

Health & Beauty

Healthy Living At Any Age

(NAPSA)—Good nutrition, an active lifestyle and a smart skin care regimen are all important factors in achieving and maintaining a healthy body at any age. To look and feel your best, it is essential to develop a simple routine that can be followed daily.

“It has been almost 35 years since I won the gold medal at the winter Olympics, but I still spend a lot of time on the ice, and keeping my body healthy is important to me,” says figure skater Dorothy Hamill. “But as I get older, my nutrition, fitness and skin care needs have changed, and I have had to adjust my routine accordingly.” Here are some tips that Hamill follows to stay healthy and look and feel her best:

- **Shorten showers**—“Following a workout, a long, hot shower feels great on tired muscles,” says Hamill. “But it is actually one of the worst things you can do for your skin.” Hot water strips your skin of its natural oils, leaving it looking and feeling dry. So keep showers and baths short—10 minutes or less is best.

- **Use lotion daily**—“I have definitely seen some signs of my skin getting drier—it’s rougher and itchier,” she notes. The most effective thing you can do to keep your skin healthy at any age is to moisturize your body daily with an ultramoisturizing lotion. She recommends Vaseline® Clinical Therapy body lotion, which provides prescription-strength moisturization without the need of a prescription. “I use it every day to help heal my dry skin.”

- **Eat breakfast**—No matter how busy your schedule gets, always make sure to eat breakfast. It gets your metabolism going, gives you more energy and helps regulate food cravings all day. A good “go-to” breakfast is



Olympic great Dorothy Hamill

parfait with yogurt, fruit and whole grain granola—plus some eggs for protein.

- **Include fats in your diet**—Another easy way to stay healthy is to include at least one quality fat in your diet each day. Hamill suggests a little almond butter on rice cakes—one of her favorites. Walnuts are also a great source of omega-3 fatty acids, which are great for skin and hair and reduce the risk of chronic heart disease.

- **Exercise daily**—To combat stiffness, Hamill exercises every day. “Everyone should try to get in at least 20 minutes,” she says. Try leg squats while holding on to a chair, taking stairs instead of the elevator, or using cans from your pantry as weights.

- **Exercise to sleep**—It may seem counterintuitive, but when you start feeling like you are not getting enough sleep, hit the gym. Getting the right amount of exercise can help you get to sleep faster, get better-quality sleep, and stay asleep through the night. Bottom line: Being well rested means better overall health.

Visit www.EverydayHealth.com to view more of Hamill’s tips for staying healthy at any age and download a \$1 coupon for her favorite lotion, Vaseline® Clinical Therapy.