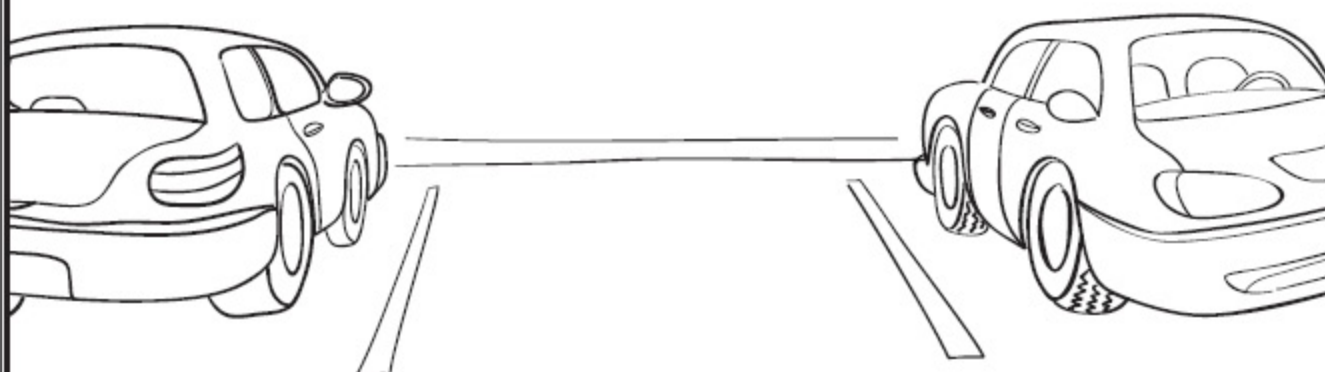


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Three Steps to Better Health

Continued from page 14

2) Drink pure water. Essential to human health, drinking pure water helps with digestion, keeps the skin healthy, wards off fatigue and removes impurities from the body quickly to optimize good health. You must use a pure water source or you will be doing more harm than good. Using an inexpensive water filter in your home to bottle your water is ideal. It is best to sip on water throughout the day to hydrate the cells rather than gulping down huge quantities all at once. Drinking half your total body weight in ounces is recommended to be properly and thoroughly hydrated.

3) Engage in physical activity. 20-30 minutes a day will help keep the doctor away. If it's doing laundry, put extra effort into it. Walk the dog, go out dancing, and just go at it vigorously. This helps with good cardiovascular function, good mood, increased energy and more. Start out with doing some kind of physical activity for at least 20 minutes a day and gradually increase the time as you get into a routine. If you miss a day, don't scratch the whole week, just pick it up the next day and do 30 minutes on that day.

Once you have implemented these 3 easy steps into your everyday life, you will feel more confident about adding another 3, and another, until finally you are living the life we all were meant to live. For more secrets and tips about health, buy Makeisha Lee's new book "Why Black People Can't Lose Weight" available at www.WhyBlackPeopleCantLoseWeight.com. Also, join her online movement at www.BlackHealth.org