

# Health & Beauty

## Shaping Up Starts With Simple Small Steps

(NAPSA)—Warm weather fashions can cause you to focus on the shape you're in. Re-evaluating the way you look on the outside is a good time to think about what you're doing for your body on the inside.

Eating right and exercising—the healthy steps required to shape up—are not only good for you and improve the way you look, but also do much more to improve the way you feel. Making these changes may seem intimidating but it doesn't have to be hard.

According to Valerie Waters, celebrity trainer and contributor to such publications as *Glamour*, *Vanity Fair*, *InStyle*, *Self* and *People*, a few small steps can make a big difference.

Waters recently teamed up with the makers of Centrum multivitamins to encourage Americans to live a healthier life. Here are a few of her great tips to get you started:

**1. Turn off the TV.** While it's fun to watch your favorite shows together, try doing something a little more active with your family. Play games, take a walk. To start, make one night a no-TV night. Have fun.

**2. Don't skip meals.** Skipping meals not only slows down your metabolism but also causes you to eat more the next time you eat. Eat small meals throughout your day. Start your day with a nutritious breakfast.



**It's not a smart idea to skip meals. Just make sure you eat plenty of fruits and vegetables and take your multivitamin daily.**

**3. Fill half your plate with fruits and vegetables.** This is a good visual to live by. Seven out of 10 Americans have nutritional gaps in their diets. In addition to eating your fruits and vegetables, don't forget to take your Centrum multivitamin to help fill those gaps.

**4. Snack smart.** Pack healthy snacks before you leave the house so you are not tempted to make unhealthy choices.

**5. Make a grown-up play-date.** Instead of meeting a friend for coffee, make a date to go for a walk together. That way, you both get exercise instead of calories.

For more of Waters' tips on how to stay fit and healthy, visit [www.facebook.com/Centrum](http://www.facebook.com/Centrum).