help you and everyone else to grow. We evolve at the rate of the tribe we are plugged into.
- 12) **Learn to Give:** The old saying would always be true, "The more you give, the more you receive." Our value as human beings resides on what we can give and not on our capacity of receiving. Start spreading goodness by giving.
- 13) **Spend Time with the Young Ones:** There is no better stress reliever than the joy and positive feeling given by the free spirit of young people.
- 14) **Open Your Ears to the Elders:** Listening to people who are older can make you years wiser. Remember, the best way to learn and avoid extreme failure is through the experiences of others. *(Continues on page 6)*

**Know a friend who was arrested for DUI? Offer them great advice!**

**Tell them to call David Franks at (847) 854-7700.**

**[www.McHenryCountyDUILawyer.com](http://www.McHenryCountyDUILawyer.com)**

## Stick To Your 2011 Weight Loss Resolution .....(Continued)

**Step # 6 – Celebrate Each Small Victory:** Make sure you celebrate each goal you attain, however don't reward yourself with food. You can buy a new blouse; get a manicure, or a good book. Pick something you truly enjoy. This will build some positive reinforcement that'll keep you going until you reach the next goal.

**Step # 7 – Keep Your "Why" In Mind:** Don't ever lose track of the big picture as you progress throughout the year. Remind yourself daily as to why you want to lose weight. Keep the sheet of paper with your reason for losing weight close by and read it often to remind you of your quest every day. This is another big motivator to keep you going all year long.

Losing weight can seem like a daunting task, especially if you have a fair amount to lose and you're just starting. I don't want you to feel overwhelmed or intimidated by sticking to your program. You can do it one pound at a time. Before you know it 2011 will fly by and you'll be 10, 20 or even 50 pounds lighter. I know *YOU CAN DO IT!*

- The End

## Living An Extraordinary Life.....(Continued)

15) **Accept and Manage Your Setbacks:** Don't ever be afraid to make a mistake or fail at something. The most successful people in our culture have gone through horrific failures only to bounce back wiser, stronger, and wealthier. A great treasure of wisdom is hidden in every failure.

16) **Take Risk:** Life is full of chances and you'll never live to the fullest if you don't take chances. As they say, the higher the risk the higher possibility of success.

17) **Cry:** Who said that boys and big girls do not cry? You need to cry, it eases the burden plus it will keep you from having diseases that are caused by emotional pains.

18) **Respect Other People's Opinion:** Keep yourself from arguments because no one really wins. Nothing is really solved with a heated talk. Learn to listen to what others have to say without necessarily believing and taking them as true for you.

19) **Take A Well Needed Break:** Reward yourself for a day's work. Take that break, you deserve it and you need it in re-energizing yourself to another day of work.

20) **Work Smarter, NOT Harder:** The most stressed people are those who do not know how to work smart. Do not take the entire task to yourself. Remember, you are not alone in this world. Learn to maximize and trust the abilities of others. It is not a weakness to ask for help.

21) **Just Be Yourself:** Do not try to act like someone you're not just to please other people. You do not have to, plus you can't. Stand firm to who you really are. Eventually, you'll discover who is worth keeping around in your life from those who are not.

22) **Start Caring:** People really don't care how much you know, they want to know how much you care. Start by letting people in your life know just how much you care about them. Always remember, that relationships are more lasting than accomplishments and prestige.

(Continues on page 7)



**Injured on the Job?**  
Order this **FREE BOOK**  
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Call and Order this Free Book to Learn The Nine Mistakes that Could Ruin Your Illinois Worker's Compensation Case  
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### Mission Statement

It the mission of Franks & Rechenberg, P.C. to continuously earn our reputation as a pre-eminent local law firm by always providing our clients with responsive, zealous, cost-effective and highly competent legal service and representation, in a professional, courteous and respectful manner.

Do you have a friend who was injured in a car crash, hurt at a construction site, or hurt as a result of a defective product, and they are wondering how to hire a personal injury attorney, and what questions to ask? Give that friend great advice. Ask them to order the FREE audio CD "How to Choose an Illinois Personal Injury Attorney" by calling (847) 854-7700. You can also order one for yourself to hand out to family and friends.

## Congratulations To Our "Client of the Month!"

Every month, we choose a very SPECIAL client to showcase. It's our way of acknowledging our great clients and saying thanks to those who support our law firm by telling others about us.

This month's Client of the Month is **Ronda Feltes**. We're treating Ronda and her husband to popcorn and to the movies!

[www.FnRlaw.com](http://www.FnRlaw.com)

### Living An Extraordinary Life.....(Continued)

23) **Meditate:** Take some time to be with yourself and be silent. This can help you relax from the fast-pace life you are in while helping you discover who you can become.

24) **Your Purpose:** Life is a journey, not a destination. To help you discover what your purpose is just ask yourself, "If there was no praise or criticism in the world, then who would you be?" As you go along your life journey, set your map so you discover the right you at the right place and time. Once you know the answer, you are right there.

25) **Live Life For Others:** Do not live for yourself alone; remember that there are other people and creatures that surround this world. Even if we are not aware, every move and action we take creates an effect on others.

*PS.* I sincerely hope that you enjoyed this month's newsletter and that 2011 is your best year ever. Through my monthly newsletter I look to encourage clients who are going through tough times. I hope that I'm making a difference in your life, and please feel free to call my office to let me know what you think of my newsletter.

*PSS.* The reason why I send you my client newsletter is to let you know that we sincerely care about YOU! We consider it an honor and privilege to be a part of your extended family as we work on your case. I'll always do my very BEST to give you a helping hand as your attorney.

- The End

## Boost Your Memory Naturally (At Any Age) .....(Continued)

5) **Play Games** - Games aren't just for kids; they help sharpen your memory as well as your problem solving and spatial skills. You can use things like the new 3D Rubik's Cube, handheld games like Tetris or solitaire, electronic games like the Wii or Nintendo DS, even games like Jeopardy or Millionaire on TV, anything that stretches your thinking or is a new-to-you activity will work wonders.

6) **Start A Club:** It can be a book club, a bridge club, regular dinners, in fact anything that helps you combine strategy and memory offers a challenge to the brain. This allows the brain to learn new things. Socializing while you play, rather than enjoying a solitary game, adds a level of involvement and challenge that does a whole lot for your brain (not to mention your social life too).

7) **Use Your Fingertips** - Any fingertip activity, like knitting, chopsticks, even rolling a pen/pencil between your fingers helps your brain by boosting circulation. Good circulation serves to eliminate waste products that might prevent much-needed nutrients from reaching your brain. Studies have shown that using the concentrated areas of nerve cells in your fingertips directly stimulates your brain.

These simple, natural choices will bring benefits to your brain (and body) not only today, but for many years to come. If you have elderly parents please make sure to share this newsletter with them.

If you'd like some extra copies sent to relatives or friends please feel free to call my office at (847) 854-7700 and ask Marlo to mail them a copy. We are here to serve you and those you love.

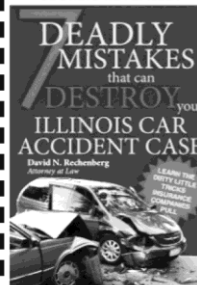
- The End

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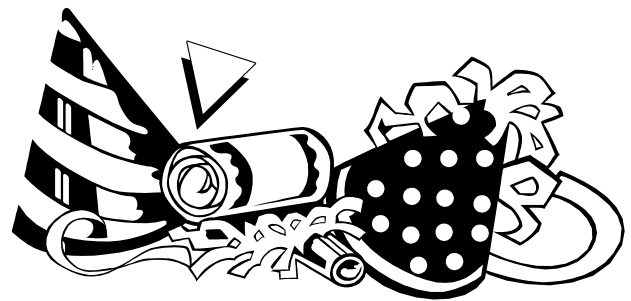
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**Happy  
New  
Year!**

*EXTRA- EXTRA: Read All About It...*

**“How To Make 2011 Your Best Year Ever!”**

Keep Your Weight Loss Resolution.....(Page 1)

Live An Extraordinary Life In 2011.....(Page 2)

Now You Can Finally Let Go Of The Old.....(Page 5)

**Plus, The Ultimate Banana-Strawberry Fruit  
Smoothie Recipe ... For Healthier You In 2011**