

Health Hints

Adding Star Power To Your Routine

(NAPSA)—Hitting the gym is important, but the key to feeling more like a Hollywood starlet could be to turn in when the stars come out.

“Sleep is one of my most important beauty tricks,” says actress Catherine Zeta-Jones.

The other tricks of her trade? She exercises five days a week, gardens, swims, drinks a lot of water, and eats plenty of veggies and proteins. But Zeta-Jones also makes it a point to recharge her batteries by spending time with her family.

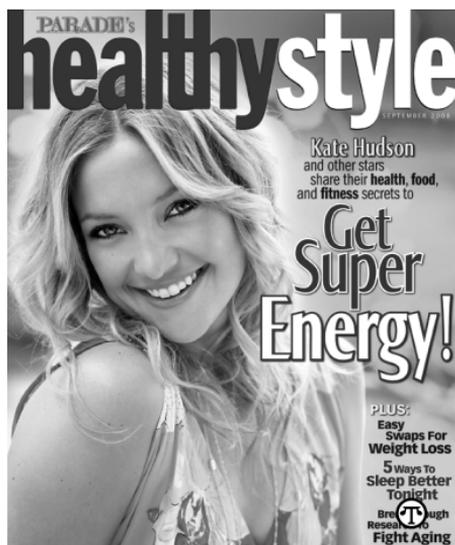
Finding that balance between work and family life is something actress Kate Hudson has also learned a lot about. “I have to believe I can be a good mom and a good actress and a good daughter and an explorer of the world,” she says.

Both Hudson and Zeta-Jones were speaking in PARADE's HealthyStyle magazine. The publication gives inspiration and tips from some of America's hottest celebrities and health advice from experts, including Dr. Mark Liponis, best-selling author and corporate medical director at Canyon Ranch.

For example, if you're looking to catch more zzz's, Dr. Liponis offers these tips:

- Set a bedtime. Choose a time you can follow regularly so that your body will know when it's time to fall asleep.
- Create a super sleep environment. Make sure your room is dark and quiet. Choose the right pillows and temperature.
- Start a relaxing ritual. Activities such as writing in a journal, taking a hot bath or reading a book prepare your body for a comfortable, deep sleep.
- Learn to visualize. Conjuring relaxing images in your mind can help reinforce the sleep response.

Want to fix your worst diet habits? Joy Bauer, a leading nutrition expert, tells you how:



Ready For Your Close-Up—Some health tips from stars could have you looking your best.

Skipping Meals—Letting yourself get too hungry is one of the worst things you can do. Eat breakfast and then refuel every four to five hours.

Eating Out All the Time—Avoid alcohol, which contains empty calories. Tell the waiter not to bring the bread basket and order a salad instead.

Using Food as Comfort—Try labeling your feelings (“I’m sad, not hungry”) and remind yourself that eating won’t solve things. Visualize how you’ll feel after eating, and ask yourself if it’s worth it.

Eating When You’re Not Hungry—Assess your hunger level before eating. If you’re not truly hungry, don’t eat. If you’re a little peckish, allow yourself to get a bit hungrier.

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