

# Health & Beauty

## The Beauty of Keeping Resolutions

(NAPSA)—Every New Year's people make the same resolutions: stop smoking, pay off their debt and lose weight. But old habits die hard, and within days most of these resolutions are out the window.

So why is it that, despite our best intentions, most resolutions fall short?

One reason may be that the goals people set are downright unrealistic. Jill RachBeisel, M.D., director of community psychiatry at the University of Maryland Medical Center, suggests people break things down into "small steps that you can manage."

That means, for example, in the case of losing weight—the most popular resolution—vowing to shed all the pounds you've gained since high school in time for Memorial Day is probably a bit unrealistic. Instead, focus on a few attainable goals, perhaps starting with eliminating white flour and sugar from your diet. Here are some other quick tips to get you started:

- Rally the troops. It's easy to back out of a promise you've made to yourself, but harder when other people are pulling for you. Tell your friends and family about what you've resolved to do to enlist their support.

- There *is* strength in numbers. Working out with a partner makes the idea of exercise more like a fun activity and less like punishment.

- Supplement your workout. Dietary supplements can help boost your metabolism and increase your energy levels to give you that extra nudge you need to get yourself to the gym.



**Carmen Electra uses a new supplement as part of her healthy diet and exercise routine.**

Carmen Electra recently revealed her secret to maintaining her figure is a dietary supplement called NV™.

"I can identify with a woman's desire to make her outer appearance match her inner glow, which is why my secret to maintaining my looks, energy and confidence is NV™," said Electra.

NV™ contains green tea extract and theobromine (for calorie burning), taurine and ginseng (for energy), collagen (for skin cell renewal) and silica (for hair growth). NV™ also features Hoodia, an ingredient known for its appetite-suppressing qualities.

For many people, NV™ could be the first step to finally keeping their New Year's resolutions.

Of course, if you're still worried about breaking your resolutions, consider this: A recent Opinion Research Corp study found that 45 percent of people polled had resolved to resolve nothing this year.