



Health And Well-Being

Getting And Staying Fit Is As Easy As 1, 2, 3

(NAPSA)—Getting and staying fit can be easier than you think with just three easy-to-follow steps.

Eat To Lose Weight

Skipping meals can actually slow down your body's rate of fat burning, and starving yourself can slow the rate at which you burn calories. What's more, some of the weight loss from fasting may be lean muscle mass, not body fat. Increasing your dietary protein intake may lower your sweet cravings naturally, help to increase lean muscle mass and promote weight loss.

Eating on the go can be particularly challenging to making good choices. Salads from fast-food restaurants or a nutritional fruit smoothie are good alternatives. Smoothie King, as an example, has about 100 smoothies formulated to help you trim down, stay healthy, build muscle, get energy or snack right. These are perfect meal replacements or mid-morning and afternoon snacks.

Build Nutrients Into Your Diet

Nourishing your body with the correct nutrients can speed up fat loss while preserving energy-efficient muscle. Improve your diet with easy-to-take vitamins and supplements.

You can also load up that delicious smoothie with enhancers such as multivitamin, antioxidant or fiber blend if you don't like taking pills.

Make Exercise A Daily Routine

Regular exercise can also help in your fat-loss quest. In addition, it can reduce your risk of heart disease, stroke and diabetes; improve flexibility, joint stability and range of movement; protect your bones; improve your mood and memory; and reduce stress. Simple and effective exercises you can do whenever and wherever include:

- Stand about an arm's length from a desk, table or counter and push your arms against it. Push in and out to strengthen your arms and shoulders.

- Stand with your feet parallel and your knees relaxed. Contract the muscles around your belly button, and then elevate your upper torso and release.

- Jog in place while watching TV. Lift your knees and pump your arms to get your heart rate up.



To lose weight, combine proper nutrients with exercise and three to five healthy meals a day.

Remember to consult your physician before doing any strenuous exercise or beginning any exercise or nutritional program.

If you need a jump start to your weight-loss program, there are several safe, natural, over-the-counter weight-loss products. For example, Smoothie King's Two-Week Weight Loss Acai Berry Cleanse & Flush has an herbal-based formula to purify and flush toxins from your system while providing the antioxidant protection of fruits, green tea and other natural ingredients, such as natural caffeine, to produce energy and fat oxidation.

The company's liquid soft gels offer a superior delivery system, and its Super Boost Green Tea Fat Burning supplement boosts metabolism and burns calories for optimum weight loss combined with a low-calorie diet and exercise plan.

Other products include Yerba Maté, a balanced natural stimulant, along with other herbal concentrates to kick-start weight loss. Antioxidant Boost with bilberry, blueberry and pomegranate is also available, plus other powerful antioxidants to protect cells from free radical damage, which is especially important during weight loss.

All these can be easy to try at any Smoothie King, where you can see more about responsible ways to control weight. Learn more at www.smoothieking.com or visit a store near you.