

Focus on **SIT AND BE FIT's** **FITNESS**

Computer Health

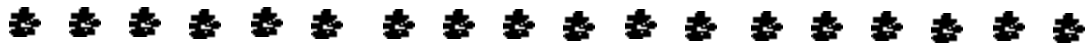
Fitness isn't just for people. These five tips from Romance Writer Susanne Marie Knight will help your computer stay fit and have a longer life!



Susanne Marie Knight



1. *Keep the monitor and keyboard clean. When the power is turned off, clean the screen by spraying some cleaner onto a soft cloth—never directly onto the screen.*
2. *Purchase a surge protector for protection against voltage spikes and current surges that can damage your computer.*
3. *Turn your computer off during an electrical storm.*
4. *When working with a program, don't forget to save your data every 15 minutes. Some programs have automatic save features, too.*
5. *Buy a good virus protection program and don't forget to check for updates every time you go online. This is especially important for Internet users.*



One of Susanne's short stories, "A Very Special Christmas Present" appears in *The Winter Holiday Sampler*—just in time for the holiday season. SIT AND BE FIT, <http://www.sitandbefit.com>, is happy to offer this wonderful collection of 17 historical tales of Regency England for only \$14.95, (shipping and handling for one book is \$3.95). As an added bonus, Susanne will autograph every *Sampler* book ordered through SIT AND BE FIT! Contact SIT AND BE FIT at sit.and.be.fit@sisna.com or call 509-448-9438 for more information.