

# News of Health

## Challenge Yourself To Improve Your Health

(NAPSA)—If you have the will, we have the way! Just in time for the New Year, Discovery Health Channel challenges Americans to find their healthier person inside with the National Body Challenge, a free eight-week comprehensive weight loss and fitness challenge that gives Americans the information and inspiration, online and on television, to help meet their personal health goals. To get you started, here are ten health tips from National Body Challenge medical advisor, Dr. Pamela Peeke:

- **Get Real and Be Specific.** Write down three or four goals that you know you can stick to. For example, “I will try to lose one pound of body fat every week” and “I will walk for 30 minutes minimum five days a week” are specific, attainable targets.

- **Get Prepared.** Throw away all the junk, the processed and the “bingeable” foods now and replace it with fresh, whole foods like lots of fruits and veggies. Buy a new pair of walking shoes and find some clothes in your closet that you feel comfortable walking in.

- **Get Support.** Whether it’s your best friend, spouse or pet, it helps to have some nonjudgmental and nurturing support when trying to lose weight.

- **Make Daily Notes.** Research has shown that keeping track of your daily exercise and food intake in a journal or notebook will increase the likelihood of success. You can keep it simple or write pages and pages—the key is to hold yourself accountable.

- **Create a Food-Free Reward System.** You deserve special treatment when you reach your goals.

- **Buy a Pedometer.** A pedometer keeps track of how many steps you take daily. Wear it every day, around home, at work and while exercising.



**National Body Challenge Medical Advisor Dr. Pamela Peeke.**

- **Don’t Skip Breakfast.** Research shows that the most successful “losers” never skip it. Try to keep it balanced with some protein, a healthy carb and a small amount of fat—for example, an egg-white omelet with fresh berries and a piece of whole wheat toast, or a skim milk shake with fruit and yogurt.

- **Nix the Late-Night Eating.** If you eat a lot of excess calories after 8 p.m., you wear them the next morning.

- **Eliminate Processed Sugars.** Processed sugars are carbs that have been stripped of their valuable nutrients. Table sugar, pasta, rice and bread are nothing but trouble.

- **Have a Mid-Afternoon Snack.** This will curb your appetite and provide fuel for your after-work walk or workout at the gym. Some great snack ideas include reduced-fat peanut butter on a multigrain cracker, a couple of pieces of low-fat string cheese and an apple, cottage cheese with pineapple, or low-fat cheese microwaved in a whole-wheat pita.

The National Body Challenge airs Wednesdays, beginning January 19<sup>th</sup> through March 9<sup>th</sup>—at 10pm (ET/PT). For more health tips or information about the National Body Challenge, please go to [www.discovery.com/health](http://www.discovery.com/health).