

# ***u – news***

Autumn 2010

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Welcome to our Autumn 2010 edition of ***u – news***. With the Easter break well and truly behind us here's some tips for keeping on top with the cooler months ahead.

utilize:mytime exists to make your life easier, so we give you these tips on how to enjoy the free time you do have.



**Time stays long enough for anyone who will use it.**  
- Leonardo da Vinci

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## **Our Autumn tips for you...**

- Exercise - Continue that exercise routine even though the days are getting cooler
  - Immune System - Build it up by eating plenty of fresh fruit and vegetables
  - Vitamin C - Start taking it in powder form to help keep away the colds and flu's
  - Holiday - Plan that winter escape now
  - Family & Friends - Spend sometime with the ones you truly treasure
  - Remember - Mother's Day is just around the corner on Sunday 9 May, 2010
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## **What we've been up to lately....**

We have been researching and organising overseas holidays for clients. One client requested a week away in the sun, somewhere to read and relax by the pool. We did some initial research based on the brief for a direct trip to Thailand or Bali. We then provided the client with a brief of suitable flights, villas and hotels to stay at, along with a link to each website. The client was then able to narrow down their top 3 choices. We then organised the flights, accommodation, breakfast and transfer bookings based on the clients brief. Working on this project, we have saved our client around 5 hours of their precious time.

Interesting things online for ***u*** this month:-  
For the girls check out: [www.bookdepository.co.uk](http://www.bookdepository.co.uk)  
For the guys check out: [www.warcom.com.au](http://www.warcom.com.au)

If you are looking for a winter holiday either in the snow or in the sun, please call us and we can organise and manage the project with pleasure for you. If you would like to know more, please call Nicolle on **0407 512 585** or send us an email [nicolle@utilizemytime.com.au](mailto:nicolle@utilizemytime.com.au)

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If there is any topic you would like us to discuss in future editions, please contact us as ***u – news*** is news for you and about giving you back the 'precious gift of time'.

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