



# Fitness Facts

## Brooke's Tips For Staying Summer Slim All Year Long

(NAPSA)—As a TV performer and a busy mom with four kids, Brooke Burke has learned how to make getting in shape as easy and efficient as possible. “Now that I’m not dancing every day on ‘Dancing With the Stars,’ it’s important for me to make an effort to be active and stay fit,” said Burke. “On days when I can’t get to the gym or a class, I rely on my kids to help keep me moving. We go to the park, dance around the living room or take long walks on the beach.”

### Shape-Up Tips

Here are a few of Burke’s tips to help you get in shape for summer and beyond:

- **Make time for a workout.**

When you travel for work, make sure to pencil in some time for a workout and pack your sneakers. Even if you only have time for a quick walk, it can help you relax and rejuvenate so you can be your best throughout the day.

- **Plan what you eat.** Eating well requires a little planning. For example, it’s a good idea to keep your fridge stocked with tasty, low-calorie foods such as refreshing, sugar-free Jell-O gelatin. These treats can be just the perfect snack when you need a pick-me-up. Burke’s favorite flavor is the new Raspberry Goji, which only has 10 teeny calories and contains antioxidant vitamins A & E to give your



**If you don't like traditional workouts, there are lots of ways to incorporate exercise into your day.**

body a boost and your taste buds a whole lot of tingle.

- **Set aside “me” time.** Even on hectic days, set aside “me” time. Whether it’s reading a magazine, surfing the Web or enjoying a hobby, this miniescape can keep you sane and centered.

- **Indulge yourself.** While the kids are having a bowl of ice cream, reach for sugar-free Jell-O pudding cups. These cups come in indulgent flavors such as Boston Cream Pie and Cinnamon Roll that let you trick your taste buds into thinking you are having the real deal, but for 60 luscious calories. It’s a go-to sweet snack that always satisfies a sweet tooth.

For more information, recipes and tips, visit [www.jello.com](http://www.jello.com).