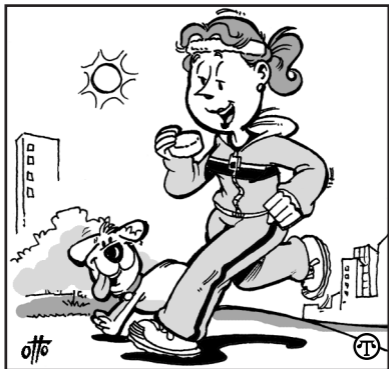


Healthy Living



Way Less You

(NAPSA)—No matter whether you need to lose 5 pounds or 50, or just want to live a healthier lifestyle, it's important to find the right combination of diet and exercise.



Choosing nutritious snacks is an important part of living a healthier lifestyle.

- When choosing a fitness regimen, consistency is key. Set realistic objectives and stick to them.

- Burning calories tends to be more fun if you have a workout buddy—it doesn't matter if it's your spouse, a friend, one of your kids or even your dog.

- Eat nutritious meals and if you snack, snack healthy. For example, California Suncakes are an excellent blend of complete proteins and clean carbohydrates made from oats, brown rice syrup, brown rice flour, soy protein concentrate, soy flour, dried fruit and fruit juice. They are 97 percent fat free and provide 30 percent of your daily protein and fiber needs.

To learn more, visit www.suncakes.com, call 800-830-0309, or write to California Suncakes, P.O. Box 8688, Emeryville, CA 94608.