

# Holiday Hints

## Staying Fit During The Festive Season

(NAPSA)—Here's news that can make you merry. It is possible to enjoy seasonal festivities and still maintain a balanced diet.

Here are a few tips to help:

- Eat breakfast. Starting the day with a healthy breakfast can keep you from snacking on the sweet treats that are abundant during the holiday season.

- Make sure you get five helpings of fruits and vegetables every day. This will ensure that you get the nutrients you need to stay healthy, including calcium and magnesium.

- If you are invited to a holiday party and asked to bring a dish, prepare a low-calorie option so you will have something to eat that doesn't sabotage your diet.

- Don't starve yourself all day in anticipation of the party. Eat small, regular, healthy meals so you don't overindulge when you get there.

- Stock up on healthy snacks in the office so you are not tempted to eat the treats that your colleagues bring from home.

- Walk whenever you can. If you are visiting the mall, park your car farther away from the entrance so you can burn some calories before and after you shop.

- Spend some extra time at the gym. Pencil it in on your calendar. If you don't have time for a whole class or exercise schedule, fit in at least 10 minutes here and there.

Regular aerobic activity can help boost your metabolism and help your body burn calories more efficiently. While adding to your workout is a good idea, remember that regular, intense physical



**Pencil exercise in to your holiday schedule. If you don't have enough time for a whole class, set aside 10 minutes when you can.**

activity can deplete your body of essential vitamins and minerals, such as magnesium, especially if your diet is less than balanced.

Research by the USDA shows that seven out of 10 people have a magnesium-deficient diet (<http://www.ars.usda.gov/services/docs.htm?docid=11046>). Magnesium is an essential mineral to health, and a deficiency could leave you feeling sluggish at a time of year that requires extra energy. If you're not eating enough magnesium-rich foods such as beans, nuts and vegetables, you may need a supplement such as Slow-Mag® Tablets, which contain both magnesium and calcium.

To learn more, visit [www.slowmag.com](http://www.slowmag.com).