

Healthy Slim-Down Strategies From The Experts

Easy, Sustainable Tips Go A Long Way

(NAPSA)—Good news for many people who long felt they had a slim chance of getting and staying in shape: It may be easier than they realize. To help, exercise physiologist and Weight Watchers contributor William Sukala, Ph.D., MSc., and nutrition expert and registered dietitian Sarah Wally, M.S., R.D., offer fitness and nutrition tips:

Fitness

Stand and deliver: Adding two hours of active standing time a day can mean an additional loss of 15 to 20 pounds a year.

Join the 500 Club: Each day, try to burn at least 250 calories and eat 250 fewer calories. A 500-calorie daily deficit translates to a one-pound fat loss a week—a safe and healthy goal.

Muscle magic: Muscle stokes your metabolic furnace and keeps you burning calories throughout the day. Build and maintain muscle tone with resistance exercises that work multiple muscle groups.

Nutrition

Sub the sugar, shift the scale: Calories from added sugars are hidden everywhere—especially in drinks. Skip the sugar when possible and choose a natural, zero-calorie sweetener, such as Stevia In The Raw, and cut roughly 50 calories for every tablespoon of sugar. It can also be used for cooking and baking.

Size does matter: Smaller portions appear larger and more satisfying on smaller plates. Eating on a salad plate and drinking from tall, thin glasses can help reduce portion size and drop pounds without feeling deprived.

Eyes on the prize: You're more likely to snack on what you see. Bring out the fruit and keep it in easily accessed areas, so you'll grab some grapes during a snack attack.

Get a boost from breakfast: Breakfast eaters are more successful in maintaining weight loss. Try oatmeal topped with chopped nuts. Save extra calories by choosing plain



A refreshing Berry Energy Shake is packed with nutrients and less added sugar.

oatmeal and sweeten with a zero-calorie sweetener. You can also try this energy shake:

Berry Energy Shake

Save 100 calories and 12 grams of carbohydrates per serving.

- 1 frozen banana (about 4.5 ounces peeled), sliced
- ½ cup (2 ounces) fresh or frozen blackberries, pureed and strained
- ½ cup (2 ounces) fresh or frozen blueberries
- 2 packets Stevia In The Raw
- ½ cup light vanilla soy milk
- ½ cup low-fat plain yogurt
- 2 tablespoons toasted wheat germ, divided (optional)

Combine all ingredients except wheat germ in blender and process until well blended. Pour and serve. Makes 1½ cups or 2 (6-ounce) servings.

Variation: Add 1 tablespoon wheat germ to mixture before blending. Sprinkle remaining wheat germ on top of shake when serving.

Per Serving (6 ounces): 150 calories, 5.5g protein, 30g carbohydrates, 4g fiber, 2g fat, 5mg cholesterol, 75mg sodium

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