



# **Fitness Facts**

## **Easy Tips To Shape You Up**

(NAPSA)—Getting in shape is more important, less expensive and, yes, easier than you might imagine.

According to Michael O'Shea, PARADE magazine fitness editor, making small changes can really add up. O'Shea recommends that you:

- Start by simply getting more active. Walk for 10 minutes a day and aim for 30.

- Remember that it's more important to begin walking than to obsess about setting up the perfect workout.



**Exercise can help you lower your risk of disease, increase your energy, reduce stress and help you fit into your favorite jeans.**

- Gradually progress to the next step. If you are brisk walking for 30 minutes, add in 30 seconds of jogging, jumping jacks or stair climbing for every five minutes of moderate activity.

- Add strength training to your routine. Try a few lunges, squats and step-ups on a chair. Start with five repetitions.

PARADE has created the All-America Get Fit Program to help you get in shape and lose weight. For more details on this easy-to-follow plan, plus access to a panel of diet and fitness experts, visit [parade.com](http://parade.com).