

Eat Fruit to Stay Fit Are you chomping on fruit on a daily basis? You should! Fruits have many benefits in terms of fiber and phytochemicals. Yes, fruit contains a bit more sugar and therefore, more calories than vegetables. But fruit's fiber content helps fill the stomach faster, which will stop you from eating high-calorie foods. To maximize your fat burning, keep your fruit intake to lower-sugar fruits such as apricots and blackberries. While you're not likely to bite into a lemon or lime, these two fruits add great flavor to foods and even plain or sparkling water - and they don't deliver an excess of sugar. Two other delicious and good-for-you fruits are tomatoes and avocados. They often get lumped in with vegetables, but are actually fruits because they grow from a flower and mature with some type of seed inside. Try to eat fruit that's a rich yellow, orange or red color - they're packed with antioxidants that fight off free radicals. *(LifeScript)*

An Apple a Day...Yup, you got it - keeps the doctor away. According to a study from Cornell University, this saying is more than just cliché - it's actually true. The high levels of antioxidants found in apples, quercetin in particular, help cells resist damage from free radicals, which can otherwise destroy healthy cell membranes and tissues. While many fruits and vegetables contain free radical-fighting antioxidants, the results of Cornell's study showed that quercetin is actually more powerful than antioxidants like vitamin C. Apples are also a rich source of the soluble fiber pectin, which helps you feel fuller longer and keeps your appetite at bay. Pectin also helps regulate fat and cholesterol absorption and promotes

blood sugar balance in diabetics. And, because they're low in calories, eating apples in place of high-calorie snacks can help you to lose weight. Noshing on a crunchy apple will also help to remove plaque from your teeth. Wow, could there be a more beneficial fruit? The moral of this story: Aim for an apple a day and keep not only the doctor but also the free radicals, hunger, fat, cholesterol, diabetes, and weight gain away! *(LifeScript)*

DID YOU KNOW that changes in fat distribution happen when you are losing fat and building muscle? Typically, the body burns fat all over, and just as typically, fat in the stomach is usually the last to go. There are no exercises you can do to speed up fat burn in any particular area. Cardio activity, utilizing large muscle groups, burns fat all over the body. So, don't waste your time doing lots of crunches to lose the belly fat, or boxing to lose your arm jiggle. You can measure these changes with a simple tape measure, or just by how your clothes look and feel. *(SparkPeople)*

So don't forget to exercise **and** eat healthy!