

Fitness Made Easier

Plant The Seeds Of Better Health This Spring With Your Favorite Activity

(NAPSA)—With the long winter months' end in sight and the renewal of spring approaching, you are probably thinking of spring cleaning, spring planting and all the outdoor activities that you have not been able to do over the past months. Springtime is an opportunity to focus not only on planting a garden but also seeds of better health.

Did you know that being physically active and eating well may help you stay fit and feel fabulous over the years? If you are overweight or inactive, you may have a higher risk for type 2 diabetes, heart disease and other serious health problems.

The Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health, encourages you to think about your health. To help you improve your health this spring, WIN offers the following ideas:

Move More By Finding Your Favorite Activity

• **Aim for 30 minutes of physical activity (at moderate intensity) each day.** This can be as simple as brisk walking. You can walk with a friend or even walk the dog. (If you don't have a dog, you can offer to walk the neighbor's dog.) If you don't have 30 minutes all at one time, break it up into 10-minute bouts, three times a day.

• **Physical activity does not have to be expensive or routine.** Many activities are free or



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low cost, such as enjoying the scenery at the park or checking out a fitness video or DVD from the library. By changing up your activities each day, you can find fun activities that are different and exciting.

• **Make chores fun by putting some energy into them.** Washing the car, planting seeds and bulbs, sweeping floors, raking leaves, and other chores all count as ways to be active.

Learn More

Find healthy tips in "Fit and Fabulous As You Mature," a free publication of the Weight-control Information Network. You can find it at www.win.niddk.nih.gov/publications/mature.htm and get further facts and advice at www.win.niddk.nih.gov and (877) 946-4627.