

FITNESS FACTS

Six Back-To-Basics Health Tips

(NAPSA)—Staying in shape and being healthy can be a challenge for anyone, especially with different fad diets and health trends constantly emerging. But knowing just a few facts and tips can really help you to stay on top of your health goals.

When looking to stay fit, it's always important to remember some basic guidelines including exercising regularly and hydrating with enough water. But how much exercise is the right amount, and is all water considered equal? Although water in the U.S. is fine to drink, in some cases it may not be as clean as you'd expect and could contain harmful contaminants.

The following six “back-to-basics” tips offer additional guidance on how to establish a healthier lifestyle:

1. Get enough exercise.

According to the experts at the U.S. Centers for Disease Control and Prevention, most adults need a minimum of 150 minutes of moderate-intensity aerobic activity (such as brisk walking) every week. Adults also need muscle-strengthening activities that work all major muscle groups (e.g., legs, abdomen, chest, arms) at least twice per week in order to improve their health.

2. See your doctor.

Ask about the types and amounts of physical activity that are right for you, especially if you have a chronic health condition.

3. Don't get discouraged.

While 150 minutes each week may sound like a lot, it's really not. You don't have to do it all at once. Try breaking it up into smaller chunks of time; say, 10 minutes or so.

4. Go for variety.

There are a lot of different ways to get the physical activity you need: dancing, gardening, light jogging and sports such as softball and tennis are just a few options. Pick activities you enjoy and that match your abilities.

5. Take the talk test.

There's a way to tell if your activity is intense enough: During moderate-intensity activity, you should be able to talk but not sing. During vigorous-intensity activity, you should not be able to say more than a few words without pausing for a breath.



Physical activity is good for your health but you need to stay properly hydrated to make the most of it.

6. Drink (water) to stay hydrated.

Water can help keep your energy levels up, cushion joints and prevent dehydration during exercise, ensuring peak performance no matter the activity. Staying sufficiently hydrated means you should take a drink before you feel thirsty, especially in warm weather when you may be perspiring more from the heat. To ensure you're consuming enough clean, fresh-tasting H₂O, consider at-home water filtration. One filter system to consider is PUR, which features MAXION Technology, a unique formulation that blends carbon and ion exchange materials for maximum contaminant reduction. The PUR Pitchers reduce twice as many contaminants as Brita pitchers, while PUR Faucet Mounts reduce 10 times more contaminants than Brita pitchers.

In fact, these faucet mount filters are certified to reduce up to 71 contaminants including heavy metals, agricultural pesticides, industrial pollutants, pharmaceuticals, and chlorine taste and odor, while leaving behind beneficial fluoride that helps contribute to strong, healthy teeth. The faucet mount also features a brand-new metal adapter to ensure a tight, secure fit around your faucet and has a PUR Satisfaction Guarantee.

Choosing to make the simple decision to use an at-home water filtration system, and keeping in mind some of these other basic tips, can put you on the path to a healthier life.

To learn more about MAXION Technology and staying hydrated with PUR's products, visit www.pur.com.