



Russell Athletic's Simple Formula To Optimal Health

(NAPSA)—According to the “**For the Long Run**” survey, the number one reason men and women stay active is to live a healthy life. However, experts believe that to ensure optimal health, men and women must also get an adequate amount of sleep and eat a balanced diet.

Sleep

If you hit the snooze button every morning or feel drowsy anytime during the day, you probably haven't had enough to sleep. Studies suggest that one out of every two people suffers from sleeplessness at some point.

Our bodies need sleep, just as they need water, food and air. The right amount of sleep helps us feel refreshed and alert. On average, most adults require seven to eight hours of sleep each night. That's why it is important to maintain a consistent sleep schedule—waking up and going to bed at the same time, every day of the week.

Having trouble getting to sleep? New research shows that people who exercise regularly tend to fall asleep faster and sleep longer. However, be sure to time your exercise at least five hours before bedtime because lower body temperature aids in sound sleep.

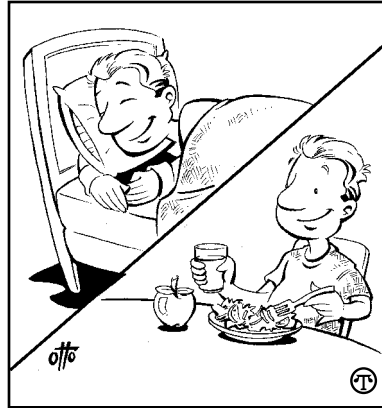
Balanced Diet

Together with rest, a well-balanced diet will ensure a healthy lifestyle. The *Food Guide Pyramid* recommends eating each of the following every day.

- **Bread, cereal, rice and pasta (6-11 servings)**—These foods are made of complex carbohydrates, a key source of energy. These foods are also high in fiber, which aids in digestion. They help protect against colon and other cancers and heart disease.

- **Vegetables (3-5 servings)**—Excellent sources of carotenoids, vitamin C and folate—a B vitamin that can reduce the risk of certain serious and common birth defects. Researchers have found that eating five servings of vegetables per day is related to a 30 percent lower risk of ischemic stroke in men and women.

- **Fruits (2-4 servings)**—Rich sources of vitamins, especially vitamin C, which helps produce collagen. Collagen is a protein that protects blood vessels, joints, organs and muscles, teeth, bones



Exercise is just one part of a healthy lifestyle; diet and sleep are important factors, too.

and a lot more. Avoid fruits processed with heavy syrups and sugar-sweetened juices.

- **Milk, yogurt and cheese (2-3 servings)**—These foods are filled with calcium, protein and vitamin B12. Calcium strengthens bones and teeth; without it, your body begins taking the calcium you need from your bones. This results in weak bones, commonly called osteoporosis.

- **Meat, poultry, fish, eggs and nuts (2-3 servings)**—High in protein, iron, zinc and B vitamins. Proteins are important for building muscle tissue and aiding the immune system. High in protein, nuts have been linked to lowering the risk of clogged arteries and heart attacks.

- **Fats, sweets and oils—Eat sparingly.** These foods add nothing but calories to your diet. Limit your intake. Use vegetable oil because it is a rich source of vitamin E. Unsaturated fat is good because it helps reduce cholesterol levels. Saturated fat leads to heart disease.

Optimizing your health is as easy as 1-2-3. Feel great every day with a combination of sleep, a balanced diet and regular exercise.

The “**For the Long Run**” survey was sponsored by Russell Athletic, a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company, visit www.russellathletic.com. To find a virtual workout partner, visit www.forthelongrun.com.