

health hints



Making The Winter Season Easy As A Breeze

(NAPSA)—Along with the cheer and celebration of the winter holidays come some uninvited guests—cold, flu and stress. Pediatrician Betti Hertzberg Ressler offers families some advice on shedding the winter layers to give families the room to **BREATHE**.

B—Breakfast. Get the best start to winter mornings with a nutritious breakfast. A bowl of cereal and a glass of 100 percent orange juice provide essential nutrients and energy to last all day. Get an extra boost by drinking orange juice with your vitamins. It helps the body absorb them better.

R—Rest and Relaxation. The extra activities of the season can lower resistance to common illnesses. Shoot for at least eight hours of sleep every night. Sleep deprivation can bring added stress and hurt the immune system, which makes it easier for the cold and flu bug to bite.

E—Eat Healthy. There's no need to be a scrooge with holiday goodies to remain healthy. Round out meals with whole grains, protein and fruit to help meet daily requirements. Remember, drinks count too: One eight-ounce glass of 100 percent orange juice equals a fruit serving. It also provides fiber, which aids in digestion. And, a glass of orange juice offers more than a day's worth of vitamin C, which helps fight colds and flu, as well as other "health-boosting" nutrients like potassium and folate.

A—Activities. Relieve stress and feel good by staying active and getting plenty of exercise. Try to schedule 30 minutes of exercise sometime during the day. Join the kids outside for a family activity, or go for a brisk walk after a heavy meal.

T—Time management. Start your morning the night before.



Lay out clothes and plan for breakfast. You'll wake up refreshed, with extra time to spare because you planned. Get the kids involved. Let them make their own breakfast. It will teach them valuable lessons in nutrition and responsibility.

H—Help others. Celebrate the season by helping others. Make it a family project. Have the kids gather old toys and clothes to donate, or get them in the kitchen to bake for a good cause. This will keep them active and give them a sense of accomplishment.

E—Enjoy. Most importantly, enjoy the time spent with family and friends this season. Keep priorities in mind so you can make the most of your time. For example, use breakfast as an opportunity to get together and set the tone for the day. Start the day off right and take advantage of the joy of the season.

Remember to take time to **BREATHE** this winter. It will help keep you and your family energized and healthy for the holiday season!