

EAT OUT AND STAY FIT

ACCORDING TO RECENT NIELSEN REPORTS, MORE THAN ONE IN THREE AMERICANS HAS RESOLVED TO STAY FIT IN 2017. IF YOU'RE AMONG THEM, YOU MAY BE GLAD TO LEARN THAT BEING HEALTHY DOESN'T MEAN YOU HAVE TO GIVE UP A LOT OF TIME OR SACRIFICE THE FINER—OR MORE FUN—THINGS IN LIFE LIKE DINING OUT. THE CENTERS FOR DISEASE CONTROL AND PREVENTION SAYS MOST ADULTS SHOULD SPEND AT LEAST TWO AND A HALF HOURS A WEEK ON PHYSICAL ACTIVITY—BUT YOU DON'T HAVE TO DO IT ALL AT ONCE. TEN MINUTES AT A TIME SHOULD DO THE TRICK. AS FOR DINING OUT, SIMPLY MAKING SMART CHOICES SUCH AS HAVING FRUIT FOR DESSERT OR ENJOYING A FILLING SALAD CAN LET YOU HAVE FUN WITHOUT SABOTAGING YOUR GOALS. ONE WELL-KNOWN EATING SPOT HAS UPGRADED AND EXPANDED ONE OF ITS MOST POPULAR DINING OPTIONS TO INCLUDE OVER FIFTY-FIVE TASTY ITEMS, INCLUDING MANY NEW FRESH AND NUTRITIOUS SELECTIONS. FROM MORE THAN A DOZEN FRUITS AND VEGETABLES, PREMIUM CHEESES AND CRUNCHY TOPPINGS TO EIGHT HOUSE-MADE DRESSINGS, THE ENDLESS GARDEN BAR AT RUBY TUESDAY OFFERS A VARIETY OF WAYS TO BUILD THE BEST SALAD FOR YOU. FOR FURTHER FACTS, INCLUDING FULL MENU OFFERINGS AND RESTAURANT LOCATIONS, VISIT RUBY-TUESDAY--DOT--COM.