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Health & Fitness

Make fitness 'fit' into any woman's day

Quick: What's the most common reason women give for not exercising?

If you answered, "I just don't have time," you're absolutely right.

With such hectic schedules, many women really don't have the time to exercise.

To help them make time in their busy lives, Brenda Dykgraaf, U.S. Aerobic Champion and Home Shopping Network fitness expert, offers the following tips:

- **Find an exercise you enjoy** — Sounds too simple, right? The fact is if you don't enjoy an exercise, you'll never stick with it. Whether it's a workout video, walking or stair climbing, find something you like, and put it on your calendar three times each week for 30 minutes.

- **Always warm up and cool down** — No matter what level of physical fitness you are at, always stretch

before and after you exercise using gradual, nonbouncing movements. This will help you increase muscle elasticity and decrease the risk of injury. A proper cool down also helps remove the end products of exercise, including lactic acid buildup, which may cause cramps. You also won't be as sore the next day.

- **Combine strength training with a cardiovascular workout** — This doubles the benefit without doubling the effort and time. And, it's easy to do by simply adding arm movements or one-pound weights, depending on your routine. Believe it or not, you can boost fat-burning metabolism by 30 percent by walking with one-pound weights. Do not add heavier weights unless you are an advanced exerciser or have consulted with a physician.

- **Don't get discouraged** — No

one's a superwoman. Allow yourself some slip-ups, like missing a few days of exercise or stopping at a fast-food restaurant, if you're just starting out. The most important thing is to look forward, not back, and don't give up!

- **Educate yourself about fitness** — At any level of expertise, you should be trying to learn more about health and fitness. It's really the best way to stay motivated about exercise, and it may help you incorporate new elements into your diet and fitness regime.

Dykgraaf also is helping women make the most of their exercise time in another way. Her 30-minute Combined Whole Body Workout and Disco Workout combine muscular and cardiovascular activity, allowing exercisers to lose body fat while gaining healthy, lean muscles. Both have just been released.

— A guide to healthy nails —

Hands and nails can say a lot about a person. They are an extension of yourself, and the way you maintain them says a lot about you.

Today, well-manicured nails are as much a part of daily grooming as brushing your hair or teeth.

To make sure your hands and nails look their very best, there are a few simple rules you need to follow.

- **Handle with care** — The skin on your hands needs constant moisturizing, since it has far fewer oil glands than the skin on your face. You should automatically reach for hand cream or lotion after washing your hands.

Now that you've given your hands the proper moisturization, don't leave them defenseless. Protect them with gloves when outdoors or when using harsh chemicals.

- **Great lengths** — Your hands look great; how about those nails? Are they too short, constantly breaking, splitting or peeling? You don't have to go to great lengths to make the repairs that lead to healthy nails. Give your nails a chance to grow by protecting them with a nail strengthener.

These additional layers add a protective coating to nails, preventing them from splitting and peeling.

- **Cuticle care** — When cuticles split and peel, it is usually an indication of extra-dry skin. By regularly massaging cuticle oils and conditioners into the base of the cuticle area, you can prevent this problem. Cutex Manicare 10 Cuticle Therapy PM combines AHAs, glycerin, aloe conditioners and vitamin E for an intensive overnight treatment that restores smoothness to inflamed cuticles and rough skin.

Now that you know the basics for achieving healthy hands and nails, maintaining them should become a regular part of your daily beauty regimen.

Give yourself a hand for a job well done!

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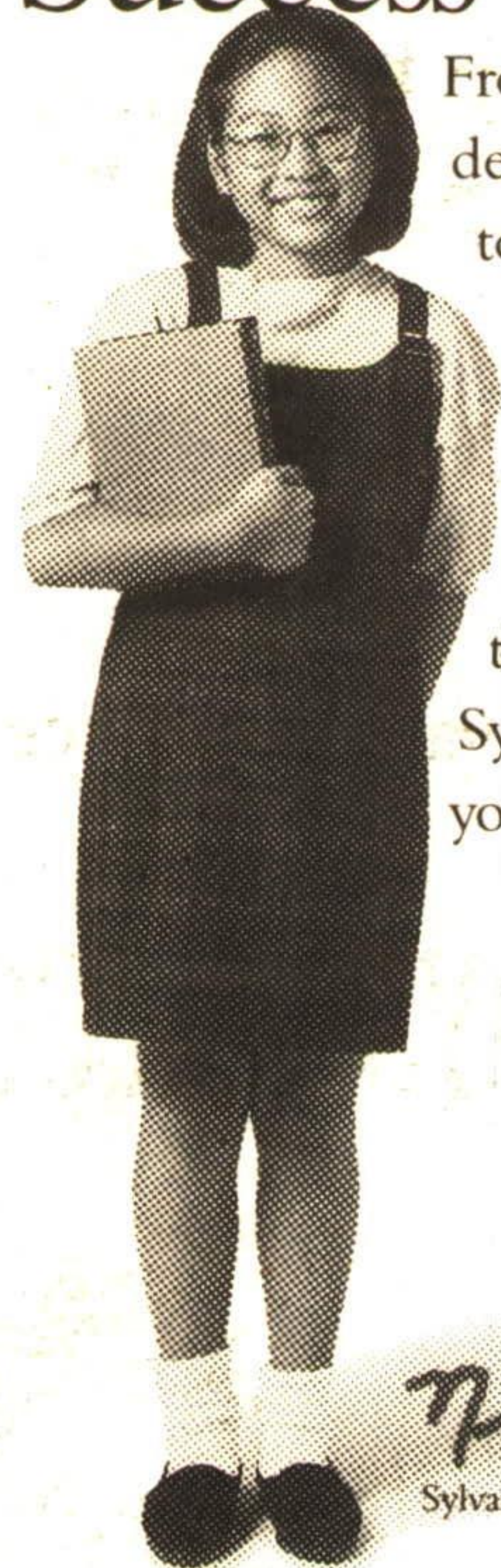
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