

A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair

Another Reason Not To Skip Your Workout

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older.



A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40 percent less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren't as physically active.

Exercise didn't appear to have any impact on the subjects' risk of Alzheimer's disease, which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

It's a win/win situation, researchers say. Not only will regular exercise help you feel better as you age, but it may increase your chances of enjoying a long life with all your faculties intact.

"Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk and to act."

- Andre Malraux

Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at

**(604) 589-9336 or email us at
ambautorepair@hotmail.com**

Optimism Fuels A Truly Creative Lunch

In the autumn of 1994, Pixar was in trouble. As recounted in Likeonomics, by Rohit Bhargava (Wiley), the animated film studio was deep in the red, thanks in part to the fact that its upcoming movie Toy Story was wildly over budget. Microsoft had expressed interest in buying the company not because it liked movies, but to gain access to some of its 3D graphic design software. The deal fell through, and Pixar's prospects were shaky in advance of Toy Story's release.

That didn't deter the team, though. As they were putting the finishing touches on Toy Story, the filmmakers met for lunch to discuss possible new projects.

The three ideas they came up with? A Bug's Life, Monsters Inc., and WALL-E, all of which would become blockbuster hits. It may have been the most creative lunch of all time, in part because the "creative types" retained their optimism about the future.



Do More, Work Less Get Organized For Success

Winning control of your work schedule doesn't have to be a gargantuan effort. Here are some simple tips for getting organized:

- * Start on a Monday. On the first day of the workweek, list your top three activities for the week. Commit to getting those three priorities done by Friday—no more, no less.
- * Designate time for administrative tasks. Put everything else on the back burner for a few hours. Don't answer the phone, don't read email, don't let co-workers interrupt. Concentrate on your administrative chores.
- * Check email only once a day. Set aside a specific time during the day to read and respond to email. Trying to monitor all your email throughout the day is disruptive to work flow.

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What's Inside?

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What's The Answer?

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Can Another Earth Really Exist?

How Many Cards Will Be Bought This Valentine's Day?

What Is The Earliest Know Tool For Shaving?

***The Answers To These And Many
More Questions Are Inside***