



JUMP for JOY

Want to make healthy lifestyle changes you'll stick with long-term? Make them fun. Maintaining a healthy weight by eating right and staying active doesn't have to be a drag. In fact, it can be a delight! Check out these hot tips for healthy living.

Seize the days and get fired up

Fire up your fitness routine.

Go salsa dancing and burn about 400 calories in an hour. Chances are you'll be having too much fun to watch the clock.

Fire up the grill.

It's a healthy way to cook chicken, fish, and every veggie you can think of, all summer long. Bonus: You get to eat outside!

Fire up your metabolism.

Spicing things up with chilis and cayenne pepper may help rev up your metabolism. Even better? They have very few calories.

GET WISE ABOUT YOUR WEIGHT

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