

# Don't Have Time For A Healthy Lifestyle— Create The 80-Second Minute

(NAPSA)—How many times have you caught yourself saying, “I just don’t have time to eat healthy and exercise?” For those of us who live life on the run, it’s sometimes hard to fit everything into a 24-hour time period. We all know that it’s important to make time for health and physical activity, but finding the time is not always easy.

You can learn to make every second count more by living the 80-second minute. By following these simple tips, you can fit more activity into your daily routine, which will enable you to lead a happier, healthier lifestyle:

## Move More

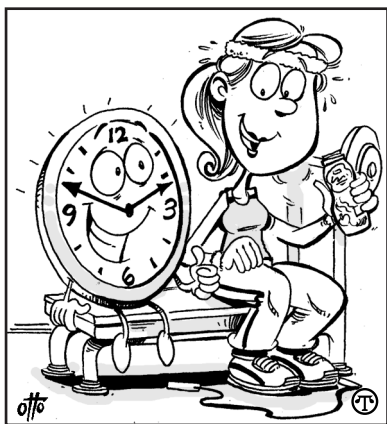
Experts recommend at least 30 minutes of physical activity every day for optimal health. Did you know that three 10-minute activity sessions could be as beneficial as a 30-minute session? Here’s an idea: Walk wherever possible. Try leaving for work a few minutes early and park the car a distance from the door and walk for 10 minutes before you enter the building. Take a 10-minute walk during lunch. Walk another 10 minutes before going home. You’ve just achieved 30 minutes of activity in a day!

## Grab and Go

People in a rush tend to go for junk food because it’s quick and easy. If you’re pressed for time, try something light that you can eat on the go. A great choice is new Dannon Light ‘N Fit™ Smoothie—one seven fluid ounce bottle has 80 calories and zero percent fat. If you’re prepared in advance with a delicious, healthy Light ‘N Fit Smoothie, you can still look and feel good even when you’re on the go.

## Work Woes

Sitting too much on the job? Try standing meetings. You’ll



probably have shorter and more efficient meetings! Take a break every hour or so to take a few deep breaths and stretch your arms and shoulders. Stand up and walk in place or do toe lifts while you’re on the phone or waiting for your computer to boot up or a document to finish printing.

## Plan Right to Eat Light

A little advanced planning can go a long way in eating healthy. Make a grocery list and menu plans for the whole week. Just knowing what you’re going to have for supper will make you feel more in control when you walk into a house with a hungry family. Choose quick, but healthful foods such as smoothies, nuts and dried fruit to make the most out of your time. Make arrangements with a neighbor or two to cook a few healthy meals in advance and trade. You’ll have several days of prepared meals and only cook once!

While it might take some extra effort, these tips will allow you to start your day ahead of the game. For nutrition tips and healthy recipes, log onto [www.dannon.com](http://www.dannon.com).

A little advance planning can help you have more time to take care of yourself as well as everything else you do.