

## Start 2009 Off Right



### Get a Healthy Jump on 2009

You jumped rope as a kid but would you do it now? Maybe, you're thinking, if it wouldn't be so hard to keep from messing up. Well, worry no more and start jumping with JumpSnap where you jump rope without a rope.

Jumping rope is a great workout. A 30-minute JumpSnap workout can burn as much as 600 calories, whereas 30 minutes on the treadmill at 4 mph only burns 182. JumpSnap is also a full body workout that is portable as well. In a hurry? You can burn 100 calories in just 5 minutes. Plus it's very good in the fight against osteoporosis as it gives the bones a good workout, too.

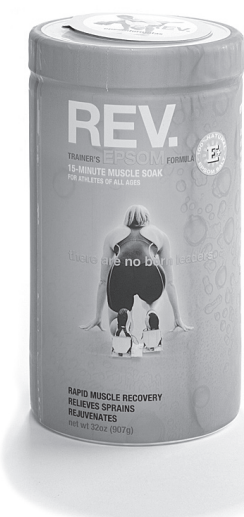
The original JumpSnap (\$60) set comes with the JumpSnap, 3 weights for each handle, 8 minute beginner workout DVD, 12 minute intermediate workout DVD, and a mesh travel bag for easy storage—it even includes your batteries.

The JumpSnap lets you set up a user profile for each jumper (height and weight). It also lets you set it to alert you when you reach your goal number of jumps or time and it makes a snapping sound to help you maintain rhythm as you jump. It might feel a little weird but so does tripping over that rope that you used to master years ago and now can't!

You can order at their site [www.jumpsnap.com](http://www.jumpsnap.com). Amazon may also have some available. Happy jumping!

## Something to Soothe

Getting in shape is your goal for 2009, right? But getting sore muscles surely isn't. REV. Trainer's Epsom Formula is specifically designed to repair, revitalize and reenergize the aching bodies of those committed to staying fit and healthy.



REV. Trainer's Epsom Formula starts with one of the world's natural healers, epsom salts, which comes from the earth—an all-natural combination of magnesium and sulphate. It's blended with a herbal and essential oils such as geranium, rosemary, spearmint, and eucalyptus.

REV. Trainer can help the body recover from tough workouts by alleviating muscle aches and pains, and soothing overworked feet. And it has been known to soothe in 15 minutes or so. It can also help with muscle cramps, inflammation and minor sprains by circulating oxygen, delivering antioxidants, regulating enzymes, flushing toxins, and lots more.

REV. Trainer's Epsom Formula retails for \$9.95 for 32 ounces at CVS stores.

The full REV. product line includes REV. Trainer's Epsom Formula, REV. Doctor's Epsom Formula and REV. Nature's Epsom Formula. For information, visit [www.rev-life.com](http://www.rev-life.com).

## More Soothing—through Light

With the press of a button, Colorfusion Candles create a color-changing, sound and aromatherapeutic experience. Available in flame and flameless varieties, in both regular and season-themed designs.

Colorfusion Candles are flame and flameless colorchanging, sound therapy, aromatherapy candles that create a soothing and stylish room atmosphere. There are themed versions for various seasons. Colorfusion Candles retail for \$12.99 and can be purchased online or at KMart and Walgreens. For info, visit [www.colorfusioncandles.com](http://www.colorfusioncandles.com).



## Portraits from Your DNA and more...

DNA 11 creates very unique art: portraits from your DNA, fingerprints and even your lips. Talk about a personalized gift! You can choose from hundreds of color combinations to match any decor.

A DNA portrait comes in 25 color combinations. You can also combine two, three or four people on a single canvas. The collection process is simple and painless using a swab-based collection kit. Comes in a variety of sizes ranging from 18 x 24 to 36 x 54 printed on high quality canvas. Prices range from \$390–\$1200 for a family portrait.

The fingerprint portrait is, yep, made from your fingerprint. DNA 11 sends you a fingerprint collection kit that includes: a fingerprint collection card, easy to use ink strips, and step-by-step directions. Once you're done you just send the kit back to DNA 11's art studio. They scan it, trace it to make it sharper the print it on archival quality canvas. Choose from 25 designer color options or create your own custom color (over one million possible color combinations). Comes in three sizes ranging from 12 x 12 to 40 x 40. Prices range from \$190–\$490.

There's also a KISS Portrait made from a lip print. They send a lip-print collection kit, you choose a color and they make your print. Two sizes available: 20 x 20 (\$290) and 40 x 40 (\$490).

Order from their web site [www.dna11.com](http://www.dna11.com) or call toll-free: 866-619-9574 ext 111.





## Of Local Interest...

*Editor's note: These are both Sarasota based businesses—check 'em out!*



## Wrap it Up

Sarasota Wraps is not a sandwich of any sort. But it does promise to wrap around things, namely your car, van or even boat to give a stylish look while promoting your business.

Looking for a new and modern way to attract new clients and customers? Sarasota Wraps can turn your fleet vehicle, car, RV or boat into a mobile billboard. Sarasota Wraps uses a top of the line 3M wrap media with Orcal laminate with UV protection.

They can help with the whole process from design to print and installation. Turnaround is usually less than a week.

In addition to vehicle wraps, they do signs (magnetics and banners, wall murals, car detailing and car wash services (including leather dyeing and burn hole repair).

For information call (941) 376-1043 or visit [www.sarasotawraps.com](http://www.sarasotawraps.com). Their new location is 5775 Sarah Ave. off of Clark Rd.

## Don't miss this Donut



This has nothing to do with getting in shape, New Year's resolutions, fitness, etc. It has to do instead with pure pleasure. Now that we have your attention... There's a great downtown shop that makes primo donuts called Buddha Belly Donuts. They're almost right across from the downtown movie theatre on Main Street and also almost on 301 right at Main Street.

Laura and Bill Thompson both worked at the Sarasota Ritz Carlton before heading off on their own to start Buddha Belly.

Bill was a sous chef at the RC and prior to that worked at the Don Cesar while Laura worked in catering at the RC. "Bill had a dream that we had a donut shop," Laura recalls. Laura had a baby and took a break from working. Bill was looking to move on, they took over the former Jolly's location and lived their donut dream.

Their donuts are large—Buick sized—and delicious. They make all the standards like cream- and jelly-filled and glazed, but like to mix it up, so to speak, with new takes like peach jelly filling. They also have what is called a pie donut and shows the wonder of baking breeding. The chocolate cherry pie donut is wonderful. Buddha Belly also has muffins, rice krispie treats and cupcakes and, if you call ahead, they can have your goodies ready to go. They even have vegan donuts.

In addition to the meal-in-itself donuts they offer lunches (sandwiches like BLTs, veggie wraps and an assortment of salads).

You come for the donuts but if someone can put so much flavor into a donut then the rest of the menu must be pretty good as well. Open 7 days. Buddha Belly Donuts, 1990 Main St., Sarasota. 952-0700.