

Healthy Lifestyle Tips

Natural Remedies For An Active Lifestyle

(NAPSA)—Being active is critical for staying healthy—so it's a good thing exercise-related aches and pains, sore muscles, and foot and leg cramps don't have to put a damper on the activities that people love. Thankfully, there are many safe and natural remedies to keep pain at bay.

Soft-tissue pain often benefits from rest, ice, compression and elevation. While rest gives your body time to heal, ice is handy for reducing swelling and dulling pain in sore spots. Be sure to wrap ice in a towel to prevent skin damage and aim to ice the injured area for about 20 minutes an hour or as needed, for one to two days. Gentle compression may help to keep swelling in check, while elevation can also reduce it.

Injured ligaments and tendons respond well to increased blood flow, so moving and working with a physical therapist may help you return to pain-free workouts faster. Applying gentle heat can improve circulation to make achy muscles feel better, and a warm shower or massage can soothe sore muscles. Remember, if you are ever in doubt about your injury, check with your doctor.

Still competing professionally after 45 years, 70-year-old NASCAR driver Morgan Shepherd keeps in shape by being active every day and looking after his health naturally. For Shepherd, the keys to staying healthy



Choose a fun activity to help yourself stay healthy.

are choosing a fun activity, eating well and staying hydrated.

"Some people like running but I prefer to get my running done on roller skates," says Shepherd. "I get a really good workout, plus I hydrate with plenty of water, before, during and after a skate."

When you need more than rest, ice or heat but don't like the side effects of stronger pain medicines, all-natural homeopathic products offer safe, effective solutions for aches and pains. For information on Hyland's homeopathic recovery products, such as Muscle Therapy Gel with Arnica, Arnica 30x, Leg Cramps, Leg Cramps PM, and Bioplasma Sport, visit www.hylands.com.

All the products are available nationally in Whole Foods Market, Vitamin Shoppe and other natural food stores, grocery stores, supercenters and pharmacies. A community of active adults can be found at www.facebook.com/HylandsFitTalk.

Note to Editors: These statements are based upon traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.