



# spotlight on health

## Fitness And Nutrition Experts' Tips And Tactics

(NAPSA)—Many Americans are trying to eat better and exercise more.

According to one survey, nearly 25 percent follow “My Own Diet.” That is, they combine elements from a variety of weight-loss plans to create their own. While 95 percent of Americans say they know which foods to avoid, many don’t know there are some they should probably have *more* of—such as dairy. In fact, some studies show the calcium in dairy foods can actually help people lose weight. This is based on a high-calcium, reduced-calorie diet of at least 600 mg. of dairy calcium daily.

To clear up any confusion, celebrity fitness trainer Kathy Kaehler and Carolyn O’Neil, registered dietitian and award-winning TV journalist, are working with The Dannon Company to offer diet and fitness guidance. The trio has been dubbed “Team Light ’n Fit.” Their new program, called Commit To Be Light ’n Fit™, lets you download a personal contract from the Web to outline customized fitness and diet goals. The site also features healthy eating and training tips from Kaehler and O’Neil. Their suggestions include:

- When dining out, look at the dessert menu first so you can plan for those extra calories in key lime pie or a chocolate torte.

- While nutritionists recommend five servings of fruits and vegetables a day, seven to nine would be better.

- Diet with a buddy. Before you grab that donut or hit the drive-through, grab the phone and call a friend for moral support.

- High fiber foods from oatmeal to brown rice can help keep you from suffering extreme highs and lows in blood sugar levels and curb your appetite to help prevent overeating.



**Studies suggest cutting 100 calories a day will stop weight gain in 90 percent of the population.**

- Smoothies are a smart option for dessert. A good substitution for ice cream is nonfat yogurt. Try adding flaxseed and berries for an extra protein and vitamin C boost.

- Keep a food journal. Many experts agree that those who are trying to lose weight have higher degrees of success if they write down both their commitment and progress.

- While waiting for your bathtub to fill, squeeze in a mini-workout. Do tricep dips at the edge of the tub.

- While brushing your teeth, make sure to fit in some lunge and hamstring curls.

- Toy pickup time can be a fun family workout. Grab a toy and sprint with it toward a designated storage area, while doing some squats and lunges along the way.

- Exercise at the end of the day, to burn up stress, suppress appetite and boost your metabolism before dinner.

To create your own personalized contract and get easy diet and fitness tips, visit [www.lightnfit.com](http://www.lightnfit.com).