



Health And Well-Being

Ways To Save And Shape Up

(NAPSA)—Shaping up does not have to cost a lot of money. It can be as simple—and inexpensive—as making small lifestyle changes.

Here are a few tips to help you get started:

1. Why not skip watching TV for one night and go for a walk with a friend? Walking is one of the best forms of exercise and the easiest to do.

2. Do your own yard work. Pushing a manual mower and raking leaves burns hundreds of calories and can save you \$100 or more every month.

3. Wash and wax your own car to save dollars and burn calories.

4. Do your own housework. It burns between 140 and 400 calories a day and can save you the money you would spend hiring help. Thirty minutes of window washing burns 100 calories.

5. Consider a health care discount program like HealthSaver, which has teamed up with Jenny Craig to offer great savings on a variety of weight loss programs.

Members can save money on sensible weight loss programs, which focus on a healthy relationship with food, an active lifestyle and a balanced approach to living, commonly referred to as food/body/mind.

The programs offer planned or personalized menus, a personalized activity and motivational plan, one-on-one consultations, weight loss success manuals and tools and 24-hour support. Plans include:



One health care discount program lets you save money on prescription, vision care and diet programs.

- **TuneUP:** a 30-day introductory program (plus the cost of food) that's free with HealthSaver membership. It offers a quick shape-up for people who already have a healthy diet, exercise and want to lose 10 lbs. or less.

- **OnTrack:** A six-month plan to help you get back OnTrack with consistent healthy eating and physical activity. Membership earns you a 50 percent discount.

- **Jenny Rewards:** A yearlong plan in which food discount rewards grow from 10 to 35 percent as long as you continue. You get a 20 percent discount.

HealthSaver offers discounts of 20 percent on vision care, prescriptions and alternative health care treatments. For more information, visit www.healthsaver.com.