

Healthier Living

Making Resolutions An Achievable Reality

(NAPSA)—Most resolutions focus on living a healthier life—eating healthier, exercising more or being less stressed—but attempts to achieve that goal can lead to more stress and less success, found a recent survey by Braun Research.

According to the survey, about one in five women (19 percent) admit they were not successful in sticking to their resolution to eat healthier and more than a third of women (36 percent) were not successful in attempting to exercise more.

Two in five women (42 percent) admit they were not able to reduce their stress levels. Less than half of women (45 percent) stuck to their resolutions for three months or less while one in five (20 percent) only stuck to their resolutions for a month or less.

Breaking such goals into more manageable steps may be the key, says Kathy Freston, author of “Healthy Living Conscious Eating.” Keeping it simple can make healthier eating a reality. She suggests these tips:

Switch out milk for Silk in your cereal. Whenever you have cereal for breakfast, try switching delicious Silk® Pure Almond® Vanilla Almondmilk for your typical dairy milk. Not only will your hearty breakfast help keep you satisfied, but you’ll also enjoy an excellent source of calcium, vitamins D, B12 and antioxidant vitamin E.

Eat an apple a day. Apples are rich in dietary fiber and a lower-calorie snack that can help fill you up. According to the USDA nutrient database, apples are low



One way to get the benefits of plant-based nutrition is to substitute almondmilk for typical dairy milk in your cereal.

in sodium and contain a variety of essential nutrients including B vitamins, vitamin C, beta-carotene, potassium and other minerals. Eat them chopped, whole or sliced but not juiced, as juice can have too much sugar and lacks fiber.

Stay hydrated—drink 8 ounces of water, eight times a day. Water is crucial to your health as every system in your body depends on it. You can drink glasses of water or eat plant foods like fruits and vegetables that contain a lot of water. For example, oranges are 87 percent water and cucumbers are 95 percent water.

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