

# Women's Health Update

## Be Inspired To Get Healthy

(NAPSA)—Many people may be surprised at just what it takes to inspire them to begin taking better care of themselves. It could be a comment from your loved one, a health scare, even an important reunion. The answers come in many forms, but the most important thing is to just get started.

"While women are busy making everyone else's life a little easier, they tend to lose track of caring for themselves," says Dr. Pamela Peeke, author of "Body for Life for Women." "Women often make excuses for not getting healthy because of daily obstacles. From the laundry not getting done to not having dinner on the table, women are hard pressed to find time for themselves."

To encourage women to reform this aspect of their lives, Wal-Mart SuperCenters and Sam's Club have teamed up with Speaking of Women's Health to host Get Started Today, a nationwide in-store event to motivate women to live well. The event, free to everyone, takes place on January 20. Women can go to a Wal-Mart SuperCenter or Sam's Club to pick up Dr. Peeke's Power Mind Principles in a motivational calendar, as well as a helpful book with tips and recipes to stay healthy and motivated.

To help you get started, here are a few tips from Dr. Peeke:

- **Curb the carbs:** Instead of turning to food, relax or call a friend when you feel stressed.
- **Find your motivation:** Keep a picture handy of a loved one to remind you to stay on track.
- **Progress, not perfection:** Throw perfectionism to the wind



**Dr. Pamela Peeke says more women should stand up for the right to take care of their health.**

and instead aim to make any progress you can, every day of your life.

• **Whine some:** When faced with the work of self-care, it's perfectly fine to whine a bit. But remember to move on and refocus that energy to your nutrition, exercise and stress management.

• **You are important:** Set a time just for yourself where no one can bother you. Stand up for your right to self-care.

For more information and tips on women's health, visit [www.wal-mart.com/getstartedtoday](http://www.wal-mart.com/getstartedtoday).