



An "iMoneyMinute" is an idea that in less than one minute will give you a way to save time, save money, make money, or reduce your financial risk.

Contact Us

iMoneyCoach

5181 Ward Rd. Suite 206
Wheat Ridge, CO 80033
Phone: 303-462-2001

Visit us online

[iMoneyCoach Home](#)

[Twitter](#)

[Facebook](#)

[Store](#)

[Past iMoneyMinutes](#)

iMoneyCoach news:

To see how your life is affecting your finances, take the [Life Balance](#) quiz today.

If you would like a new job or have a child considering college, be sure to check out [The CALL](#) - it can save you valuable time and money.

If you would like *more* money advice and tips, be sure to follow the [iMoneyCoach blog](#).

Save Money - Stay Healthy!

At iMoneyCoach we believe in the concept of life balance, and part of that balance includes maintaining your health. We would like to share a few ways that you can both save money and stay healthy:

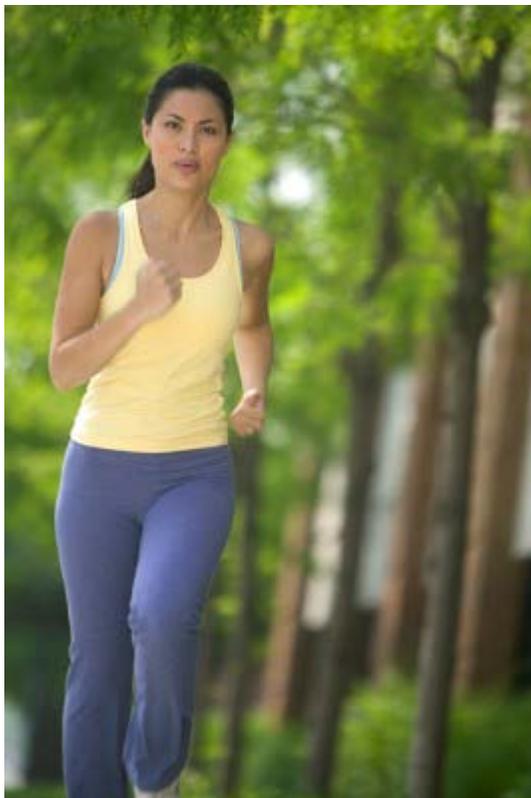
1. **Get more exercise** – Using a program like [Favorite Run](#) can help you create running routes, see distances, find routes other runners have created, and keep track of your workouts. It also helps you avoid expensive gym fees.
2. **Plan your meals ahead of time** with [DinnerTool](#) - This FREE tool allows you to plan your weekly menu ahead of time so you can save money at the store and keep your family healthy. You can search for recipes and add them to your weekly planner with the click of a button, then print out the grocery list or view it on your [iPhone](#). When you search for recipes be sure to click the "Budget" and "Healthy" options!
3. **Drink more water** – Drinking water can provide many health benefits, especially when it is replacing those drinks that are full of empty calories. You know that drinking water is good

for you, but here are some articles about the many benefits of drinking water and how to make sure you are getting enough of it:

from WebMD – [Benefits of drinking water](#)

from WikiHow – [How to drink more water](#)

Here's to your health (and keeping money in your wallet)!



Christmas is Around the Corner

Christmas is coming soon, and we know it is hard to keep the costs down during this time of year. How about doing a Secret Santa gift exchange with your family this year? This [Secret Santa](#) site makes it easy. You can email out invites and randomly pair people up (you can even put in parameters for who should not be matched up, for example when you have spouses in the group).



Stay in Touch

In light of the changes Facebook has recently made, we'd like to ask that you hop over to our [iMoneyCoach Facebook Page](#) and be sure to "Like" our page. Visit often so you can be sure to get our money-saving tips and ideas as well as advice for life balance and financial freedom.

We hope the iMoneyMinute is useful to you. If you have a different email address you would like us to use, or if you would prefer to no longer receive the iMoneyMinute emails, please email us at coach@imoneycoach.com.

We would also love your feedback on our emails! Please fill out [this short survey](#) to help us better serve you.