

# The Wellness Code

(NAPSA)—When it comes to health, just 10 minutes a day can go a long way. That's the advice from Dr. James Rouse, multimedia retailer QVC's wellness doctor.

"Commit to just 10 minutes of exercise daily," he suggests. "Then move for 10 more minutes midday and 10 more minutes at the end of the day."



**According to Dr. James Rouse, under stress, the body can lose valuable vitamins, minerals and amino acids.**

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Dr. Rouse, who is also a naturopathic doctor, national speaker and Ironman triathlete, offers these additional quick health tips:

## **Feed Your Mind And Body**

Whole grains, lean proteins, healthy fats, fruits and vegetables are all sustained energy sources. Always eat in regular intervals and never skip meals.

## **The Power Of Om**

According to Yale University, the combination of yoga and meditation practiced at least three times a week may help to lower the risk for heart disease and high blood pressure.

## **Stress Less**

Under stress, the body can lose valuable vitamins, minerals and amino acids. Adopt a preventative strategy by taking a daily multivitamin and mineral, such as the Nature's Code 90-Day Vitamin System with Antioxidants. There's also Nature's Code tablets for healthy hair, skin and nails, and the brand's Heart Health Cardio Pack—all available at QVC.

## **Commit To Wellness**

Create daily wellness rituals for yourself. Try turning off the television after dinner and curl up with an inspiring book instead.

For more tips and information, visit [www.QVC.com](http://www.QVC.com) or call (800) 345-1515.