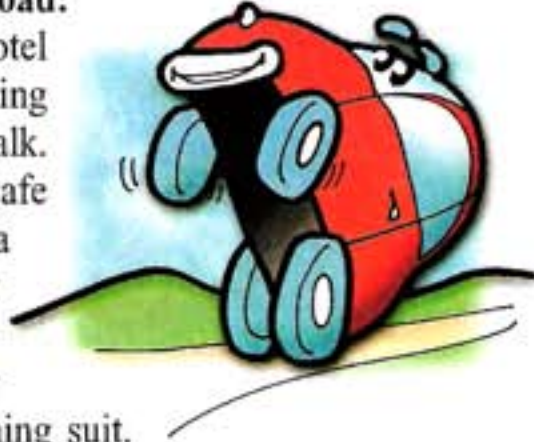


Stay Fit on the Road

With a little effort and planning, you can stay fit and healthy – even if you're on the road. **Here are several tips on how you can stay fit on the road:**

- Ask someone at your hotel if there are parks or hiking trails nearby. If so, take a walk. (Find out if the area is safe before you go.)
- Stay at a hotel that has a workout facility and a pool. Remember to pack your workout clothes and bathing suit.
- Pack a jump rope or an exercise tube that will allow you to work out in your room. Also, body-weight exercises such as push-ups and crunches require no equipment at all.
- Take the stairs instead of the elevator for a stairclimbing workout.



Source: American Council on Exercise, www.acefitness.org

Balancing Meals on the Road

Traveling often means eating what's available – and it may not always be healthy. **Here are several healthy eating tips for the road:**

- Stay hydrated by drinking plenty of water.
- Eat at least three times per day to keep from feeling famished and overindulging.
- Visit a local grocery store to pick up healthy snacks to carry with you during the day.
- Go ahead and splurge on regional dishes or local cuisine – just maintain a balance. If you splurge one night, make sure you add some extra activity and eat healthier the next day.

Nourish Your Skin

Most people go to great lengths to winterize their house and car, yet they neglect the body's largest organ – their skin. **Here are several tips on nourishing your skin this winter:**

- Bathe or shower in lukewarm – not hot – water, and limit your showers to 5 to 10 minutes.
- Use a good moisturizer – daily. Apply it to your skin within 3 minutes of stepping out of the shower or bath.
- Consider using a humidifier to keep the humidity in your home higher.
- Reduce exposure to cigar and cigarette smoke, which can speed aging of the skin.
- Rub your skin daily with a scrub or washcloth to stimulate the skin and remove dead cells.
- Protect your lips. Look for a lip balm with an SPF of 15 to help prevent chapped lips.
- Dab petroleum jelly on problem areas to seal in moisture and heal very dry skin.



Source: American Academy of Dermatology, www.aad.org

Active Bodies, Active Minds

The sounds of children playing outside under the summer sun have gone silent. The back-to-school routine has kicked into high gear, leaving schedules busier than ever. From the moment most of kids start school, they spend far more time sitting rather than being involved in physical activity. With so many video games, movies, and the Internet readily available, many kids limit their after-school exercise to their fingers.

With the approach of winter's cold and reduced hours of sunlight, people – adults and kids – tend to become hermits and don't come close to achieving the essential exercise the body needs to be fit and healthy. Research shows that a sedentary lifestyle not only contributes to weight problems and health-related issues for adults and children, but it also hurts kids' academic accomplishments. By encouraging your children to be active, you not only help them physically, but you cultivate an active mind.

So how do you encourage children of all ages to become more active? I suggest something as simple as taking a walk together. Walking works well for all ages and requires no special skills. Besides the physical gains, walking can provide you with excellent one-on-one time with your child. Talk about their day, wins, struggles, etc.



Being a healthy role model is essential to your child's future. Your child is learning lifelong health habits directly from you, as you're their strongest influence! At least one hour of daily physical activity is desirable for you and your child. That doesn't mean you need to complete the full hour all at once. As a matter of fact, I encourage you to break it up into achievable segments.

Try something like this in conjunction with your walks: "10 for 10 Every Now and Then." Pick 10 exercises and do them 10 times for a total of 10 minutes. For example, try doing 10 push-ups, 10 squats, 10 lunges, 10 dips, 10 sit-ups, etc. You get the idea! This is both doable and fun! Make the most of your family's free time by teaming up to stay active over the winter months.

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