Use What You Have To Stay Healthy And Fit

(NAPSA)—Anyone, anywhere can maintain a healthy weight and prevent or delay certain health problems by getting regular physical activity and eating healthy. Fortunately, it doesn't have to be difficult or expensive. To help, the experts at the Weight-control Information Network (WIN) suggest you:

• Talk with your health care provider about your weight and your fitness activities.

• Start with a small goal of being active for 10 minutes a day and slowly build up your time.

• Form a walking group with friends and use the track at a nearby high school.

• Ask friends and co-workers to be active with you. Having exercise "buddies" may help you stay interested in being active.

• Save time by buying foods that are easy to prepare. Consider fixing whole-wheat pasta and tomato sauce or rice and beans. Be sure to freeze or refrigerate leftovers right away to keep them safe to eat.

• Check out a farmers market or roadside stand if one is near you. You may find fresh fruits, vegetables and other foods that are in season.

You can learn more about using what you have to be healthy and fit from "The World Around You," a publication offered by the

You don't need costly weights, treadmills or organized classes to be physically fit. Walking the dog will do. The important thing is to get and stay active.

Weight-control Information Network, a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. WIN provides the general public, health professionals and the media with up-to-date, science-based health information on weight control, obesity, physical activity and related issues.

This publication offers tips on easy ways to be physically active in your daily life. It also suggests ways to select and prepare food that will help you maintain a healthy weight and feel better overall.

To get this free publication and learn more, call toll free at (877) 946-4627 or visit the website at www.win.niddk.nih.gov.