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Staying Fit After 50-In The New Year And Beyond

(NAPSA)-Two vears Barbara 66-year-old Scott weighed 208 pounds and wasn't happy with not only her appearance but her health. After giving up on other weight loss methods, Scott decided to customize her approach

First, she began tracking her caloric intake every day; then, she lavered on a fitness plan. She enrolled in the nation's leading fitness program designed for older Americans and started a five-day-aweek exercise regimen.

"I've lost 65 pounds and dramatically improved my overall health, well-being and quality of life," said Scott. "I truly believe I've added

years to my life expectancy and I look forward to exercising until my 90s!"

If losing weight or simply getting more active is something you've been thinking about, the New Year is a great opportunity to start anew. To avoid resolution pitfalls put a plan in place following the guide below.

1. Be Honest and Realistic. If you want to ensure lasting change, you must first assess your current fitness level and then implement reasonable goals to guide you on your way.

2. Be You. Whether a yogi, marathon runner or someone stepping into the gym for the first time, start

with a fitness routine that works for you. SilverSneakers offers many different fitness options that help older Americans stay active and live their best life.

3. Find the Fun. Choosing activities that capture your attention is the fuel to keep you motivated. Silver-Sneakers' varied offerings allow you to tailor the program to your interests

4. Stick With It. You will inevitably hit bumps in the road when starting a new routine, but be persistent! Seek new friendships on your path to well-being-peers that will celebrate your successes and provide encouragement when you need it most.

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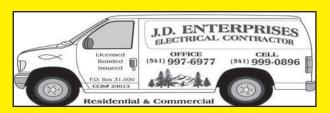
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Gift Certificates must be picked up within 2 weeks of winning Deadline for today's paper: Monday by 3:00 PM



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