

DO IT & DIET

Start With Small Changes

(NAPSA)—More than 50 percent of adult Americans are significantly overweight and at increased risk for several diseases including diabetes, asthma and heart disease. The major culprits—too little exercise and too many unhealthy foods and beverages.



But according to women's health expert Donnica Moore, M.D., it's never too late to benefit from a healthier lifestyle. In fact, lifestyle changes may help reverse risk factors associated with certain diseases. Still, for people who want to lose weight but don't know where to begin or have previously failed at dieting, the process can be overwhelming.

"The trick is to replace ingrained bad habits with healthy ones, so tackle smaller changes first to increase the odds of success," says Dr. Moore.

One of the simplest things anyone can do for their health is to drink more water.

"Filtered water costs only pennies a gallon and is readily available," she says. "And, not only does it help curb the appetite before meals, but replacing one sweet drink for a glass of zero-calorie filtered water each day saves about 50,000 calories a year."

Dr. Moore also recommends using well-placed reminders. Keep a Brita pitcher of great-tasting, healthier water on the kitchen counter. Or, put a pledge in writing and post it on the refrigerator.

Visit the Brita Web site (www.brita.com) for a sample pledge and tips for healthier living.