

newsworthy trends

Stay In Shape On The Job

(NAPSA)—A tight economy and an increasing workweek mean many of us are spending far more hours at the office and far fewer at the gym (gym memberships across America are down for the first time in a decade). Long hours at the office often mean unhealthy eating. Here are three tips to minimize the calories you consume and maximize those you burn so you can stay in shape at the office.

I Brake For Mocktails. When you're working past 5 p.m., take a short break to refuel so that you'll be more productive during those later hours. For snacks, try colorful vegetable crudités or protein-packed nuts. For drinks, try a sophisticated mocktail like an Appletini (25 calories per serving), a Dri Tai (85 calories per serving) or a Celebration Sparkler (20 calories per serving). Remember, alcoholic mixed drinks are fattening (a single Mai Tai packs 320 calories).

BYOB = Bring Your Own Breakfast. Skipping breakfast is not an option if you want to stay in shape, since studies show that people who eat breakfast may be more likely to lose weight and keep it off long term. Stock your home freezer with whole grain muffins and, when you're too rushed for breakfast at home, slip one into your laptop bag as you head for work. If you need caffeine to get your day going, grab a low- or no-calorie beverage like coffee, tea or a Diet Coke.

Slim? Cool. And Vice Versa. Did you know that you get a calorie-burning benefit from drinking chilled beverages? Drink 2 liters of an iced, no-calorie beverage (the



When you're working long hours, take a short break and refuel with refreshing, low-calorie drinks and snacks.

recommended 8 cups a day) and you'll burn off 60 calories as your body works to maintain temperature. If drinking that much plain water doesn't entice your taste buds, stock up on a variety of no-calorie flavored waters and diet soft drinks.

Appletini

3 cups Fresca® or Sprite Zero™

½ cup sour apple cocktail mixer

Granny Smith apple slices, fresh raspberries for garnish

Combine soda and sour apple mix. Serve in martini glasses with a floating fresh raspberry and green apple slice. **Makes 7 (4-ounce) servings.**

Per serving: 25 calories, 6 g

carbohydrate, 10 mg sodium.

Fresca® creates a mocktail with an opaque shade of lime green. Sprite Zero™ creates a translucent mocktail.

Dri Tai

1 cup Simply Orange® orange juice

½ cup Minute Maid Light™ Limonada-Limeade

**3 tablespoons Coke Zero®
3 tablespoons grenadine syrup**

2 tablespoons lime juice

1½ teaspoons pure almond extract

Lime or orange wedges or mint sprigs for garnish

Stir or shake all ingredients together. Pour over crushed ice, if desired.

Makes 3 servings, about 5 oz. each.

Per serving: 85 calories, 21 g carbohydrate, 20 mg sodium, 45 mg vitamin C (74% Daily Value).

Celebration Sparkler

2 cups cold Sprite Zero™

1 cup cold white grape sparkling beverage

Fresh raspberries for garnish

Mix beverages. Serve immediately in fluted champagne glasses with raspberry in each glass. **Makes 6 (4-ounce) servings.**

Per serving: 20 calories, 5 g carbohydrate, 10 g sodium.