

# Women's Health

## The Foundations Of Good Health For Women

(NAPSA)—Women are constantly on-the-go, and new technologies such as PDAs, blackberries and smaller-than-ever laptops allow them to take on more than ever before. But often, they are so busy juggling families and careers they don't always have the energy to manage it all. While maintaining a healthy and balanced lifestyle in the midst of a hectic schedule is a challenge, there are a few easy steps women can incorporate into their everyday routines to help ensure they have all the energy and focus they need.

### Get A Good Night's Sleep

According to the National Sleep Foundation, in a 2007 poll, 60 percent of American women said they only get a good night's sleep a few nights per week or less. Insufficient sleep can hinder attentiveness and make it tougher to remember new information, which can take a toll on home life and in the workplace. The National Institutes of Health estimates that in the U.S. alone, \$50 billion in losses can be attributed to decreased worker productivity due to chronic sleep loss or sleep disorders. Keeping a regular bedtime, reducing stress and avoiding caffeine and alcohol at night can help.

### Eat Healthy

While nearly 90 percent of Americans say diet and nutrition are important to them personally, a low percentage actually meets minimum standards for a daily intake of key nutrients. A balanced diet is important. In addition,



people of all ages can take a complete daily multivitamin. One A Day® offers a broad line of complete multivitamins, including formulas specifically for women.

### Keep Your Mind And Body Active

From managing a career to organizing the family schedule, remaining alert and keeping active will always be top priorities for women. Keeping the body active through regular physical activity is also important for a healthy lifestyle. Exercise is a challenging health habit for women, often due to lack of time and energy. An option that may help women is One A Day® Women's Active Mind & Body, which contains a Guarana Blend and B-vitamins to support mental alertness and physical energy for their active lifestyle. Plus, it contains calcium and vitamin D to support bone strength and breast health.

For additional information, visit [www.oneaday.com](http://www.oneaday.com).