

Helpful Hints

Starting The Day Off On A Delicious Note

(NAPSA)—How you spend the morning hours can set the tone for the remainder of the day.

Fortunately, there are many easy ways to get your day off to a great start. Here are a few simple suggestions:

- **Take a brisk walk.** A walk first thing in the morning can reduce stress and generate energy for the rest of the day. Having a buddy to walk with and talk to can also be a mood booster.

- **Listen to music.** Your favorite music can create a sense of peace or fun that sets the mood. If you walk, take your iPod.

- **Practice yoga.** Yoga provides good stress management and exercise. Even fitting in a few minutes of yoga stretching each morning can benefit you.

- **Stretch during the shower.** Hot water can loosen muscles and relieve tension.

- **Eat breakfast.** Start your day off with delicious, nutritious food. Eating breakfast has been shown to help people concentrate during the day and help them maintain a healthy weight.

Vary what you eat so every morning offers tasty treats. For example, substitute nectarine juice for orange juice. A new pure-pressed process makes it easier to extract not-from-concentrate nectarine juice from nectarines.

Starting with only the finest California-grown nectarines, the process gently steams the nectarines in a “spa treatment” to relax and tenderly release the pit,



Photo credit: California Tree Fruit Agreement

Start your day with a delicious, nutritious treat such as nectarine juice, which is high in vitamin C and antioxidants.

skin and flesh. The process yields 100 percent pure Sun Shower nectarine juice, capturing all the flavor, color, sweetness and nutrition. Drinking only eight ounces of nectarine juice means you get two servings of fruit for the day.

Nectarine juice has no added sugar or preservatives and is high in potassium, vitamin C, antioxidants and phytonutrients. It is rich in beta carotene and is fat free and cholesterol free. It's less acidic than orange juice and, having only 90 calories per serving, has 20 percent fewer calories. For more information, visit www.nbijuiceworks.com.

- **Start your day the night before.** Lay out your clothes and everything you have to take with you in the morning, so you won't have to rush around looking for things when you're not quite awake.