

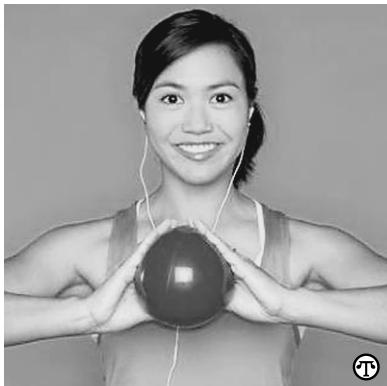
Sticking To Healthy Changes

(NAPSA)—Small steps can often lead to bigger changes. If you've resolved to make a change in your life this year, such as maintaining or losing weight or better managing everyday stress, you'll be pleased to learn that chewing gum might help you achieve your goals.

"Chewing gum is something I recommend," says Jim Karas, celebrity fitness trainer and fitness contributor to "Good Morning America." "In addition to relieving dry mouth during exercise sessions, it's an easy alternative to indulging in treats, since it keeps your mouth busy and can save you extra calories." For example, having a stick of gum at five to 10 calories instead of a high-calorie snack containing 140 calories can save 130 calories a day.

A 2005 study conducted by Dr. Marion Hetherington of Glasgow Caledonian University shows chewing gum after lunch and before a snack may help reduce hunger, diminish desire for sweets and decrease snack intake by 36 calories. The experts at Wrigley suggest keeping a pack of sugar-free Extra chewing gum handy to help avoid mindless munching and reaching into the snack jar.

For those looking to reduce daily stress levels, chewing gum may also offer a relaxing antidote. According to a recent study from the Wrigley Science Institute, gum chewers were more calm and relaxed in dealing with life's everyday stresses when they chewed gum.



Experts say if you are trying to lose weight, a small step such as adding chewing gum to your day may be just the change you need to be successful.

In addition, some self-help authors say it takes 21 days to make or break a habit. So over the next three weeks, make a commitment to one small daily change and integrate chewing gum into your daily routine to help avoid calories or relieve stress.

"The biggest challenge to sticking to a resolution is taking a 'big bang' approach," says Karas. "Instead, remove the stress of failure by setting small, achievable goals." Experts agree that chewing gum can be a tool to help make personal changes—it's convenient, portable, affordable and may be just the small step you need to stick to your resolution.

For more information about the benefits of chewing gum, visit www.gumisgood.com.