

2 0 0 7 S P R I N G E D I T I O N

AQUABELLS

Stay Fit, Eat Smart, for a Better Life!

Exercise:

A proper diet as well as an Exercise routine is the most effective way to loose weight!

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. All physical activity adds up to a healthier heart. Just include it in your daily activity. Live longer; more heart-healthy lives through walking and other healthy habits.

Walking

Walking is the easiest, most convenient form of activity, and it's free. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it.



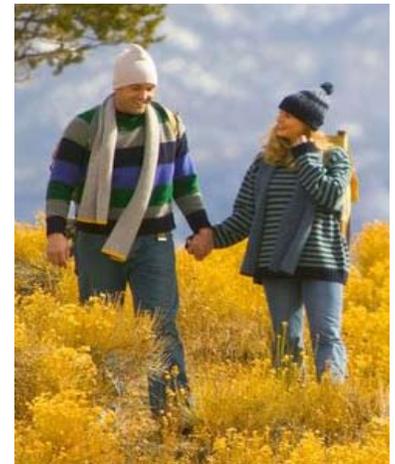
Here are a few of our daily exercise/physical activity suggestion:

- Do housework yourself instead of hiring someone else to do it.
- Work in the garden or mow the grass. Riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace, choose a hilly route. When watching TV, spend a few minutes pedaling on your stationary bicycle. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it often!

While at the Office

What can you do to increase your physical activity during the work day?

- Brainstorm project ideas with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator.
- Walk while waiting for the plane at the airport.
- Stay at hotels with fitness centers or swimming pools and use them.
- Take AquaBells Travel Weights and a jump rope in your suitcase when you travel. Workout in your hotel room.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Join a fitness center near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.



During Play

Play and recreation are important for good health. Look for opportunities to be active and have fun at the same time.

- Family outings and vacations should include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling.
- Make a date with a friend to enjoy your favorite physical activities.
- Play your favorite music while exercising, something that motivates you.
- Dance with someone or by yourself. Take dancing lessons.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat. Get up and walk, run or fly a kite.
- When golfing, walk instead of using a cart.
- Play singles tennis or racquetball instead of doubles.



Home Spa Treatments

Can't get away for a spa weekend. Then give yourself the benefits of a spa weekend at home by following some expert tips. Enjoy the benefits of relaxation, exercise and fresh healthful food.

Fresh Air Fix:

Spa resorts offer outdoor options to start off each day, from hiking and yoga to Tai Chi and meditation. Take a brisk 20-minute walk followed by 10 minutes of stretching each morning to get your blood flowing. This may help quiet anxiety and cause blood pressures to drop, which will help you relax.

Green Tea:

Drinking green tea to promote good health. Brew a pot and drink liberally. According to the American Cancer Society, its antioxidant properties may help prevent certain types of cancer.

Good Hair Day:

Hair can take a beating in winter with frequent hat usage and drier air. Hair needs moisturizing. Massage one cup of mayonnaise into hair and scalp and cover with plastic, then wrap with a towel for one half-hour before rinsing. Need shinier hair, rinse with mixture of 1/8 cup fresh lemon juice, 2 tablespoons apple cider vinegar and one cup of water. Pat (never rub) your hair dry and use a wide-tooth comb to detangle.

Free Weights can help to prevent Osteoporosis

Strength training, produces stronger muscles, which in turn mean stronger bones, thus reducing the risk of osteoporosis and fractures. Lifting weights may also help control blood pressure, blood sugar, and an improvement in blood cholesterol levels. Weight training may help correct muscle weakness, imbalances and joint instability, and less risk of injury during other activities. It can lead to improved self-esteem and self confidence. Added muscle and bone strength will benefit you in your daily activities, including sports and other exercises. Weight training may help weight control. Even if you don't lose weight, you'll become fitter and trimmer.

Being active brings many benefits for your heart and your health. Regular physical activity can help you improve your blood pressure and blood sugar levels and reduce your risk for chronic diseases such as type 2 diabetes, osteoporosis, obesity, depression, and breast and colon cancer.

How much activity do you need? Aim to get at least 30 minutes of moderate physical activity on most, if not all, days of the week. If you are trying to lose weight, aim for 30 to 60 minutes on most days.

- One way to live a more active lifestyle is to incorporate as much physical movement into your usual daily activities as you can. For example, decide to take the stairs instead of riding the elevator. It may sound simple, but small steps do add up. Instead of finding ways to avoid the physical aspects of daily tasks, try to improve your fitness by doing more, not less.
- Keep a written log of your physical activity to help you figure out how much exercise you get versus how much you need.
- Track and cut down on your "screen" time, including watching television, surfing the Web, and playing computer games.

Being physically active can boost your ability to make other lifestyle improvements as well. You'll feel more confident, have more energy, and serve as a good role model for your family and friends.

