



FITNESS FACTS

Fitness Expert Offers Five Easy Tips

(NAPSA)—Getting into your favorite swimsuit may now be a bit easier thanks to Harley Pasternak, M.Sc., one of the nation's most sought-after diet and fitness experts and author of the book "The 5 Factor Diet." Here are his five tips to help you spring into shape.

Power up the Pantry

When Harley starts working with someone new, one of the first things he has them do is some housecleaning in their pantry. Making sure you have the ingredients for healthy meals each week will help keep you on track. Hit the store once a week and stock up on plenty of fruits (with their skins, please), low-sugar beverages, proteins (like skinless chicken or salmon) and veggies.

Eat Well, Eat Often

Eat five small meals throughout the day. Your body is like a furnace; food is the fuel that stokes the fires and keeps the metabolism working throughout the day. Eating throughout the day will help keep you full and thinking and feeling your best.

Count to Five Before Each Meal

Make sure each meal meets five simple criteria—a lean protein, healthy carbs, fiber from fruits and vegetables, healthy fats and a low-sugar beverage. The beverage doesn't have to be water; there are plenty of options, like sparkling or low-sugar flavored waters. Harley also picks up meal replacements such as the Special K™ Protein Bars. Special K20™



Protein Water is another easy way to add protein (5g per bottle) to your diet while also staying hydrated.

Get Moving

Your diet is half the battle. To truly get into shape, incorporate at least 25 to 30 minutes of activity five times a week. Check with your doctor before you start any fitness plan to make sure there aren't any restrictions on your hitting the gym and getting in that important mix of cardio and strength training.

Keep a Journal

Whether you are working to meet your individual goals or trying to trim down an entire family, a journal can be a good way to keep track of recipes you like and keep you motivated as you work toward your goal. We all need to remind ourselves of what we're working toward. A journal can be a great way to keep track of those successes and your progress.

For more information on getting into shape, search for "Special K" at Yahoo.com.