

WOMEN'S HEALTH TRENDS

Nancy Lieberman: Fitness In The Fast Lane

(NAPSA)—How can women make room for health and fitness in the midst of shuttling kids to and from games, practices and recitals and preparing healthy meals, all while managing successful careers?

Just ask Nancy Lieberman, ESPN analyst, Basketball Hall of Famer and mother.

“I have a very demanding life with tremendous simplicity to it,” she says. Lieberman stays physically and mentally fit during her hectic schedule by not sweating the small stuff and by making sure she remembers she is responsible for staying positive.

Lieberman points out, “If you can’t take care of yourself to the best of your ability, how can you take care of others? For me, that means proper nutrition and sticking to my gym routine, even on days when I don’t feel like it.”

Lieberman’s fitness advice for busy women:

- Manage your day and schedule. Develop a routine where you carve out 30 to 45 minutes each day for physical activity.
- If there is a day you cannot make it to the gym, be mindful of what you put in your body.
- Don’t sweat the small stuff—you are responsible for yourself and must be in control of staying positive no matter what happens. This means being mentally strong.



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- Stay organized; know your priorities and what you are responsible for—it cuts the stress level down.
- Take care of yourself and develop self-confidence and good decision-making skills.
- Set aside an hour a day for yourself (this may mean waking up an hour earlier or staying up an hour later) to read, visit with friends or participate in hobbies you enjoy.
- Remember that when you become a mother, you become a caregiver. It takes a lot of energy to care for others. You won’t have that energy if you don’t take care of yourself first.

“I’m a big fan of dietary supplements,” Lieberman says. “It’s reassuring to know that I’m still getting proper nutrition even when I

can’t eat as healthy as I would prefer. Mannatech, Inc., has a great line of dietary supplements, which I have taken regularly for more than 14 years. I swear by the Optimal Support Packets, which are great because they combine their best multivitamin and mineral products in a convenient packet that I can throw in my purse or suitcase and take on the go.”

Lieberman adds, “If you have self-confidence, it will transcend to other areas of your life and make everything around you better. Do things for yourself and others will follow.”

About Nancy Lieberman:

At the age of 18, Lieberman became the youngest basketball player in Olympic history to win a medal. Twenty years later, she was still outperforming other top athletes, this time in the Women’s National Basketball Association (WNBA). This Hall of Famer and ESPN broadcaster attributes much of her enduring athletic success to a strict training regimen, as well as Mannatech products. Nancy recently made history by signing a seven-day contract with the WNBA Detroit Shock to play basketball at age 50. You can visit her Web site www.nancylieberman.com or follow her on Twitter at www.twitter.com/nancylieberman.

For more information about Nancy’s favorite dietary supplements, visit new.mannatech.com or call (800) 281-4469.