



# Fitness Facts

## A Tasty Way To Slim, Trim Or Tone

(NAPSA)—A few small changes can go a long way on the road to developing your own personal lean, mean, daily routine.

For example, it's important to take into account the nutrient content of the foods you put in your body. Antioxidant-rich fruits are a great way to help guard the body against cell damage. Cranberries, which have more antioxidants per gram than most common fruit, contain powerful nutrients called PACs that help cleanse and purify your body.

One way to be sure you're getting the antioxidant power of cranberries is through a hot new lifestyle trend—one that is all about being healthy, but in a very attainable way. Bog-er-cise is about making small changes to your daily life through healthy food choices and keeping fitness fun, therefore creating your personal, lean, mean, daily routine. These small changes can result in a more active lifestyle, improved total body health and even self-confidence.

"Don't just exercise—Bog-er-cise," says fitness and health guru Richard Simmons, who developed the program with the health experts at Ocean Spray. "Bog-er-cise is about having balance in your life, being a little more active and eating and drinking the right things. The choices you make throughout the day in food and activity are important to overall health, so it's important to make every calorie and step count."

### **Bog-er-cise tips**

- Split restaurant meals (or at least box half to take home). Restaurant meals are increasingly "supersized," leaving you stuffed



**Antioxidant and vitamin C-rich cranberry recipes like this Berry-Fit Smoothie can be part of a healthy lifestyle.**

and guilty with the distress of overeating.

- Add important nutrients to your day by switching that afternoon soda to juices or juice drinks. Diet Ocean Spray Juice Drinks are an excellent source of vitamin C and contain just five calories, so you can feel good about drinking them any time of day.

- Instead of going straight to the candy aisle, grab an energizing and healthy snack such as surprisingly sweet Craisins. Made from real fruit, these tasty treats are naturally fat-free, cholesterol-free and a good source of dietary fiber. And according to U.S. Dietary Guidelines, half a cup of Craisins Sweetened Dried Cranberries equals half your daily fruit needs.

For additional healthy lifestyle tips from Simmons for sneaking exercise into your day, great-tasting cranberry recipes or to download a free Bog-er-cise booklet, visit [www.oceanspray.com](http://www.oceanspray.com).