

Denise Austin Shares Expert Health and Beauty Tips

(NAPSA)—Too busy to eat right or exercise? Nonsense! “America’s Favorite Fitness Expert,” Denise Austin, knows how to accomplish much in minimal time. She’s written seven books, made more than 50 fitness videos and currently has two daily TV shows and to top all that, is the mother of two active kids! If she can find time to exercise for 30 minutes daily, you can too!

“Each day I take a sensible, realistic and enthusiastic approach to diet and exercise,” said Austin, whose exercise videos are number one at Wal-Mart. “At 46, I only work out 30 minutes a day, but I never skip a meal. I also take Nature Made vitamins and supplements to help obtain key nutrients that support my overall health and beauty,” said Austin.

Here are some of Austin’s favorite ways to stay healthy and feel beautiful, despite her busy schedule.

Health Tips

- Keep stress in check. Daily exercise and B vitamins support a healthy metabolism and hormone levels. Continuous stress can create a vitamin B deficiency, which may impair brain, nervous and immune system function.
- Idle moments are ideal for exercise. Sitting in traffic? Tighten your ab muscles or squeeze your buttocks to keep them toned.
- Brisk walking for even 10 minutes at a time, three times a day, can help keep the heart healthy. Other options include consumption of omega-3 fatty acids, found in fish, nuts, or sold in supplements like fish oil. Omega-3 fatty acids also support healthy triglyceride and cholesterol levels.
- Mind your stomach. If you’re



hungry, eat! Healthy foods promote good health, provide energy and reduce stomach and digestive problems.

Beauty Tips

- C-ing is believing. Most know that vitamin C supports the immune system, but it’s also essential for the production of collagen, which gives skin its tone and structure. Vitamin C is a powerful antioxidant that even helps fight the signs of aging.
- Exercise your skin. Exercise can give skin a healthy glow because it increases circulation and can deliver nutrients to skin cells. Regular exercise also promotes restful sleep—the time when skin cells rejuvenate.
- As you age, eye cells may weaken, which affects vision. Put the twinkle back in with Nature Made Eye Defense, which contains Lutein and zeaxanthin. These are special nutrients that occur naturally in the eye but may diminish over time.

To learn more about which dietary supplements can help your personal health and beauty makeover and to enter the “Just a \$25,000 Health & Beauty Makeover” contest, please visit www.NatureMade.com.