

# Winter Weight Smarts

(NAPSA)—With the celebrations of New Year's Eve a distant memory, you may also see the optimistic 2003 resolutions you made in January melting as quickly as the midwinter's snow.

Staying committed to goals such as eating right, managing weight and exercising can be difficult, but there are things you can do to stay motivated throughout the year.

As summer approaches you can rejuvenate your health goals with these simple and easy tips:

## Eat Smart

Recent statistics show that 80 percent of Americans are not getting the recommended five fruits and vegetables per day, which provide essential daily nutrients. Establishing a well-balanced diet is vital in maintaining overall good health and in preventing chronic disease.

**TIP: Pack your lunch.** Pack your brown bag with nutritious items such as cut fruit, granola, nuts or yogurt. Having healthy food choices close at hand during the workday makes it easier to avoid the fast-food lunch frenzy.

**TIP: Take a multivitamin.** Round out your diet with a complete multivitamin, such as One-A-Day® WeightSmart™, specifically formulated with EGCG, a natural extract of green tea, for men and women when trying to control their weight.

## Listen to your body

In your 30s, your metabolism can start to slow down, making it easier to gain weight. It's important to recognize what your body needs based on your age, family health history and lifestyle.

**TIP: Keep a health journal.** Write down your daily food intake, when and how you exercise and any health issues you



**Exercising, eating right and taking a multivitamin are key to keeping healthy—at any time of the year.**

may have. Clearly understanding how your body works and how your choices affect your overall health, is essential to creating a healthy lifestyle.

**TIP: Learn about green tea.** EGCG is a natural extract of green tea that has been shown in studies to enhance metabolism.

## Enjoy Exercise

According to the American Council on Exercise, people who partake in regular cardiovascular activity, such as walking 30 minutes a day, live longer and healthier lives than those who rarely exercise. Exercise strengthens the heart and aids in establishing lean muscle mass.

**TIP: Exercise with a friend.** To stick to your workout schedule exercise with a friend. Each of you can inspire the other to reach your exercise goals and not accept any excuses.

Recommit to your New Year's resolutions with a newfound enthusiasm to make 2003 a smart and healthy year.