

Feeling fit & fabulous

Don't Sweat The Steps To Summertime Beauty

(NAPSA)—As summer approaches, the seasonal panic about how you'll look in a bathing suit sets in, and you wonder what ever happened to your "get in shape" New Year's resolution. If you're like most people, you have a gym bag full of excuses centered upon "no time to exercise, nowhere to exercise and no variety in my exercise." But why not welcome summer with a fresh look at these careworn excuses?

"I Don't Have the Time..."

Finding time to exercise while juggling the demands of family, career or school can be challenging. But even if constantly on the go, you can incorporate exercise into your routine. For example, whether driving the kids to soccer practice or running an errand, park far enough away from your destination so that you can walk a portion of the distance. Alternatively, take a study break or time during lunch for a walk in the park.

"Nowhere to Go..."

Joining a local gym so that you can exercise year-round is the simplest response to this popular excuse. But there *are* alternatives: many women exercise at home while others swear by the physical and emotional benefits of outdoor exercise. Regardless of where you exercise, be prepared to work up a sweat. Afterwards, cool down with a shower and a fresh application of an anti-perspirant/deodorant to ensure day-long freshness. One to try—Gillette for Women Soft & Dri Invisible Solid, now available in new Zensational Spring or Flirty Flowers scents. Soft & Dri Invisible Solid anti-perspirant and deodorant won't leave residue on



skin and clothing and will keep you dry and fresh all day.

"What a Bore..."

You've found a time and a place to exercise. Now it's a question of maintaining your interest. If the thought of running in place on a treadmill or undertaking endless "crunches" is less than appealing, take heart. Interesting options abound. From yoga to spinning to Pilates to belly dancing, there's a class for everyone. Break up your routine by alternating the classes you take. If at all possible, consult a fitness expert to learn which combination of activities will best help you achieve your goals.

The bottom line is that it's never too late to start on the road to looking and feeling great. Don't sweat it—soon you'll be able to put on that bikini and show off the "new" you!