

# Health Hints

## Healthy Lifestyle Tips For The Flu Season

(NAPSA)—You don't have to let the flu get the best of you. Even though flu vaccine is in short supply, these helpful tips can help get you through the flu season.

Staying hydrated is an important part of a healthy lifestyle anytime of year. A new report from the National Academy of Sciences recommends that adult women should consume nine cups of water a day and adult men should drink 13 cups a day.

However, a recent survey revealed that 75 percent of adults believe they are not getting the recommended amount of fluids per day. The survey was conducted by Leflein Associates, an independent market research company, and commissioned by Fruit<sub>2</sub>O®, a full-flavored spring water with zero calories, zero grams of carbohydrates per serving and no sugar added.

Nutritionist Joy Bauer, M.S., R.D., C.D.N., has some suggestions on how you and your family can help achieve a healthier lifestyle this season. Bauer says incorporating hydration into a busy lifestyle does not have to be difficult. Try carrying a bottle of water with you at all times and setting an alarm on your PDA or cell phone to remind you to drink up. She also says people should schedule water breaks with colleagues at work.

And if you are one of the seven in 10 adults that according to the Fruit<sub>2</sub>O survey, need something to make plain water more appealing you may want to turn to a flavored water, such as Fruit<sub>2</sub>O. With eight flavors, it may serve as an alternative to plain water.



**Staying hydrated is important as part of a healthy lifestyle.**

Bauer also reminds everyone of the importance of eating healthy and staying clean this cold and flu season:

- Change your diet by including more fruits and vegetables and whole grains to promote better eating habits at home and look for foods rich in vitamins, minerals and fiber when food shopping.

- Choosing a variety of foods to help you meet your recommended daily intake of vitamins and minerals will help you to maintain a healthy lifestyle.

- Don't forget to be cautious when handling foods—wash all fruits and vegetables thoroughly to avoid germs from handling.

- In addition to washing produce, keep hands clean at all times to avoid germs—wash as often as possible or use anti-bacterial hand sanitizers or wipes.

Incorporate these tips into your everyday life and you will help yourself and your family stay on the road to a healthier lifestyle.