



Health And Well-Being

Energy Boosts During Busy Months

(NAPSA)—Fall and winter months are often the busiest of the year, filled with all types of activities. With kids back at school, the holiday shopping season here and the myriad of goings-on that occur in an average day, people are always on the lookout for new ways to keep organized and energized.



Coffee and sugary drinks do more harm than good; the Life Fitness line exclusively available at CVS/pharmacy includes alternative options like energy-boosting chewing gum.

Here are some tips for keeping pace with an active lifestyle:

- Use an electronic calendar or a day planner to note upcoming events.
- Create simple, easy-to-use checklists when shopping, doing chores or maintaining kids' schedules. Try being proactive and plan out your day the night before.
- Remember what a difference breakfast can make each day—a well-balanced start can impact energy levels and jump-start your metabolism.
- Instead of reaching for coffees and energy drinks that are loaded with calories, try some of the new energy-boosting products that are easy to find at your local drugstore.

CVS/pharmacy recently added energy products to its exclusive Life Fitness line. The Life Fitness Rapid Energy Gum and Instant Energy Beans are both natural products that deliver an on-the-spot energy boost from concentrated doses of the vitamin B-12.

- Get a full night's rest each night. Often, people cut back on hours of sleep when it seems like there aren't enough hours in the day to get everything done. But in the end, feeling physically worn out and tired will make it harder to keep up with family activities and work demands.