

Health And Well-Being

On The Road To Better Health

(NAPSA)—The warmer months are a great time to pick up new healthy habits. With longer days and a rainbow of fruits and vegetables in season, it's easier to fit in physical activity and savor colorful, healthy meals with family and friends.

To help make these habits last a lifetime, the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health, offers these ideas:

Healthy Eating

- Boost the flavor and nutrition of your meals with dry herbs.

- Shop for food with your family.

Get their help with fixing a meal. Remind them that it is important for everyone to eat healthy foods.

- Start a small garden in your yard or in a community garden.

Physical Activity

- Choose water workouts and make a splash as you get fit and strong.

- Plan a weekend hike through a park, a family softball game, or an evening walk around the neighborhood.

These tips and more are in the flyers “Being Healthy Is a Big Deal” and “Don’t Take a Vacation From Your Healthy Habits This



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Summer.” Contact WIN for your copy to put on your refrigerator or in a helpful place as a reminder, or in a community center where you work or volunteer.

For more information, call WIN at 1-877-946-4627 or visit www.win.niddk.nih.gov. Read WIN’s free publications “Being Healthy Is a Big Deal” at www.win.niddk.nih.gov/publications/PDFs/Big_Deal_flyer_508.pdf and “Don’t Take a Vacation From Your Healthy Habits This Summer” at www.win.niddk.nih.gov/publications/PDFs/Vacation_flyer_508.pdf. Like WIN on Facebook at www.facebook.com/win.niddk.nih.gov.