



# Nutrition For Active People



## A New Year, A New Healthier You

(NAPSA)—The best is yet to come—say fitness experts—if you see each new year as a new opportunity to take better care of yourself.

Here are some tips on how to feel fit and fabulous:

- Drink at least eight glasses of water every day. Don't let yourself get dehydrated.

- Eat fiber-rich foods and whole grains.

- Eat a rainbow of vegetables, especially dark green and deep yellow ones.

- Use low-fat dairy products.

- Eat protein-rich foods such as fish and beans.

- Make sure you get all the calcium and vitamins you need, including C, D and B-12.

Some lines of supplements are designed specifically for people with active lifestyles. Perhaps the best line addressing these needs is the Life Fitness brand. Life Fitness has helped people attain their health and fitness goals for 30 years by creating high-quality, technologically advanced fitness equipment.

Two of the most popular new supplement formulas are Everyday Cranberry Chews and Everyday Omega-3 Chews from Life Fitness, which offers 72 different vitamin/supplement formulations for people with active lifestyles. These products are available at all CVS/pharmacy locations.

Already celebrated for its remarkable effects in helping to maintain a healthy urinary tract, cranberry is also being studied for its potential to help prevent cardiovascular disease, yeast infections, ulcers and gingivitis. Making this supplement available in a handy chewable form makes it even easier to support an active lifestyle.

Also helping people to live longer, healthier lives is the



**Chewable vitamins are a great way to get much-needed nutrition on the go.**

Everyday Omega-3 Chew. The American Heart Association recommends eating foods rich in omega-3 fatty acids, such as hering, sardines, tuna and salmon because studies show that eating a diet rich in these acids can help prevent cardiovascular disease. To be sure you are getting adequate amounts, you may want to take a supplement and an on-the-go, easy-to-take chew may be the most convenient way to do this.

- Exercise is a proven way to keep your energy levels up as well as helping you maintain your overall health. Try to fit some exercise into every day—even if it's only a short walk. If foot problems keep you from running and walking, don't give up. Instead of slowing down, invest in revitalizing gel inserts and other comfort orthotics. Some of the best and most soothing inserts are also Life Fitness brand products. Try Sport-Link Extreme, Tri-Link and Revitalizing Gel Insoles to cushion the heel and ball of the foot.

Feeling great may be as easy as making some simple lifestyle adjustments. Life Fitness brand products are available at all CVS/pharmacy locations.