



Suggestions From Two Big Losers

(NAPSA)—If you’ve long felt you have a slim chance of getting fit, the inspiring story and useful tips from one father and daughter pair may help in a big way.

Back in 2010, Jay and Jennifer Jacobs were a combined weight of 678. By May 2011, after being on NBC’s “The Biggest Loser” show, they had lost a combined weight of 295. Now, Jay Jacobs is a wellness ambassador and author and Jen a health coach and certified spinning instructor. They offer these suggestions for a more healthy lifestyle:

Tips to Help You

• **Really get clear** what living a healthier life looks like for you. It’s more than just what you weigh, what size clothes you wear. It’s how you feel physically, mentally and whether you’re doing things you love.

• **Work it out.** Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

Look for ways to get up and get active. For example, take the stairs, take a walk after dinner, take a parking spot at the far end of the lot. Set aside specific times for physical activity in your schedule and treat it like any other appointment you can’t easily break.

Start slowly and work your way up to more physically challenging activities. If necessary, break up your 30 minutes of daily activity into three 10-minute ses-



A wholesome and nutritious snack can help you maintain a healthy lifestyle, say weight-loss experts Jay and Jennifer Jacobs.

sions or two 15-minute sessions.

Have a workout buddy. Activities with friends or family members can help with motivation. Surround yourself with like-minded people who value living a healthier lifestyle and have a can-do mind-set.

• **Read up.** Surf healthy recipe websites; read health, wellness and exercise magazines and books.

• **Live mindfully.** Always be aware of your thoughts, your self-talk; are you moving toward “I can” or “I can’t”? Consider this: What you’re for strengthens you, what you’re against weakens you.

• **Relax.** Find a few minutes to pause and reflect before you start your day, midday, or at the end of the day about your health and wellness goals and plans.

• **Eat right.** A good diet

emphasizes fruits, nuts, vegetables, whole grains, fat-free or low-fat dairy products, lean meats, poultry, fish, beans and eggs, and is low in saturated fats, trans fats, cholesterol, salt and added sugars.

• **Drink to your health.** Choose drinks without calories, such as water, sparkling water or unsweetened iced tea. Drink fat-free or low-fat milk.

• **Plan and prepare for success.** Take a few minutes to really think what your day’s going to be like so that you can make sure you’ve got an entourage of smart snacks that you love and a back-up plan to have a few extra options on hand if you need some extra energy, or your mood changes.

For example, for many years, the Jacobses have enjoyed a snack bar made of simple and wholesome ingredients: fruits, nuts and spices. “It’s a choice you can feel good about to provide a boost of energy between your meals,” Jay said. The LARABAR, the Original Fruit & Nut Bar, is minimally processed, keeping the ingredients as close to their natural state as possible. There’s no sugar added (except for the bars that contain chocolate chips) and all the ingredients are gluten free, kosher and non-GMO. “Plus, they’re easy to grab and perfect for on the go,” added Jennifer.

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For further facts and tips, visit www.larabar.com.