



YOUR WEIGHT

Drink To Your Health

(NAPSA)—Here's news many Americans may find easy to swallow: when you want to make the least of yourself, there are several types of drinks that can help.

For example:

- Sports drinks contain various levels of electrolytes and carbohydrates that quickly fuel the body and replenish fluids, yet most sports drinks contain only 70 calories per serving.

- Juices and juice drinks, along with other low-calorie beverages, can offer benefits without sacrificing taste. Some drinks are even fortified with calcium, vitamin C, and other essential vitamins and minerals.

- For dieters keen on colas, in addition to no-calorie diet beverages, several companies have recently introduced mid-calorie drinks. These alternatives offer great taste but just half the carbohydrates and calories.

- An increasing number of consumers choose bottled water to satisfy their thirst throughout the day. Bottled water offers convenience and “quench” in one package.

- Many beverage companies also offer enhanced and flavored waters which provide great taste and nutritional benefits.

Whatever drink you reach for, remember to balance your favorite beverage with physical activity. Establish an exercise routine that suits your lifestyle. Work out at least three times a week for at



If you've a thirst for healthy living you may be glad to know it *does* come in bottles—of low-calorie and highly nutritious drinks.

least half an hour at a time. Cardiovascular exercises, such as walking, are good for your heart and overall well-being. Strength training exercises, including weight lifting, can help you build stronger muscles. At the same time, it will speed up your metabolism so you can have a better chance of reaching your target weight.

To help you stay on your exercise regimen, try working out with a friend or family member who'll keep you on the go when you want to backslide. Play soccer, run races, go sledding or skating, bicycle, play games or go swimming. Consider joining a team; sign up to play office softball or volunteer to coach little league football.