

## Five Recessions Resolutions for Saving in '09

This new year, it's no secret that people are going to be looking for new ways to save. From the costly gym membership to the wasteful washer, uneconomical habits and appliances need to be the first thing to go. That's why CSN Stores, a Top 3 online retailer, has assembled a list of five Recession Resolutions – tips, suggestions, and **new** items that will help you save in '09.

### **#1 RECESSION RESOLUTION: SHAPE UP AND SAVE**

A gym membership tends to be an expense that, though not an immediate headache, can really add up at the end of the year. That's why our specialists have spotlighted a couple of new, multi-functional fitness pieces that are ideal for a home or apartment setting. One key piece of equipment is sometimes all someone needs to stay fit. So, instead of paying bundles for an unused membership, build an affordable home gym and save while you shape up.

[Stamina - InTone Folding Recumbent Bike](#) - \$179 (CSNStores.com)



The Stamina InTone Folding Recumbent Bike is a high performance, convenient piece of exercise equipment that is ideal for small apartments and living rooms. Just unfold it wherever and whenever you can, and enjoy a great workout on your own time and at your own space. Plus, this way you know the equipment is new and clean, which always makes the workout a more inviting experience.

[Stamina - Mini Stepper w/ Cords](#) - \$79 (FitnessEquipmentAndMore.com)



This affordable, effective fitness tool is a great toner and muscle builder. It also features a battery-operated electronic monitor that tracks the number of steps per minute, the duration of the workout, and the amount of calories burned. With a little dedication, this can serve as an all-in-one gym.

## **#2 RECESSION RESOLUTION: GO GREEN**

One of the easiest ways to save money this year is to replace wasteful appliances with green ones. We offer a wide selection of Energy Star dishwashers, Low Flow toilets, and other eco-friendly accents to help users save sustainably.

### **[Brondell - Swash 250 Ecoseat Toilet Seat in White with Filter](#) - \$249.99 (CSNStores.com)**



This innovative green bathroom essential from Brondell is both a toilet seat and bidet. The bidet function results in 75% less paper use and the seat's hydro powered nozzles cut down on electricity. CSN also carries a wide variety of low flow toilets, toilets that use a maximum of 1.6 gallons of water per flush compared with about 3.5 gallons of water used by a standard toilet.

### **[Mio Culture - Beehive Soft Bowl](#) - \$39 (AllModern.com)**



Designed to minimize environmental impact, the Beehive SoftBowl can be used as a planter cozy or a storage container for the home and office. This bowl is produced using less than one tenth of the energy needed to create ceramic bowls of similar sizes. It is also handmade by local crafts people, supplementing their income, and is available in three different colors.

### **#3 RECESSION RESOLUTION: DON'T WORRY, BE HAPPY**

It can be difficult to stay positive in an environment where bad news is typically followed by more bad news. That's why it's important, in '09, to do everything you possibly can to avoid bad, negative moods. To help promote this 'Be Happy' philosophy, CSN's specialists recommend Sunshine Simulators, lights that help to treat seasonal affective disorder. These lights simulate natural sunshine by delivering 5,000 LUX of healthful and nourishing light. Take a look at our top seller below...

[Verilux - HappyLite Mini Ultra Sunshine Simulator](#) - \$89.95 (CSNLighting.com)



At just 2 lbs. and 12" tall, this ultra-portable unit makes it easy to get the nourishing, energy-efficient light you need to brighten your mood, well-being, and thinking.

### **#4 RECESSION RESOLUTION: SAVE SPACE AND \$ SIGNS**

One of the biggest trends for '09, and one that can be used as a resolution, is the emergence of multi-functional furniture. Lines of traditional accents that can double, sometimes triple, as other pieces for the home are definitely "in." These new innovative fireplaces that also double as TV stands are just two examples of the trend.

[Dimplex - Ovation Marana Cherry Fireplace & TV Stand](#) - \$1,649 (CSNFireplaces.com)

[Classic Flame - 23" Anaheim Electric Fireplace & TV Stand](#) - \$919.20 (CSNStores.com)



Fireplaces that double as plasma TV stands are becoming very popular and should be even more in demand throughout '09. Perfect for small apartments or cramped living rooms, these offerings make terrific centerpieces.

#### **#5 RECESSION RESOLUTION: SHOP EASY**

Think about it. Where else can you shop smart and conveniently? No matter how big the department store is, you'll never have as many products at your finger tips than you have online. It's also impossible to put a price on hassle-free shopping – just imagine not having to deal with long lines and pushy sales people for a year. With consumers looking for ways to cut costs this year, saving gas through e-shopping is just another plus. So, to start off the New Year on the right foot, check out our [Thrifty Fifty List](#) for a number of the best, most affordable gifts around. Here's my personal favorite from the list:

[Samsonite - Aspire Boarding Bag](#) - \$49.99 (Luggage.com)



Constructed of EVA foam backed 2400 x 900 denier polyester for lasting durability, this functional boarding bag from Samsonite is one of the best deals around.

For hi-res images or more information, please contact me via email or at 617.502.7051. I'd also be happy to set up an interview with one of our specialists to discuss any of the resolutions or trends listed above. Thanks for your time and happy holidays,

Will

Will Flanagan

**csn | stores**  
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800 Boylston Street, Suite 1600

Boston, MA. 02199

617.502.7051

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