

Back To Basics: A Toast For Everyday Health



Healthy snacks between meals will help keep up your energy throughout the day.

(NAPSA)—When it comes to getting into shape and improving your overall health, it's very easy to get sidetracked—and see your best-laid plans fall by the wayside. The key is to make health part of your everyday routine.

So to help consumers become more “well rounded” with their everyday health habits, celebrity host Samantha Harris and a team of fitness and nutrition experts have teamed up with Old London—the makers of America's favorite Melba toast snack—to offer up easy-to-manage health and fitness tips and kick off an online sweepstakes. For everyday health, Harris suggests:

1. Taking naps. A guilty pleasure—yet healthy! Being able to catch up on sleep is so important for overall health.

2. Taking fitness classes, such as yoga. Being part of a class helps motivate people to work out regularly and have the support of others.

3. Making healthy meal choices such as sushi, which is a great source of protein. It's even better for you with brown rice.

4. Soaking in a hot bath. It's relaxing for muscles and provides a natural boost to your immune system.

5. Going for walks. It couldn't be

easier to get exercise, and it helps you wind down after a long day.

6. Time together. Playing with your children is a great way to expend energy and make sure you get as much together time as possible. Put on music, sing and dance!

7. Incorporating your baby into your workout routine. Run/walk with the stroller or have your child with you as you work out.

8. Fitting in exercise like any other appointment in your day—and make it a priority to be sure that appointment happens.

9. Allowing healthy snacks between meals. Three to four snacks a day helps to keep up energy.

10. Planning ahead and setting goals. Staying healthy in mind and body is a lifelong goal, so tailor your own routine according to your personal needs.

Sweepstakes

Through Old London's “A Toast for Everyday Health” sweepstakes, one lucky winner will receive a four-day, three-night trip for two to the luxurious Enchantment Resort & Mii amo Spa in Sedona, Ariz., winners of Travel + Leisure's World's Best Awards 2008. Entries will be accepted through May 31, 2009. To learn more and to enter the sweepstakes, visit www.toastforeverydayhealth.com.