

Get over your exercise hurdles

Problem: I have no energy.

Solution: Being out of shape contributes to fatigue. Yet the more you exercise, the more energy you gain. On days when you're very tired, exercise for 10 minutes; then if you're still beat, you can quit.

Problem: I really don't have time.

Solution: Put it into perspective – physical activity takes just 60 minutes of your waking hours each day. An option is 2 half-hour segments a day. Exercise can boost energy so you can do more with your time in general.

Problem: I don't like to exercise in public.

Solution: Rather than a club environment, consider private options, such as in-home videos and exercise machines. Ultimately, improved fitness may boost your self-confidence.



Ways to feel good inside

Keep your balance. Experts say you need at least 40 different nutrients for good health. Try to eat a variety of foods most days. Include fruits, vegetables, nuts, legumes (such as dried peas, beans and lentils), whole grain cereals, lean meat, skinless chicken and low fat dairy products.



Get the day off to a good start.

Before work, build a breakfast around healthy foods like fruit, low sugar cereals, hot oatmeal, rice, whole grain breads, English muffins, smoothies and yogurt.

Say NO to supersizing. Have you noticed portions seem bigger today than they were when you were a kid? It's not your imagination. But few of us need all that food – and none of us needs all the extra calories, fat and sugar that come with biggie or supersize meals.

Things to ponder

- #1 I went to the garden and got it, when I came into the house I cried because of it.
- #2 What comes next in the sequence? 1, 3, 4, 7, 11, ___
- #3 What is so delicate that when you say it's name it is broken?

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