

PACK A SNACK



One sure-fire way to achieve your health and fitness goals is to eat more—rather than less—often. Eating small, balanced meals and snacks, especially when you travel, can boost your energy level, manage your weight, and keep stress to a minimum. | By Michael Sena

A few minutes to prepare a snack can keep you sharp for that very important meeting. For more travel healthy tips, visit www.michaelsena.com.

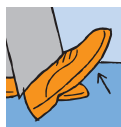


EACH YEAR, FAR TOO MANY PEOPLE SPEND COUNTLESS DOLLARS ON FAD DIETS, fitness gadgets, and expensive gimmicks to look and feel their best. In reality, these so-called shortcuts usually fail, putting us even further from achieving our health and fitness goals. **Eat Often, Weigh Less** / One of the most effective actions you can take to keep your weight down is actually quite simple and inexpensive: Eat small, balanced meals or snacks frequently throughout the day. A balance of protein, carbohydrates, and fat—as a meal or snack—will help rev up your metabolism and keep unwanted pounds off of your hips and waistline. This is a smart strategy and a great way to stay healthy and fit through better nutrition. **Take This** / So when you're traveling or even just at your office, consider bringing your own low-fat, low-sugar snacks. Try these alternatives on for size: low-fat cottage cheese on Melba toast; plain, natural yogurt with fresh blueberries (sweetener optional); protein shake with one medium apple or pear; or an energy bar with a handful of cherries or almonds. And be sure to drink plenty of water. **Get Charged Up** / Balanced snacking or "grazing" will charge your body's batteries and help you feel alert, sharp, and energized for that important engagement—keeping you refreshed even when your travel day has come to an end. Small meals also help your stress level stay low and manageable, enabling you to remain more relaxed even in trying moments. /END/ **Michael Sena** is the health and fitness expert for NBC-5 TV in Chicago, co-chairman of Mayor Daley's fitness council, and co-owner of Energy Training Center, a health facility specializing in one-on-one personal training.

Staying Fit: Inflight Flexibility



Knee Flexion: Lift knee toward chest, decreasing the amount of joint space at back of the knee. Repeat with other leg.



Dorsiflexion: With heel on floor, point toes upward, decreasing the angle between the foot and front of the leg. Repeat with other foot.



Inversion: With foot on floor, gently roll the sole of the foot inward. Repeat with other foot.



Knee Extension: Straighten knee, increasing the amount of joint space at the back of the knee to its full range. Repeat with other leg.



Plantar Flexion: Lift the heel and keep toes pointed toward the floor, increasing the angle between the top of the foot and front of the leg. Repeat with other foot.



Eversion: With foot on floor, gently roll the sole of the foot outward. Repeat with other foot.