
health hints



A Few Simple Steps To A Whole New You

(NAPSA)—Any time of year is a great time to get in shape. Fortunately, getting a killer body—or something close—and improving your health at the same time takes just a few important steps.

First, make the decision to change and commit to it in your mind. You're going to have to make some tough choices along the way, so you need to make a commitment to yourself and stick to it.

Getting into shape and leading a healthy, fitness lifestyle comprises two key elements: healthy eating and regular exercise. It's not rocket science, but it is a process and change doesn't come overnight.

Healthy Eating

Experts at EAS, a provider of active lifestyle nutrition products, advocate eating five to six small, balanced meals each day to provide the basis for your fitness lifestyle. Since you'll be exercising as part of your new lifestyle, you may need more protein in your diet. Try to achieve a 40-40-20 balance in each of your meals: that's 40 percent protein, 40 percent carbohydrate and 20 percent fat, and try to eat between 0.6 and 0.8 grams of protein per pound of body weight.

Regular Exercise

The second part of your success program is an exercise routine. When you marry cardiovascular training and weight—or resistance—training, you have a powerful one-two punch that will help you on your road to success. If you've never exercised before, start slowly and ask for help to learn proper technique. Try three days of cardiovascular exercise per week, 20 to 30 minutes where you work to push yourself to your maximum effort, and three days of weight training. Again, work toward push-



Marrying cardiovascular training with weight training is essential for getting into shape.

ing yourself to the max, once you've mastered the technique.

Most Americans grab coffee, a bagel with cream cheese or a danish on their way to work in the morning. Lots of carbs and fat. Salad gobbled with dressing gives you healthy veggies, but there's fat in the dressing and almost no protein.

It comes back to the commitment. Changing a lifestyle isn't necessarily easy, but the rewards can be tremendous. It's important to keep fit, and keep your body strong no matter what your age might be. Exercising regularly and eating a healthy, balanced diet are the secrets to living a fitness lifestyle, looking and feeling great. Remember, you can do it. All you have to do is make the commitment. For more information, visit www.bodyforlife.com.