

Healthy Snacking Advice for Moms On The Go

(NAPSA)—Alarm clock rings. Family up, ready, fed, out-the-door. Race to work. Race home. Americans' lives are getting more and more hurried.

Especially during this hectic time of year, many busy parents find it tempting to scale back on the necessities of their own good health. But, now is when simple, everyday wise choices matter the most. Celebrity fitness trainer Valerie Waters is reminding all of us that the best way to take care of our families is to take good care of ourselves.

"I tell all my clients—from superstars, supermoms and everyone in between—that making wise choices can keep them on-the-go and feeling better than ever," Waters says. "The focus is on the basics: eating right, choosing to make time for yourself and exercising."

Eating right is important not only at meals, but while snacking, too. Waters says it's all right to have the same snacks as your kids—as long as they're healthy snacks like raisins. California Raisins are naturally sweet, fat-free, portable and a great source of energy.

Also, try getting up a few minutes earlier in the morning and taking a walk—whatever you need to do to get yourself centered. According to Waters, if you can make some time for yourself, you'll feel that much better for it.

Exercising is not only a great way to keep healthy, it's a great way to relax and reduce stress. You don't need to follow a rigorous exercise program that eats your free time and leaves you drained. Just a few minutes each day will make you both healthier and happier.

The benefits of following Waters' advice may be motivation enough to start taking action each day, but to sweeten the deal and



Celebrity fitness trainer Valerie Waters teams up with California Raisins to help moms make Wise Choices.

have fun in the process, California Raisins is offering a chance to win an amazing Wise Choices California Spa Sweepstakes.

Participants can go to LoveYourRaisins.com, submit the wisest choice they have ever made, and automatically be entered to win a trip to the luxurious Miramonte Resort and Spa in Southern California. Also, sign up to receive a free Wise Choices On-the-Go bag, while supplies last. The Web site includes a library of California Raisin recipes, such as this healthy, great-tasting snack:

Sunny Honey Candy

- ½ cup honey**
- ½ cup peanut butter**
- 1 cup non-fat dry milk**
- 2 cups California Raisins**
- ½ cup chopped nuts**

Blend honey and peanut butter together in bowl. Gradually add dry milk, mixing well. Mix in raisins and nuts. Shape into log. Wrap tightly and store in refrigerator. To serve, cut into ½-inch slices. Yields 3 dozen slices.

For more information, tips and recipes, visit LoveYourRaisins.com.