

Technology Tips & Treats



Delta Kappa Gamma—Alpha State

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Using Technology to Stick to Your Resolutions!

Happy 2013! It is that time of year again...Resolution time! Most people start each new year making a resolution to stop, change, or do something in their life. By the time February rolls around those resolutions have already been broken. According to *Time* Magazine, the top 10 commonly broken New Year's resolutions are Losing weight and getting fit, quit smoking, learn something new, eat healthier and diet, get out of debt and save money, spend more time with family, travel to new places, be less stressed, volunteer, and drink less. Do any of those sound vaguely familiar to you? If you are one of the many that cannot seem to keep a resolution going past January, let technology give you a boost. Check out the following resources to give your resolution resolve a boost.

Losing Weight, Getting Fit, Eating Healthy and Diet

- **MyFitnessPal** is a free diet and fitness community that provides a journal that tracks exercise, food intake and weight loss progress. <http://www.myfitnesspal.com/> There is also a free mobile app.
- **CalorieKing** provides nutritional information on food. You can search by category or brand, including most restaurants. <http://www.calorieking.com/foods/> There is also a free mobile app.
- **Dr. Fitness and the Fat Guy** is a website for the weekly radio show of the same name. They offer tips on how to get and stay fit. <http://www.drfitnessandthefatguy.com/default.asp>
- <http://www.fitnessmagazine.com/> **Fitness Magazine** website let's you create free, custom-made videos that target your trouble spots and fit into your busy schedule.



Get out of Debt and Save Money

- Know your **credit score** for free at one or all of these sights: <http://www.freecreditscore.com/>, <http://www.transunion.com>, <http://www.freecreditreport.com>
- **Dave Ramsey** is host of a nationally syndicated radio program discussing personal finance topics. He strongly emphasizes reducing, avoiding and eliminating debt <http://www.daveramsey.com>
- **Get Out of Debt Guy** offers free help and advice on how to get out of debt, debt consolidation scams and the debt relief and debt help industry. <http://getoutofdebt.org/>
- Check with your banking institution for their online banking services. Banking online can be fast, fun and easy.

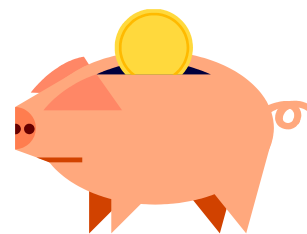
Quit Smoking

- **Smokefree.gov** offers a variety of resources for people who are struggling to quit smoking. <http://www.smokefree.gov>
- **Whyquit** provides motivation, education and support for cold turkey nicotine cessation. <http://whyquit.com/>
- **Quitnet** is a community that offers support and resources to people who struggle with nicotine addiction.

“Technology Tips & Treats” is a monthly publication created by the 2011-2013 Technology Committee.

Our goal is to provide you with the most up-to-date technology information to assist you and your chapter in the 21st Century!

Please let us know what you think of our newsletter at sreddingdkg@gmail.com, Shelly Redding, Technology Committee Chairman





Learn Something New

- Learn a **new language** at BBC Languages. <http://www.bbc.co.uk/languages/>
- Whether you are new to the computer, returning for review or just want to gain more 21st century skills, GCF Learnfree **computer tutorials** can help. From Computer Basics to Microsoft Office to Apple, they have a wide range of free technology tutorials to choose from. <http://www.gcflearnfree.org/computers>
- Everything the DIY car enthusiast needs to know about basic **car maintenance**; wheels, tyres, motor oil, suspension, brakes, gear-boxes, transmissions, steering, engines, motors, petrol, gasoline and general car maintenance. <http://www.carbibles.com/>
- Learn to cook, or **learn to cook** better with online cooking lessons from the Cooking Dude! <http://www.cookingdude.com/>
- Want to learn the basics of **knitting or crochet** so you start that new project? Check out Red Heart. <http://www.redheart.com/learn>
- Andrew Furmanczyk has a series of videos that will teach the basics of playing the **piano**. <http://www.howtoplaypiano.ca/>

Drink less

- Check out **Alcoholics Anonymous** <http://www.aa.org/?Media=PlayFlash>
- Try a self-help treatment at **HelpGuide**. http://www.helpguide.org/mental/alcohol_abuse_alcoholism_help_treatment_prevention.htm



Be Less Stressed

- Find **stress relief tips** that give effective natural ways to reduce stress at Gentle Stress Relief. <http://www.gentle-stress-relief.com/>
- Listen to **calming music** at: <http://www.iheart.com/>
- Find ways to better **manage your time** <http://www.time-management-guide.com/>
- **Totally Stressed Out** is a stress management site for students and other humans. <http://www.totallystressedout.com/>



INTERNATIONAL SOCIETY
FOR KEY WOMEN EDUCATORS

Don't forget that you have a resource of thousands of women in eighteen countries that may have suggestions to help you keep your resolutions this year.

- Alpha State, Texas website <http://www.alphastatetexas.org/>
- DKG International website <http://www.dkg.org>
- DKG network [DKG Network](#)

Travel to New Places

Get great deals for travel at the following sites:

- <http://www.kayak.com/>
- <http://www.expedia.com/>
- <http://www.priceline.com/>
- <http://www.discountcruises.com/>
- Of course do not forget DKG! Check out the Austin state convention in June. <http://2013tsoconvention.weebly.com/>
- The Southwest Regional in Branson, Missouri this July
- The ASTEF cruise to Alaska this August. <http://www.alphastatetexas.org/astef.html>



Volunteer

- **Volunteer Match** will provide information on volunteer opportunities in your local community. <http://www.volunteermatch.org/>
- **Special Olympics** is always looking for volunteers. http://www.specialolympics.org/Sections/Get_Involved/Get_Involved.aspx
- Check out this website for more **ideas on volunteering** in your community. <http://internships.about.com/od/socialsciences/a/placestovolunteer.htm>

Spend more time with family

- The **Family Fun Magazine** is chock full of ideas for families with children of all ages. <http://www.parents.com/familyfun-magazine/>
- **Families With a Purpose** is an organization passionate about all things family. They provide practical advice, helpful tools and loads of family fun ideas. <http://www.familieswithpurpose.com/>
- The purpose of this site is to help provide **fun activity ideas** that are appropriate for the family. <http://familyactivityideas.com/>
- Looking for a family friendly vacation? Check out the **Family Vacation Critic**. <http://www.familyvacationcritic.com/>
- Sponsored by Disney, **Family.com** offers ideas on cooking, craft, parenting and much more. <http://family.go.com/>

