

Men's Health Update

Football MVP Helps Educate Men About Health

(NAPSA)—Kurt Warner, a two-time professional football MVP and one of the final five competitors on Season 11 of ABC's "Dancing with the Stars," knows that staying healthy can make or break your game, whatever your game in life may be.

Kurt recently became a spokesperson for NUTRILITE®, from AMWAY, helping to educate men and their families about optimal health. He offers these tips for anyone looking to live a healthier lifestyle.

1. Eat a Rainbow a Day—Most Americans eat a *lot* of beige food, like potatoes and bread. We all need to get foods from five color categories: red, green, blue/purple, white and yellow/orange.

2. Protein Comes in All Shapes and Sizes—Instead of relying just on meat for protein, spice family meals up with quinoa, beans, oats, milk, yogurt, and soy protein.

3. Carbs Are Cool—Cutting out carbs can have a negative effect on your mood, energy level, ability to build muscle and even to think. Eat good carbs like whole grains, fruit, leafy green veggies, and nuts.

4. Stay Connected Through Sex—A happy, healthy sex life relieves stress and helps couples stay connected.

5. Hydration Is Huge—Reach for water before you feel thirsty. Eight 8-oz. glasses per day is recommended. Or keep a rehydration drink like a NUTRILITE Sports Drink with you.

6. Feed Your Heart—Some foods have heart-healthy benefits, like garlic, onions and apples, which contain nutrients that help lower blood pressure, and grapes and blueberries, which can help



Supplement your diet with a multivitamin, a concentrated fruit and vegetable supplement and an omega-3 supplement.

cholesterol levels. Grapes are easy on the go and blueberries are a quick addition to cereal.

7. Stay on Top of Stress—Stress has a direct impact on the immune system and often leads to unhealthy choices. Spending time with friends or family, praying, practicing yoga or playing with your pet can help you deal with stress in a healthy way.

8. Mind Games Matter—Exercise your body AND your brain. Brain-stimulating games can keep your mind in top shape and support your memory.

9. Make Exercise Fun—Minimize time on the treadmill and instead maximize time playing with kids and friends while you exercise. A game of pickup basketball or an hour on the skating rink makes exercise fun.

10. Supplement Your Diet—NUTRILITE Perfect Pack includes a multivitamin, a concentrated fruit and vegetable supplement and an omega-3 supplement.

For more information, visit your local Amway Independent Business owner or Amway.com/shopnutrilite.