

Health Hints

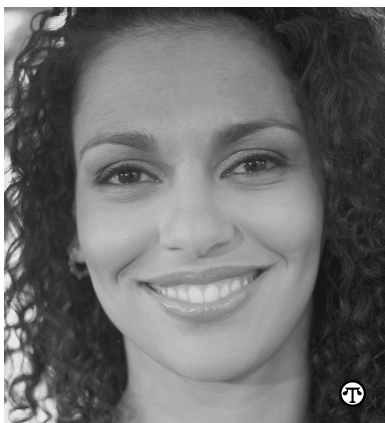
Make Big Differences With Small Changes

(NAPSA)—The New Year is the best time to start making simple changes in one's life. Whether it is healthier eating or making more time for exercise, starting a new plan can have great benefits. By simply incorporating some small changes into your daily routine, you will begin to see the difference in yourself and your health. Consider these worthwhile adjustments for healthier living:

- **Drink Smart:** Instead of drinking fruit juices that contain high levels of sugar, switch to a low-sugar variety, like grapefruit juice. It not only contains vitamins C, B complex, E and K, but it also helps relieve common cold symptoms such as sore throat and congestion, fights insomnia, promotes healthy digestion and aids in weight loss. It's not just one beneficial nutrient found in grapefruit juice, but rather the combination of several natural ingredients that does the trick.

- **Get Moving:** Studies have shown that a little bit of exercise can go a long way. Regardless of your weight, gender or age, exercise helps boost your mood, increases stamina and improves cardiovascular health. Try 30 minutes of brisk walking three times a week to burn extra calories and tone muscles in the legs and abdomen for a more fit physique.

- **Brush Up:** Teeth whitening isn't the only way to see the difference in your smile. A recent study with the ADA revealed that using Crest Pro-Health Toothpaste and Rinse with Oral-B Vitality Precision Clean power toothbrush can make a difference in your smile. Dr. Jamie Sands, DDS, recommends using all three products for a complete oral care regimen:



Teeth whitening isn't the only way to see the difference in your smile.

"This unique combination provides seven times better cleaning and plaque removal, helping dramatically reduce plaque in just four weeks."

- **Rise and Shine:** Your morning routine sets the tone for the day ahead, so act wisely. Starting the day with a nutritious breakfast kick-starts the metabolism and helps beat pre-lunchtime cravings. Also, instead of drinking regular coffee each morning, try switching to half-caffeinated. Research has shown that half-caffeinated coffee, as opposed to regular, allows you to fight off drowsiness while slowly releasing caffeine into your system instead of all at once. A smart start to each morning provides the lasting energy needed for a productive day.

Getting healthy doesn't have to be a full time job. Changing a few things at a time is all it takes to get on the right track to leading a healthier life. Kick off 2009 with these simple tips and you will be looking and feeling healthier in no time!