

## Tips For Smart Living

(NAPSA)—Americans often find it hard to live a healthy lifestyle. With so many people busy with work, family or social life, it limits the opportunity they have to eat healthy and exercise regularly. Today, Denise Austin, one of America's top fitness experts, invites you to rethink the way you eat, exercise, work and live.

"Eating right isn't about avoiding 'bad' foods and eating only 'good' foods. It's about balance. A balanced plan you can live with that includes lots of different foods in moderation and an occasional treat is the key," says Denise. "Additionally, we don't have to sacrifice great taste to have balanced nutrition."

Now, there is a new snack alternative that will help keep you feeling full. Hershey's SmartZone is a controlled-released nutrition bar that minimizes the spikes and crashes in blood sugar levels.

Start snacking smart by incorporating a few simple daily tips into your schedule which can help you live a smarter and healthier lifestyle. If you don't always have the time to fit in a workout, try adding several 10-minute periods of easy, weightless exercises throughout the day to keep you recharged.

To help maintain a healthy lifestyle, Denise Austin recommends making smarter choices and starting today! Add these 10 simple tips to your daily routine:

- **Breathe**—begin your day with three deep breaths and take two every two hours

- **Eat breakfast**—eating wakes up your metabolism, so your body starts burning calories right away

- **Keep a food and exercise diary**—logging lets you track your progress

- **Drink more water**—water helps curb your hunger so try for 8-10 glasses a day

- **Eat when you aren't hungry**—eat small amounts of food all day. Hershey's SmartZone bars are



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a smart way to snack and keep your blood sugar where it belongs

- **Strive for five servings of fruits and vegetables every day**

- **Get moving before dinner**—physical activity before dinner can help curb your appetite as well as boost your metabolism and prepare you for the food you are about to eat

- **Establish a kitchen curfew**—to limit your poor snacking decisions between dinner and bedtime

- **Get more sleep**—aim for eight hours to get the optimum amount of rest

- **Smile, laugh and enjoy the day.**

To find out more about Denise Austin's simple workout tips and to learn about a delicious snack choice for anyone following a healthy, balanced lifestyle, visit [www.HersheySmartZone.com](http://www.HersheySmartZone.com).