

# newsworthy trends

## Meeting The Challenges Of A Demanding Lifestyle

(NAPSA)—A demanding lifestyle does not have to be an unhealthy one. Because physical activity and exercise deplete your body of certain nutrients, putting a little spring in your step may be as simple as learning which nutrients may help restore energy—and ensuring you are getting them in your diet.

In today's world, people often want more mental and physical energy than ever before, to get through their busy days. However, according to a recent survey of nearly 600 Americans aged 25 to 39, approximately nine in 10 Americans wish they had more energy and over 73 percent said they do not always have the time to lead a healthy lifestyle. More than eight in 10 complain they sometimes feel tired, and three quarters say they don't get enough sleep. Most importantly, 67 percent of Americans admit they don't always eat healthy meals.

"Some people, especially busy, active ones, like the competitive athletes I work with, may not have the time to eat or select the right foods to get the nutrients they need," said Kristine Clark, Ph.D., Director of Sports Nutrition, Center for Sports Medicine at Pennsylvania State University. "You don't have to be an Olympic athlete to treat your body like one."

A positive strategy to help busy people return to their optimal mental and physical energy levels may include taking an enhanced daily multivitamin.

Centrum Performance is an enhanced multivitamin that contains higher levels of key B vitamins and antioxidants, plus gin-



**Recent scientific evidence suggests that there may be benefits of certain B vitamins and antioxidants in levels above the Reference Daily Intake (RDI).**

seng and ginkgo biloba to help restore your optimal level of nutrition, performance, and energy.

B vitamins riboflavin, niacin, thiamin, B<sub>6</sub> and B<sub>12</sub> help convert food into energy and help the body to cope with physical stress.

Essential antioxidants such as vitamins C and E, scientists say, can help neutralize the effects of free radicals, which are a result of various physical stress and environmental factors. Ginseng and ginkgo, used for centuries to promote well-being, may improve circulation and work together with other nutrients to restore vitality to your mind and body.

Given that two-thirds of Americans say they do not eat healthy meals, taking a multivitamin could be a great first step towards making a commitment to your health. For more information, visit [www.centrum.com](http://www.centrum.com).