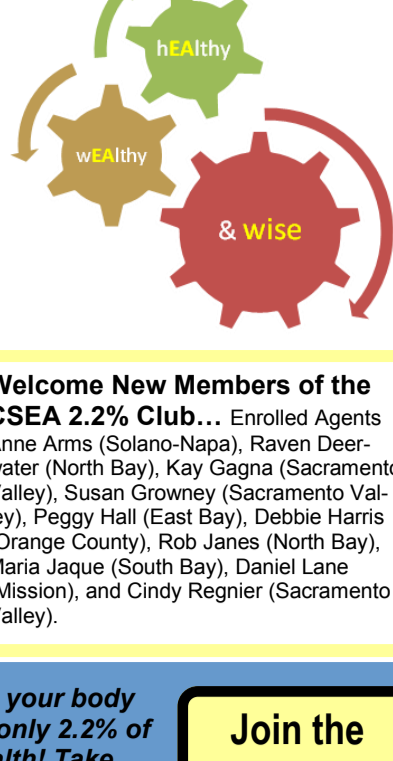


"To assist Members as they protect and serve taxpayers."

Surviving Tax Season

H₂O au Go Go...

Our body composition is nearly 70% water. Earth's surface is approximately 70% water. A coincidence? Here at CSEA, we don't think so. This week's hEAlth tip comes from Susan Growney, EA and your local faucet: drink 8 glasses of water a day, more if you exercise. Water is inexpensive, calorie, caffeine, and fat free, and not bad on the palate if you spritz a little lemon or lime in there. The Mayo Clinic's hydration experts suggest you drink an 8 oz. glass of water with each meal, between each meal, and before, during, and after exercise (including mental exercises like those pesky Forms 709). Ms. Growney points out another benefit of drinking 8 glasses of water a day: the added exercise you get strolling to the restroom. A win-win situation!



Welcome New Members of the CSEA 2.2% Club... Enrolled Agents Anne Arms (Solano-Napa), Raven Deerwater (North Bay), Kay Gagna (Sacramento Valley), Susan Growney (Sacramento Valley), Peggy Hall (East Bay), Debbie Harris (Orange County), Rob Janes (North Bay), Maria Jaque (South Bay), Daniel Lane (Mission), and Cindy Regnier (Sacramento Valley).

There are 1,440 minutes in a day... If you exercise your body and mind for only 32 minutes a day, you're using only 2.2% of your day to improve your mental and physical health! Take YOUR pledge to maintain the fitness requirements of the CSEA 2.2% Club and submit suggestions or tips for future emails by emailing Cliff Weimer, CSEA Communications Coordinator, at cweimer@csea.org. Members of the club get special emails!

Join the CSEA 2.2% Club!

We're committed to you – and want to see you HEAlthly, WEAlthly, & Wise – so you'll be getting this weekly reminder throughout the tax season with tips, suggestions, and reminders so that come April 16 you'll be in good shape mentally, physically, and psychologically! Coming soon... A special area of our [website](#) compiling all the tips we publish here — plus more! Watch for it!