

# Cash in this week!

## RecessionBusters!

### Get paid for your good habits!

Exercising, losing weight, quitting smoking, saving money and other good habits are rewarding on their own—and now companies are willing to pay you for your efforts! Here's how to earn cash and prizes when you . . .

#### 1 Exercise!

Sync up a movement-tracking mobile app or device—such as EveryTrail and FourSquare (both free)—at EarnIt.com, and it will automatically monitor your exercise progress and award you 10 points for every mile you walk, run or bike and 15 points whenever you work out at the gym, yoga studio or Pilates class. Once you rack up 150 points, you can start redeeming them for gift cards and discounts for shoes, clothing, jewelry and more!

#### Tip!

Are you a smoker who's trying to quit? Many health insurers and companies now offer cash or prizes to smokers who successfully kick the habit!

#### 2 Lose weight!

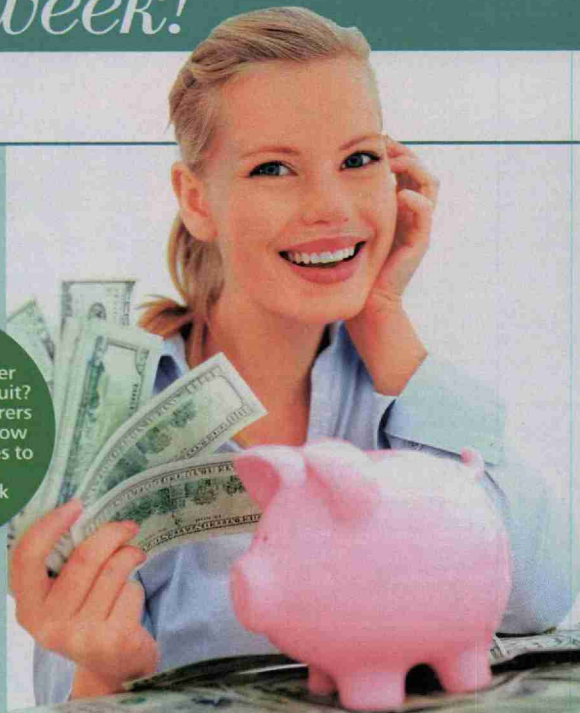
At HealthyWage.com, you can fatten your wallet while trimming your waistline. Enter the "10% challenge," where you sign up with \$100 and get back \$200 if you shed 10% of your body weight within six months. Don't want to put up any money? Take the "BMI challenge" for free, and if you go from a BMI of above 30 to a BMI below 25 in 12 months, you win \$100. Another option: Join a weight-loss team that competes against other teams, and those who lose the most weight in three months win a whopping \$10,000!

#### 3 Save money!

Saving up for a goal? You'll save more with a free account at SmartyPig.com, which deposits your money in an FDIC-insured savings account at the bank BBVA Compass. Not only does it earn a higher interest rate than most banks—currently .70%—once you cash out, you can have your money put on a gift card to participating stores or websites, like Macy's, Home Depot and Overstock.com, where you'll be rewarded with up to 11% more cash for every dollar you save. Save \$1,000, and you get up to an extra \$110!

#### 4 Get healthy!

More health insurers are rewarding members with cash when they go for annual physicals or get preventive care, like mammograms. Others are rewarding members with up to \$2,000 off their annual premium when they reach certain health goals, like lowered blood pressure and cholesterol. Why? The healthier you are, the less your insurance company has to pay out. Contact your insurer to see what they offer!



## Make your online passwords uncrackable!

Think your password is strong enough to thwart hackers? Maybe not! The latest password-cracking programs can try millions of variations in under an hour until they hit the right one. While having different passwords for every account and using a variety of letters, numbers and symbols can help, try these tricks to block anyone from guessing yours:

#### ● Don't make it one word!

If your password is a single word or name, like "Baseball" or "Helen," it's time to change it. Hacking programs go through every single word in the dictionary for virtually any language as well as names for men, women and even pets!

● **Make it long!** Passwords that are five characters long can be cracked in seconds. Compare that to ones with 10 characters that would take about 50 years to figure out! That's

because every character you add means the password-guessing computer program has to go through millions more combos to find the right one. For the most secure password, aim for one with 16 characters, which would take thousands of years to guess!

#### ● Create the safest password of all!

The most secure password isn't a complex jumble, like "Ab/\*fr&Sup117." That's because the harder your password is to remember, the more likely you are to keep a copy of it someplace easily accessible where anyone can find it. Instead, put together three to five unrelated words—such as "store", "chair" and "horse"—capitalize the first letter of each, then add a number or symbol that's special to you (like your graduation year), so it looks like "StoreChairHorse2003." It'll have all the safety while also being easy to recall!

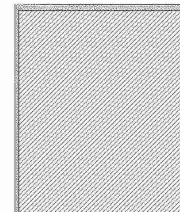


## Being a show-off can pay off in job interviews!

Quick—which do you think would make a better impression on a job interviewer:

- A) Being modest about your accomplishments and sharing credit with others?
- B) Boasting about your accomplishments and putting the focus on yourself?

The answer is B! According to a new study in the *Journal of Applied Social Psychology*, hiring managers overwhelmingly preferred job candidates who had no problem tooting their own horn, went on at length about their experience and framed their answers in ways that made them look better over those who took a more modest approach. The reason? Job interviewers see you as more confident and capable!

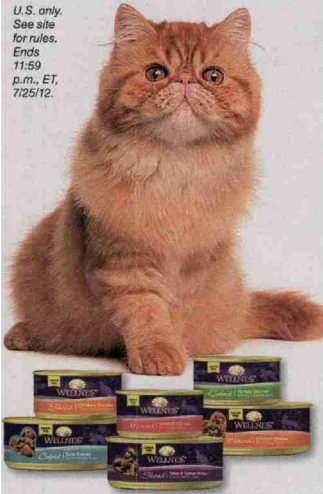


# Win these!

## Win Wellness natural pet food!

Wellness Canned Cuts cat food offers the natural flavors of chicken, turkey, salmon and tuna in three appealing textures that will leave your cat purring in delight. And at [WomansWorldMag.com](http://WomansWorldMag.com), you'll purr in delight if you're one of three winners of \$500 in Wellness natural pet foods for your cat or dog. Wellness products contain no fillers, artificial colors or preservatives, and they're also grain-free and encourage hydration to support urinary tract health. Learn more at [WellnessPetFood.com](http://WellnessPetFood.com).

U.S. only. See site for rules. Ends 11:59 p.m., ET, 7/25/12.



## Win a FreeRealms PC!

Go on quests and play mini-games at [FreeRealms.com](http://FreeRealms.com)—a free online world where you can create your own avatar and explore all sorts of magical environments. They'll look even more magical if you're the winner of this 14" Sony Vaio VPCEG36FX computer with built-in Blu-ray player. You'll also win \$50 in "virtual" cash to upgrade your online adventure. Get started by entering to win at [WomansWorldMag.com](http://WomansWorldMag.com)!

U.S. only. See site for rules. Ends 11:59 p.m., ET, 7/25/12.



## Win \$5,000!

The folks at Johnson's Baby are featuring five real families in their "Treasuring Every Day with Johnson's Baby" campaign. Submit a photo and story describing a moment of joy between you and your baby (0-36 months), and you could appear in a December Johnson's Baby ad, win \$5,000 cash and \$100 in Johnson's Baby products. Get started at [JohnsonsBaby.com/joycontest](http://JohnsonsBaby.com/joycontest).

U.S. only. See site for rules. Ends 11:59 p.m., ET, 7/15/12. Sponsor: Johnson & Johnson Consumer Products Company.

## Win a Snapper mower!

Tired of mower pull cords that leave you exhausted before you even start mowing? The Snapper NXT walk-behind mower starts with the push of a button, and at [WomansWorldMag.com](http://WomansWorldMag.com), two lucky readers will each snap up this high-tech mower. It automatically adjusts the power and speed to your stride, and you can adjust the handle height in seconds. Inset wheels allow you to trim extra close to fences and other landscaping. Learn more at [SnapperNXT.com](http://SnapperNXT.com).



U.S. only. See site for rules. Ends 11:59 p.m., ET, 7/25/12.

Woman's World is not responsible for savings and sale claims or prize values referenced in these offers, which are representations solely of the offering retailers, manufacturers and/or sponsors. All inquiries regarding Official Rules and other sweepstakes questions should be directed to the respective sweepstakes sponsor. Except where specifically indicated, Woman's World is not the sponsor of or responsible for any of the coupon savings offers or sweepstakes published here.

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## Save money with WW coupons!

### 50% off Slimming World!

New U.S. members only. Expires 8/1/12.

Visit [SlimmingWorldUSA.com/wwmag](http://SlimmingWorldUSA.com/wwmag) and lose weight eating regular food. Save 50% on your first three months.



### 20% off Champneys!

One-time use. Void with other promotions. Expires 7/15/12.

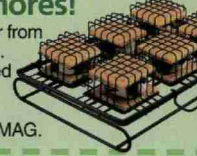
Shower creams, body glows and more—save 20% on Champneys' new line of products at [ShopBootsUSA.com](http://ShopBootsUSA.com) with [WWMAG](http://WWMAG).



### \$5 off Perfect s'mores!

U.S. only. Expires 8/1/12.

This s'more maker from [GreatGiftsForMen.com](http://GreatGiftsForMen.com) makes toasted treats using your oven or grill. Save \$5 with code [WWMAG](http://WWMAG).



### 20% off Calendars!

At [TukaizProducts.com](http://TukaizProducts.com), personalize calendars with your name spelled out in fun ways. Save 20% with [WWMAG](http://WWMAG).



U.S. only. Expires 7/29/12.

### \$5 off Insoles!

U.S. only. Expires 7/15/12.

OrthoLite's Fusion Insoles feature breathability, cushioning and moisture/anti-odor management. Save \$5 at [OrthoLite.com](http://OrthoLite.com) with [WWMAG](http://WWMAG).



### 15% off Gourmet sauces

Become a gourmet chef with Fischer & Wieser's award-winning sauces, salsas, jams and jellies. Save 15% at [Jelly.com](http://Jelly.com) with code [WWMAGFW](http://WWMAGFW).



U.S. only. Expires 8/1/12.