

Health and Well-Being

The Economics Of Health: Invest In A Healthy Tomorrow With Small Changes Today

(NAPSA)—As more and more people are discovering, prevention is key when looking to live longer, healthier, happier lives. It's wise to invest a bit more time and money into your health today to offset impending costs—both physically and fiscally.

Jillian Michaels, health and wellness coach from the NBC hit show “The Biggest Loser,” advises that there are many simple, cost-effective changes you can make today to put yourself on the path to reaching your peak physical condition.

“The road to great health doesn't have to be difficult,” says Michaels. “Every small improvement or investment can add up to big results. The key is making smart, powerful choices that translate into long-lasting results.”

She also emphasizes that a well-rounded, healthy lifestyle is more than just fitness and weight loss. The body's systems are interconnected and the health of one area may affect another, even the health of your mouth. In fact, some studies suggest that there may be a link between oral health and other conditions.

Michaels' top tips include:

- **Set realistic goals.** Slow and steady wins the race. Make



Jillian Michaels, health and wellness coach from the NBC hit show “The Biggest Loser,” advises you to switch from a regular manual toothbrush to a power toothbrush.

small goals and, in the end, you'll probably achieve more.

- **Maximize your results.** Make sure you're maximizing the time you spend on your health—this will maximize your results. A high-intensity workout will burn more calories than a low-intensity workout—so make the time you're working out count by increasing the intensity. When it comes to an oral care routine, maximize those two minutes at the sink by switching from a regular manual toothbrush to a power toothbrush and floss regularly for healthy teeth and gums.

- **Make the investment.** Every dollar you spend on prevention today may save you money in treatment down the road. Michaels recommends investing in the right tools, such as a power toothbrush. For example, the Oral-B Vitality Precision Clean power toothbrush has been proven to be more effective than a regular manual brush at removing plaque.

- **Recruit support.** Whether it's in the form of a trainer or a workout buddy or even your doctor or dental hygienist, a little bit of help goes a long way. This helps to keep you accountable and motivated when times get tough.

- **Avoid “dangerous” situations.** Don't drive by the doughnut shop on your way to work. If you're watching your carbs and dining out, ask the waiter not to bring bread to your table. When eating in, fight off that dessert craving by brushing your teeth right after dinner.

For more on Jillian Michaels, visit her Web site at www.jillianmichaels.com and watch her on “The Biggest Loser,” airing Tuesdays on NBC.

To learn more about power toothbrushes, visit www.smoothcleanfeeling.com or www.oralb.com.