

Here Comes The (Thinner) Bride

Simple Ways To Slim Down and Tone Up Before The Big Day

(NAPSA)—Anyone organizing a wedding is only too aware of the months of pre-planning for that one perfect day. With all the countless details to focus on, wouldn't it be nice not to worry about how you look in your bridal gown?

Certainly, every bride looks lovely on her wedding day. But if you want to shed a few pounds beforehand to feel more confident and comfortable in your gown, eating more nutritiously and becoming more physically active can fit into even the busiest pre-wedding "to-do" list.

According to Jennifer Kim, Corporate Dietitian for Jenny Craig, Inc., brides-to-be can lose weight quickly and safely, just by taking a few simple steps.

"One of the most important things is to eat regular, well-balanced meals," Kim says. "Skipping breakfast on the way to a fitting, for example, may seem like an easy way to cut calories, but it may actually set you up for over-eating at lunch or dinner. A better option is to have consistent meals that include plenty of fresh fruits and vegetables. They'll fill you up, plus give you the nutrients you need for healthy skin, hair and nails on your big day."

When it comes to shaping up, Kim suggests combining calorie-burning cardiovascular activities such as walking, running and bicycling with strength-training activities like lifting light weights to firm up and look toned. Warm up...cool down...and gradually build on your current level of activity to reduce your risk of injury and increase your chances



Look your best on your special day...thanks to healthy pre-wedding eating and exercise tips from Jenny Craig.

of sticking with your fitness routine. The last thing you want to do is limp down the aisle because you pulled a hamstring running your first marathon.

"Having a workout/healthy eating buddy can also help you stay motivated," adds Kim. "Go over the latest wedding plans with your fiancé during an evening walk, and discuss flower arrangements with your bridesmaids during a round of golf. Get creative with ways to combine exercising and socializing, especially when you're feeling a little short on time.

"And as a reward for your new healthy eating and exercise behaviors, practice some well-deserved self care. Take a nice soothing bubble bath, splurge on an extra outfit for the honeymoon, or treat yourself to a facial and massage. You're worth it!"

For more healthy eating and exercise tips, visit www.jennycraig.com.