

## Warm Weather Health Habits

(NAPS)—These healthy eating and exercise tips from eDiets.com can help you put a spring in your step:

1. **Breakfast.** Lighten up the most important meal of the day by switching to cold cereal with fresh berries and skim milk. Choose a low sugar, high fiber cereal.

2. **Think fresh.** Grocery stores are full of fresh foods; stay on the perimeter of the store, where the fresh foods are located. Avoid packaged, frozen foods and stay with fresh produce in season.



3. **Dine outdoors.** Instead of drive-through fast food or sitting down in a restaurant, bring your lunch outdoors. Pack a cooler with a turkey sandwich on whole grain bread with lettuce and tomatoes and add a piece of fruit. Also powerwalk, jog or hike.

4. **Hydrate.** More activity may mean more perspiration, requiring more hydration. Drink at least eight glasses of water a day...a couple of those glasses could be herbal tea or flavored seltzer water.

5. **Eat more...often.** Instead of three square meals a day, boost your metabolism by taking an item or two from each meal, and eating it two to three hours later.

6. **No more excuses.** Stop making excuses such as “I’ll start tomorrow,” “I don’t feel like working out today,” and “I just can’t get into it yet.” Resolve to live healthy and follow through.

### Healthy Ideas

When grocery shopping, advise the experts at eDiets.com, you can usually find the freshest foods—produce, meat, dairy—around the outside aisles of the store.