

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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89 WORDS, 30 SECONDS

STAY FIT AND HEALTHY

BEING ACTIVE—RUNNING, BIKING, EVEN FAST-PACED WALKING—IS A GOOD WAY TO BE FIT AND HEALTHY. IT ALSO HELPS TO EAT SMART AND CHOOSE FOODS THAT ARE GOOD FOR YOUR HEART, MIND AND BODY. THESE SHOULD INCLUDE WHOLE GRAINS, FRUITS, VEGETABLES AND CANOLA OIL. HEART-HEALTHY CANOLA OIL HAS THE LOWEST SATURATED FAT CONTENT OF ALL COOKING OILS. YOU CAN EVEN USE IT IN PLACE OF SOLID SATURATED FAT IN FAVORITE RECIPES: JUST REDUCE THE AMOUNT BY A QUARTER WHEN COOKING. LEARN MORE AT NORTHERN-CANOLA--DOT-COM.