



spotlight on health

Ease Joint Discomfort Through The Art Of Movement

(NAPSA)—Award-winning choreographer Debra Brown has worked with some of the world's finest athletes and performance artists. After 40 years of dancing, she maintains a lifestyle of movement and flexibility by following a regimen to help ease joint discomfort.

Brown has been a choreographer with Cirque du Soleil, the critically acclaimed international circus, since 1987. Her credits include such performances as "Quidam," "Algeria," "Saltimbanco," "Nouvelle Experience," "Cirque Reinvente" and the permanent shows "O" and "Mystere" in Las Vegas and "La Nouba" in Orlando, Florida.

She recently developed a booklet entitled *Debra Brown's 14 Tips to Discover the Art of Movement*, which includes the following tips dancers use to keep their bodies in peak condition.

Diet

- *Eat well.* A well-balanced diet, including fresh fruit and vegetable juices is essential to maintaining a healthy lifestyle. It also plays a starring role in maintaining flexibility and overall body function. Losing weight can take some of the burden off your joints and make exercising easier.

- *Drink more water.* Staying hydrated and drinking plenty of water is critical in maintaining joint and overall body health.

- *Try natural supplements.* Glucosamine and SAM-e are natural supplements that have been proven to help ease joint discomfort and renew cartilage. Products like Flexium™ Joint Discomfort and Cartilage Renewal are available that combine both of these supplements in one pill.

Exercise

- *Sneak in a little exercise.* Exercise doesn't have to be boring or intimidating. Gardening or taking a walk are great ways to incorporate movement into your day. Aerobic exercise helps keep your



Choreographer Debra Brown's health tips are used by professional dancers and acrobats to help reduce joint discomfort and increase flexibility.

lungs and circulatory system in great shape.

- *Try yoga.* Stretching the body with yoga exercises is great for maintaining your range of motion, which helps prevent joints from stiffening.

- *Pump it up.* Strength exercises help build muscles and make bones and joints stronger.

Relaxation

- *Skin brushing and baths.* Treat yourself to a nice warm bath. Moist heat is great for soothing sore muscles and joints. While you are there, try brushing your skin with a bath brush to help stimulate circulation.

- *Heat and ice.* Ice packs can reduce inflammation and are commonly recommended as a source of relief from joint discomfort. Heat stimulates blood circulation, which is an excellent way to soothe sore muscles.

- *Get a massage.* Massage is a great way to loosen stiff joints and muscles. You'll feel better as the tension melts away.

For the complete version of *Debra Brown's 14 Tips to Discover the Art of Movement*, visit www.flexiumchallenge.com.