

Skating To Better Health

Making Time For Health, Fitness

by Peggy Fleming

(NAPSA)—Busy schedules can sometimes get the best of us, leaving little time for ourselves. That's why it's essential to keep an inward focus. Whether your goal,



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like mine, is to spend more time with your grandchildren or perhaps less time at the office, the following lifestyle changes are sure to leave you refreshed and ready to play.

Dedicate one week to a self-examination. Note your activities and how much time you devote to each. Your observations will allow you to target what isn't working in your favor. Next, get organized. An efficient plan means more time for you, your family and friends. A proper diet and exercise routine allow you to perform at your best.

Exercise your right to fitness. Schedule fitness routines just as you would a trip to the bank or the post office. By making exercise a priority, you'll be able to squeeze in the 30 daily minutes your body needs. And remember that downtime is a chance to recharge your batteries and refresh your mind.

These tips can help you find the balance you need for a healthy lifestyle:

- **Eat Right**—That means eating until you're no longer hungry, not until you're full. Aim for a colorful plate, as foods rich in color provide essential minerals and vitamins. And if you have a sweet tooth, calm the craving with fruit.

- **Get Moving**—Set realistic goals. Find a workout you love, be it yoga, tennis or kickboxing. And recruit a friend; you're more likely to get out of bed for a morning walk when someone else is expecting you.



Proper time management is key to good health and fitness.

- **Manage Your Time**—If you're a morning person, put your arduous projects at the top of your "To Do" list. If lunch tends to revive you, leave these projects for the afternoon. Meanwhile, if you feel pulled in too many directions, drop a few chores. You don't have to do everything yourself. And establish rituals that bring your family together.

- **Relax**—Know what you want out of your day and minimize the activities that keep you from achieving it. Try tackling a new hobby or rediscovering an old favorite.

- **Keep On Top Of Your Health**—To make sure you have access to the health care you need, consider a savings plan such as HealthSaver, which offers discounts on prescriptions, vision and dental care—even fitness club memberships. For more information, visit www.healthsaver.com or call (800) 7HEALTH.

During her career as a figure skater, Peggy Fleming earned five U.S. titles, three world titles and a 1968 Olympic Gold Medal. She was the first skater invited to perform at the White House and in 1999 was honored by Sports Illustrated as one of seven "Athletes Who Changed the Game."