

## FRUGAL SOLUTIONS FOR NEW YEAR RESOLUTIONS

Whether resolving to lose weight, fall in love or get out of debt, creating the “new you” this New Year does not have to be a pricey ambition. Surf for savings at websites like [PromotionalCodes.com](http://PromotionalCodes.com) and [CouponWinner.com](http://CouponWinner.com), which offer thousands of promotional codes for discounts on diet and weight loss programs, online dating, financial services, educational products and more.

“More people than ever before are searching the internet for savings on products and services related to New Year resolutions like diet, fitness, financial services and more,” says Lenka Keston, senior product manager of PromotionalCodes.com and CouponWinner.com. “In January 2009, our sites experienced a significant increase of traffic to the New Year’s resolution page and CouponWinner.com, specifically, saw an increase of over 172 percent of users looking for diet coupons in this same month.”

PromotionalCodes.com and CouponWinner.com make it easy and cheap to stick to a resolution this year. Simply click on the [New Year Resolution](#) link on the homepage for an endless list of promotional codes for products and services that promise a happy and healthy New Year.

Check out these top New Year resolutions with discounts from PromotionalCodes.com and CouponWinner.com:

1. **Lose Weight.** Save 35% off Weight Watchers, 10% off plus free shipping for NutriSystem and 25% off eDiets.
2. **Fall in Love.** Singles looking for love in all the wrong places will enjoy 20% off [eHarmony](#) online dating subscriptions or get two months for the price of one at PerfectMatch.com.
3. **Get Fit.** Enjoy \$0 Initiation Fee and \$29.99 Monthly Gym Membership at 24HourFitness or save \$1000 off Fitness LS9.9T Treadmill from Livestrong.
4. **Get Organized.** Receive 20% off at GetOrganized.com or 40% off calendars at Office Depot.
5. **Discover New Hobbies or New Sports.** Save 15% off orders at Pro Golf, 15% off orders over \$75 at Models or 15% off plus free shipping on collector coins at Morgan Mint.
6. **Get Out of Debt and Into Financial Health.** Receive 26% off credit reports from myFico.com or a free 30-day trial of personal online budgeting system from Mvelopes Personal. Avoid late-filing fees this tax season and get ahead of the game with savings of 15% off [H&R Block at Home](#) and 10% off Turbo Tax.
7. **Learn Something New and Read More.** Get 30% off self improvement books, audios and videos at Hay House, save 20% off orders at Transparent Language or get a free shipping code at Barnes and Noble.
8. **Be Healthier.** Revitalize your system with health products and save 15% off orders of \$125 at GNC and \$50 off \$275 at Medifast.
9. **Travel More.** Get \$200 credit from Expedia.com, \$100 off five night flight plus hotel package at [Travelocity.com](#) or save \$200 off Aruba Vacations from United Vacations.
10. **Quit Smoking.** Save 50% off the Final Smoke Deluxe System or get a free shipping code on electronic cigarettes, a healthier alternative from LUCI.

Visit PromotionalCodes.com and CouponWinner.com to get on your way to a happier and healthier New Year.

For more information, please contact:

Andrea Woroch  
SurfMyAds.com, Inc  
Phone: (805) 883-1000 x111  
Email: [Andrea.Woroch@SurfMyAds.com](mailto:Andrea.Woroch@SurfMyAds.com)

*<http://www.PromotionalCodes.com>, a project of [SurfMyAds.com, Inc.](http://www.SurfMyAds.com) is an online discount shopping website that works with over 9,000 retailers and provides thousands of free online coupons and promotional codes from top brand-names like Macy's, Target, Home Depot, Travelocity, Dell and more. SurfMyAds.com Inc., developed by a team of young professionals in 2006 in Santa Barbara, CA, specializes in creating high-level web based projects. In addition to [PromotionalCodes.com](http://www.PromotionalCodes.com), SurfMyAds.com established the popular coupon site, [CouponWinner.com](http://CouponWinner.com), runs a UK-based discount shopping site, [www.Codes.co.uk](http://www.Codes.co.uk), and recently launched a Canadian-based discount coupon site, [CA.PromotionalCodes.com](http://CA.PromotionalCodes.com). For more information, visit [www.PromotionalCodes.com](http://www.PromotionalCodes.com), [CouponWinner.com](http://CouponWinner.com) or [www.SurfMyAds.com](http://www.SurfMyAds.com).*

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