

FITNESS FACTS

It's Good To Get Moving—Whatever Your Age

(NAPSA)—The experts at the National Institutes of Health advise all Americans to make physical activity a priority. Just about anyone can carve out some way and time each week to be active. Here are some hints that can help:

What You Can Do

- Put your workout time on your calendar and treat it like any other appointment.

- Try waking up a half hour earlier to walk.

- Schedule workouts for lunchtime.

- Take an evening fitness class.

- Build physical activity into your routine chores. Rake the yard, wash the car or do energetic housework.

- Make family time physically active. Plan a weekend hike through a park, a family softball game or an evening walk around the block.

- Train for a charity event. You can work to help others while you work out.

- Start slowly. If you're starting a new physical activity program—even one you once did well—go slow at the start.

- Try a personal trainer. A certified personal trainer can show you how to warm up, cool down and use fitness equipment like treadmills and dumbbells, as well as demonstrate the proper form to reduce your risk for injury.

- Remember, you don't have to spend a lot of money, join a gym or buy workout gear to get fit. You can choose free activities. Take your children to the park to play or take a walk.

- Join a class or sports league where people count on you to show up. If your basketball team or dance partner counts on you, you will not want to miss a workout.

- If you have a health problem,



Regular physical activity may help lower cholesterol and blood pressure; reduce your odds of having heart disease, type 2 diabetes or cancer; lift your mood; and increase your energy level.

talk with your doctor. Find out which physical activities you can safely do and follow advice about length and intensity of workouts.

- Set up short-term goals, such as walking 10 minutes a day, three days a week. Once you are comfortable, try to do more. To add variety, you can do low-impact aerobics or water aerobics for 30 minutes, two days a week. Then walk on a treadmill or outdoors for 30 minutes, one day a week. Then do yoga or lift weights for two days.

- Track your progress by writing down your goals and what you have done each day, including the type of activity and how long you spent doing it. Seeing your progress in black and white can help keep you motivated.

Keep Energized

As part of your increased activity program, you may want to try MonaVie Active®, a mouthwatering fusion of 19 body-beneficial fruits

and scientifically proven glucosamine, which targets joint mobility and flexibility. Formulated with AcaVie™, the purest, most potent form of açai available, just 2 ounces daily can:

- Encourage production of glycoproteins for healthy connective tissue and joint cartilage;

- Deliver key nutrients to ensure your body maintains a healthy range of motion;

- Fight oxidative damage and aging using powerful antioxidants and polyphenols.

Stay Hydrated

Don't wait to drink until you feel thirsty while you work out, warn the experts at the U.S. Centers for Disease Control and Prevention. Dehydration occurs when the body loses water faster than it should, such as during times of extreme heat or extreme exertion.

Defeat dehydration with the help of MonaVie (M)mün, a drink that delivers a beneficial blend of 19 fruits plus Wellmune®, shown to strengthen your body's immune defenses, help safeguard your body from potentially harmful microorganisms and fight oxidative damage and aging using powerful antioxidants and polyphenols.

Containing beneficial fiber and key vitamins A, C and E, as well as essential nutrients to support and sustain your overall health, it can be your daily defense for a healthier life.

Now both beverages are easier to add to your diet because they come in new "shot" sizes that fit nicely into a purse, glove compartment, gym bag or desk drawer.

Learn More

You can find further facts on energy at www.monavie.com and (866) 217-8455. Or join them on Facebook at facebook.com/monavie.