

# HEALTH Q&A

## Nutrition And Exercise Key To Healthy Weight Management

(NAPSA)—Every year, millions of American adults make an effort to lose weight. While dropping the extra pounds is beneficial for overall health, some people may have questions about how to start and stick with a healthy weight-loss program. Here are answers to common questions about nutrition and tips on a healthy approach to weight loss:

**Q. Starting a weight management regimen can be a worthy yet sometimes overwhelming effort. What are some key things to consider when setting out to lose weight?**

A. You'll have more success with sticking to a new regimen if you don't try changing everything at once. Experts agree that it takes 21 days to establish a healthy habit. Start by making simple changes to your daily routine and setting goals that will help you stick with and support your weight-loss efforts. Things we can all do include eating a well-balanced diet, exercising regularly, making time for a good night's sleep, drinking plenty of water and taking a daily multivitamin.

**Q. What are the right foods to eat when dieting?**

A. Keep in mind that there are no miracle foods. And, there is no particular food or food group that should be eliminated from anyone's diet. Protein, carbohydrates and even certain healthy fats,



**Exercise, sleep and multivitamins can play a key role in weight management efforts.**

such as olive oil, play an essential role in overall nutrition. According to the USDA's dietary guidelines, a healthy diet includes fruits, vegetables and whole grains, as well as fat-free and low-fat milk and milk products. Experts also recommend choosing proteins such as fish, poultry and leaner cuts of red meat. Try to avoid processed foods, which lack many of the essential nutrients needed for a healthy diet, and often contain saturated fats, salt and foods with added sugars.

**Q. I've heard about the new diet pill called alli™ that limits some of the fat the body absorbs. How does this affect the nutrients the body gets from food?**

A. When taking a weight-loss product designed to limit fat absorption, you are likely to lose a certain amount of fat soluble

vitamins, namely vitamins A, D, E and K. That's why experts recommend taking a daily multivitamin as part of your weight-loss regimen.

**Q: What should be considered when adding exercise to a weight-loss plan?**

A. First, exercise doesn't have to mean going to the gym and pumping iron. A simple activity like walking and tracking your steps with a pedometer is a great way to maximize your results and exercise your heart. Also, taking a multivitamin like One-A-Day® WeightSmart Advanced is a good idea because it's a complete daily multivitamin containing 100 percent of key vitamins and minerals plus a unique guarana blend, B vitamins and other important ingredients to offer nutritional and energy support for those who are working to manage their weight through diet and exercise.

For additional information, visit [www.one-a-day.com](http://www.one-a-day.com).

**Q. What could people do to stave off hunger while on a diet?**

A. Dieting does not mean going hungry. Incorporating more fiber into meals will help curb cravings by keeping you fuller longer. Also, eating smaller meals throughout the day rather than three larger meals can help reduce cravings that may lead to overeating.