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# HEALTH & WELLNESS

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## Outdoor Fitness And Beauty

(NAPSA)—If you want to breathe new life into a tired workout, get some fresh air. That's the advice of fitness gurus who say that exercising outside can make you feel more energetic and help keep workouts interesting and effective.

So what are the best outdoor workouts? Biking at a leisurely pace for an hour will burn around 230 calories. Running will burn about 410 calories and hiking will burn about 350 calories. But trainers say it's most important to choose a workout you enjoy over the one that burns the most calories.

According to Robin Immerman, senior beauty editor at Shape magazine, a beauty regimen that complements your outdoor workout can help, too. "Staying fresh while you stay fit can be a challenge," she says. "And while fitness regimens change from season to season, it's important that you keep up a beauty routine to maintain all-day freshness."

Body powders can be extremely effective in helping you stay comfortable during and after workouts. "They feature unique absorption formulas to provide extra protection and keep you dry throughout the day," says Immerman.

Immerman also believes there is nothing "more beautiful" than



**The right beauty regimen can be a good complement to outdoor workouts.**

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healthy skin that is glowing after a workout. Shower to Shower® Shimmer Effects™ Body Powder actually has subtle light reflectors that help skin look more radiant. The company also makes a line of Absorbent Body Powders and a Sport Absorbent Body Powder for men.

Other things to keep in mind when exercising outdoors: Drink plenty of water and be sure to wear sunscreen every day, no matter what the season.

Shower to Shower is available at food, drug and mass merchandisers nationwide.