

Shape Up Your Summer

Have Fun In The Sun With Simple Eating And Exercise Strategies

(NAPSA)—Many people fear that if they haven't gotten their bodies bathing suit-ready by the end of May, they're destined to a summer of cover-ups, long-sleeved shirts and less-revealing clothing.

That couldn't be farther from the truth, says Tara Cox, MPH, RD—a corporate dietitian and program development manager for Jenny Craig, Inc.

“Summer is an excellent time to learn healthy eating and exercise behaviors that can help you lose weight, tone your body and improve your health and well-being,” says Cox. “The weather is conducive to being outside, fresh fruits and vegetables are at their peak, and we all have more time to focus on practicing positive habits. All it takes is a little motivation and the desire to succeed.”

Here are some of Tara's top tips for shaping up this summer:

- Identify activities that you enjoy and do them on a regular basis. Maybe it's something you loved as a child, like roller-skating, badminton or swimming. Perhaps it's joining a softball, basketball or tennis league. Maybe it's something you've always wanted to try, like kayaking, mountain biking or beach volleyball. You may even make new friends as you burn calories and improve your health.

- While cardiovascular activities are terrific for building a strong heart, you'll also want to add resistance training and flexibility for cross-training benefits. Strength training using hand weights, resistance tubing or the machines at the gym can help build muscle mass and increase



your metabolism. Doing yoga, Pilates or other stretching exercises can tone your body and help you mentally unwind.

- Eat “across the rainbow” of summer's rich bounty of fresh fruits and vegetables. Red berries, tomatoes, cherries, watermelon; orange/yellow apricots, peaches, cantaloupe, corn and summer squashes; green beans; and purple plums are all at their ripest at this time of year. Plus, their water content can help keep you hydrated.

- There's nothing like the smell of food on a barbecue grill. Grill lean meats, poultry and fish as often as possible, coating them with a fat-free marinade or a rub of herbs, spices and seasonings.

- Develop a positive weight loss mindset. Become a successful weight manager by committing to making positive lifestyle changes, one step at a time. Give yourself kudos for the healthy habits you've developed, and enlist the support of family members and friends to keep your momentum going.

For more healthy eating and exercise tips, visit www.jennycraig.com.