

FITNESS FACTS

Stay Fit During The Holidays

(NAPSA)—Americans travel more during the holiday season than at any other time of the year. Increased travel can interrupt your daily schedule and make finding time to exercise a difficult task. Because many people typically gain weight this time of year, it is important to make fitness a top priority.

According to Russell Athletic's *For the Long Run*® survey, 98 percent of men and women find fitness to be important in their daily lives. To stay fitness-focused during this holiday season, Russell Athletic offers the following tips:

- **Water on the go**—Not getting enough water can lead to fatigue and headaches—the last thing you need during the holiday rush. Before you travel, pack your own water bottle. Drink two 8-ounce glasses of water before a long trip, and then another glass each hour during the trip. If your holiday travel involves a long flight or drive, this will help reduce dehydration and fatigue. Also, drinking water throughout the day increases energy levels and cleans your system.

- **Exercise with the family**—The holidays bring families together, so why not exercise together? Take a walk around the neighborhood or jog as a group to spend more quality time with the ones you love. It will increase your energy level too.



- **Take a walk**—After those big holiday meals, take a walk around the neighborhood to work off the extra calories.

- **Smart holiday eating**—Have some fruit or granola between large meals to curb your appetite. Eat sweets and desserts in moderation to avoid gaining weight.

This holiday season, don't let busy schedules and travel upset your fitness routine. Use these tips from Russell Athletic to help make your holiday a healthy one.

Russell Athletic products are available at department and sporting goods stores across the nation. Russell Athletic sponsors the *For the Long Run*® survey and is a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company and its products, visit www.russellathletic.com.