

Your Health & Well-Being

The Power Of Intention

(NAPSA)—To reach their health and fitness goals, Desi Bartlett, M.S., CPT, celebrity fitness instructor and wellness expert, suggests Americans should rely on “daily intentions.” “Intentions focus more on the steps or actions taken to get to the end result, creating a clearer picture of how we’ll reach our goals. The more you stay focused on your intentions, the better the results.

“It’s also important to maintain a level of mindfulness when making choices for yourself, especially when it comes to your health,” Bartlett adds. “Take the time to stop and think about your decisions, from that extra slice of pie to skipping one more day of exercise; be aware of your intentions and how great you’ll feel when you reach your goals.”

Desi shares a series of helpful tips on how to stay focused on your intentions:

Fitness

- Be mindful of what your body is capable of and what exercises you enjoy doing when setting your fitness goals and routine. If you want to find more mental balance in your day, consider practicing yoga or Pilates three days a week.

- Find a partner who has similar fitness goals to keep you motivated and support you along the way. Knowing that someone will be there waiting for you increases your exercise adherence rate.

Nutrition and Diet

- Be conscious of what kind of food and beverages you consume—and plan ahead. Pay attention to portion size and nutrition labels and stick to unprocessed items as often as possible.

- If short on time, look for healthy grab-and-go, portion-con-



Wellness expert Desi Bartlett suggests visualizing yourself leading a healthier life every day.

trolled snacks like Trader Joe’s almond, cashew and dried cranberry packs. Stay hydrated with beverages that offer a nutritional boost with no added calories or sugar, like Fruit₂O Essentials, a zero-calorie fortified water that provides several nutrients found in two servings of fruit.

Organization

- Create a morning ritual. Before starting your day, take just a few minutes to see yourself completing the tasks you’ve scheduled for the day. Intentions combined with visualizations are quite powerful and can help guide you throughout your day.

- Consider setting a daily alarm to help you stay on task for certain responsibilities, such as cleaning your living space, exercising, reading, calling a friend or paying bills. Try an e-mail reminder or a timer on your cell phone. Make sure the alarm is with you at all times to help keep you on track, wherever you are.

For more tips, visit www.fruit2oessentials.com.