



Spotlight on Getting Fit

Tricks And Tools To Help Eat Right And Get Fit

(NAPSA)—With more people on the go than ever before, maintaining a healthy lifestyle that combines balanced nutrition and regular exercise wasn't easy...until now.

The Dannon Company consulted top fitness and nutrition experts to create GETTING FIT—a set of simple exercises and nutrition tips that can be done anywhere, anytime to help you eat right and get fit. Some of the tips are:

Cut calories:

- Try using only 2 oz. of juice and mix it with seltzer water to help you drink those important eight glasses of water a day or try having tea, a bowl of broth or another warm liquid prior to your meal. The high water content may reduce your appetite.

Get the most nutrients per serving:

- Check the Nutrition Facts Panel on the foods you choose. Try to include foods that provide the greatest number of essential nutrients in significant amounts per serving. For example, DANNON LIGHT®, is now DANNON LIGHT 'N FIT™, and with the addition of vitamins A & D, has even more nutrition in every 8 oz. cup with the same great taste as before. DANNON LIGHT 'N FIT™ is a great on-the-go snack and the only national light yogurt with seven vitamins and minerals. Vitamin D helps the body absorb calcium efficiently and the commonly known function of Vitamin A is to help promote and maintain healthy eyesight. Vitamin A is also important in the development of immune cells and in bone growth.

Get enough calcium in your



Yogurt can be a delicious way to add calcium to your diet without adding too many calories.

diet:

- Start your day with a delicious smoothie or parfait by adding fruit and/or granola to your favorite DANNON LIGHT 'N FIT flavor or add nonfat plain yogurt to soups and dips to add calcium to your daily quota.

Work out while you wait:

- Exercise for the car: While waiting at a traffic light, hold the steering wheel at 3:00 & 9:00 and try pressing your arms together. (Don't worry, you won't break the wheel.) This will help strengthen your chest muscles.

- Exercise for the office: Place your arms on your desk, with your elbows at 90 degrees; try to push down to work your triceps.

- If you have a speakerphone, do leg lunges or outer thigh exercises—brace yourself on a chair, counter, etc., and extend your leg outward in a sideways motion.

For more nutrition and fitness tips, log onto www.dannon.com. Please consult your physician before beginning any exercise regimen or changing your diet.