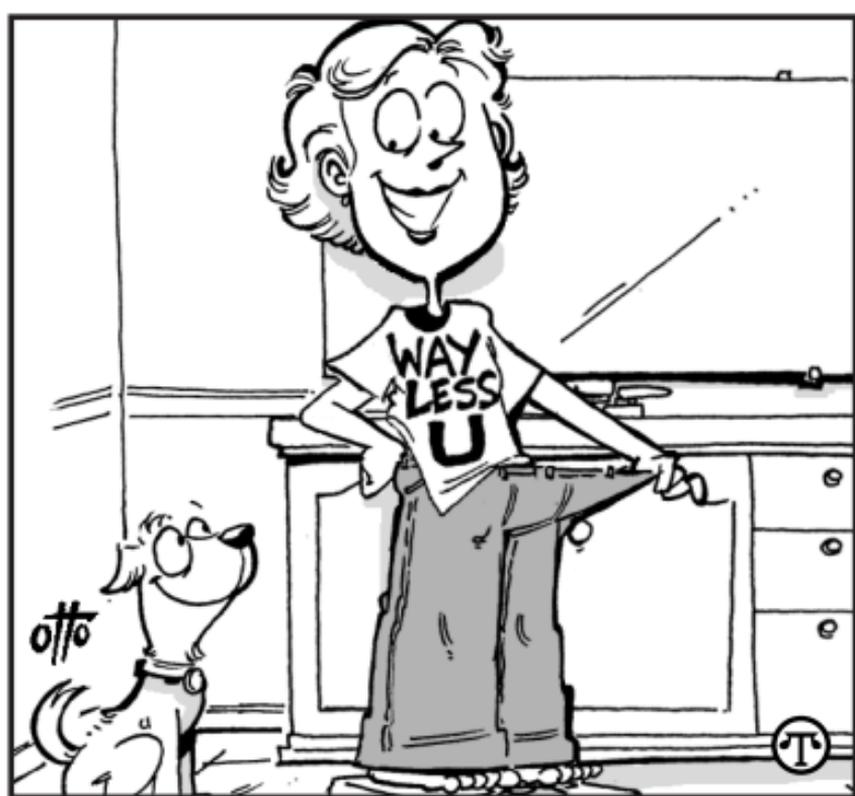




# Health And Well-Being

## Fit Right In!

(NAPSA)—Finding a healthy lifestyle often starts with determining the right combination of diet and exercise. Whether you want to lose 5 pounds or 50—or just want to have more energy—here are some healthy suggestions:



**Nutritious snacks can play an important role in a healthier lifestyle, particularly as a source of protein and carbohydrates.**

- Set realistic objectives and stick to them. When putting together a fitness regimen, consistency is key.

- Burning calories is more fun with a companion. It doesn't matter if it's your spouse, your kids or even your dog; find a friend to work out with.

- Eat nutritious meals, and if you snack, snack healthy. For example, Heart Thrives are made from an excellent blend of complete proteins and clean carbohydrates. They consist of all-natural, non-GMO ingredients that digest slowly, providing sustained energy for hours, along with 30 percent of your daily protein, fiber and calcium needs. Heart Thrives are doctor and clinic recommended, 97% fat free and fruit flavored.

To learn more, visit [www.suncakes.com](http://www.suncakes.com), call (800) 830-0309 or write to California Suncakes, P.O. Box 8688, Emeryville, CA 94608.