



nutrition tip

Drinking enough water is key to a healthy body — from your skin to your digestion. Nutritionists usually recommend eight 8-ounce glasses of water a day. It's especially important to get fluids before, during and after exercise. You'll also get water from eating fruits and vegetables.



health tip

Sunglasses aren't just a fashion accessory. Wearing sunglasses, from birth to old age, can help save your eyesight.



fitness tip

Muscles burn more calories than fat, even when you're resting. Lots of different activities can strengthen and tone your muscles. Find one you enjoy, whether it's basketball, yoga, Pilates or another activity.



relaxation tip

Sometimes “biting off more than you can chew” can lead to anxiety. Plan your schedule for what you can handle both mentally and physically.