

Living Right Every Day

(NAPSA)—Living right may be easier than you think. All it takes is making the most of your time and adopting a “zero-compromise” attitude. For instance:

- Turn a daily car trip with the



Make the right meal choices during a hectic work week to maintain your overall wellness goals.

kids into quality time—pop in a CD you can sing along to or play a book-on-tape you can all enjoy.

- On busy workdays, it's just as easy to go for healthy meal choices and snacks, as it is unhealthy ones. For example, zero in on healthier grab-and-go food choices such as soup, carrot sticks, yogurt or cereal bars. You can also choose a soft drink with zero regrets. Diet Rite has seven delicious flavors, contains zero carbs, zero calories, zero sodium and zero caffeine; and is the first soft drink sweetened with SPLENDA® Brand Sweetener.

- Not exercising? There's zero-room for excuses if you take brisk walks during your lunch hour; opt for the stairs instead of the elevator; or join a mall-walkers club.

For on-the-go moms and those feeling pressed-for-time, living right should be zero-effort if you maximize your time and make good choices without compromise.