



Simple Changes Can Lead to Better Health

(NAPSA)—According to a recent Gallup survey, one in every nine women admits she knows making small changes in her lifestyle can make a significant impact in helping her stay healthy, yet most are not doing it. They list lack of time as the main obstacle when trying to make healthy food choices. The good news is eating well can be easy through simple changes.

8th Continent soymilk has teamed up with world-class explorer Ann Bancroft and Elizabeth Somer, a nationally known author and dietitian, to empower women to take control of their health and their lives by making simple changes that can make a difference. Below, the two women share personal advice on simple changes they make in their own lives.

by Ann Bancroft



Bancroft

At 46, I'm taking more proactive steps to stay healthy and strong for the dreams I still want to pursue. To remain strong, I add calcium-rich, heart-healthy foods that taste good, like 8th Continent soymilk. In addition to my diet, I follow these guidelines:

- Take small steps. Last year, when Liv Arnesen and I skied and sailed 1,700-miles across Antarctica in 94 days, we knew it was more effective and better for our bodies to gradually work toward our dream one day at a time. Simple steps lead to the overall goal and give you a feeling of achievement along the way.

- Maintain a nutritious diet. It was very important during training and throughout the expedition that we drank plenty of liquids and ate foods that provided us with the nutrients, calories and fat we needed to stay healthy for the duration of our long journey.

- Exercise should be fun. To stay active and in good shape, I make exercise part of my daily

routine and choose a variety of physical activities that I enjoy.

Last year, explorers and former teachers Ann Bancroft and Liv Arnesen fulfilled their childhood dreams of becoming the first women to ski and sail across Antarctica. This summer, they'll embark on their Bancroft Arnesen Explore Great Lakes adventure. As an explorer, Bancroft has learned that there are simple steps every woman can take toward achieving her dreams.

by Elizabeth Somer, M.A., R.D.



Somer

Just as Ann found she could accomplish her amazing dreams by taking little steps each day toward her goal, each of us also can achieve our goals for health—one step at a time. We have to believe in the truth that sticking with small changes for better health can change our lives in a big way. Here are a few tips:

- Never leave home without a snack stash. Pack your briefcase or purse with convenient healthful foods such as portable bottles of 8th Continent soymilk, mini-bags of baby carrots, pre-cut fruit, string cheese, and whole-wheat crackers.

- Keep the kitchen stocked with easy-fix meal solutions. Buy pre-cut and bagged lettuce, chicken breasts, instant brown rice, bottled minced garlic, and frozen vegetables.

- Add one new healthy food to your diet each week. Add kiwi fruit into yogurt, papaya slices or canned kidney beans to a salad, or sprinkle toasted wheat germ into pancake batter.

*Elizabeth Somer makes wellness an active part of her life and encourages other women to do the same. She is a registered dietitian, author of several renowned books, including her most recent, *The Origin Diet*, and is a regular guest on NBC's "Today" show.*