

January 26, 2004

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Flurries to Grocery Stores with Snow Accumulation

Philadelphia, PA, January 25, 2004---Accumulating inches of frozen ice and snow sends many people flurrying to their local supermarkets. Stocking up can be a good idea, but need not threaten the waistline with added inches as well. Registered dietitian and Lifestyle Coach, Libby Mills, shares the top snow day stock up solutions and snowed in health strategies. (Libby Mills is available for interviews touring local supermarkets discussing the best way to stock up for snow days.)

Though snowbound cases rarely seem to last more than a day and a half, the forecast of snow dangles the thrill of a day off work or school and threatens possible starvation should the snow be here to stay.

"There must be some survival instinct that has everyone buying, " says Denny Hopkins of Giant Food Stores.

Part of survival is nutrition that tastes good. On supermarket tours or upon request, Libby Mills makes stocking a healthful kitchen easy with a simple checklist for spices, staples, packaged foods, condiments and sauces, frozen and canned food, beverages and even snacks and comfort food. And, for people on-the-go, she has developed a checklist of musts for you car.

Equipping consumers with tailored check lists and health strategies, Mills subtracts pounds to tip the scales of Americas growing obesity challenge. Three snow days a year that include a bag of microwave popcorn, two large scoops of ice-cream and two 3" home made chocolate chip cookies in addition to normally eaten food, can result in a weight gain of several pounds if everything else stays the same.

Data from the 1999–2000 National Health and Nutrition Examination Survey (NHANES), estimate 64 percent of American adults are overweight or obese. Making seemingly small changes can make a difference.

"Sticking with or trying out a health commitment *because* it's a snow day, turns small changes into fun strategies," Mills explains. "Enjoying the taste of good health is easy with the right preparation," she smiles.

"Beware," Libby cautions, "Of thinking a *day off* work or school is a *day off* from feeling your best and your health commitments—as if snow days don't count; filling boredom or

T.V. time with high-calorie fatty foods; and rationalizing overindulgence because you *deserve it* when feeling cabin-fever.”

“On snowy days, fill your home with comfort—simmer a pot of home-made soup...get everyone involved helping prepare and add vegetables and spices to the stock...take on a home project—organizing a family photo album, rearranging a room, something you wouldn’t ordinarily do...use T.V. commercial time to move around, flex and stretch...” shares Mills.

Libby Mills, founder of Professional Living—the lifestyle coaching firm, provides custom programs centered on lifestyle, nutrition and fitness. Libby Mills, MS, RD, writes a personal "prescription" for each client that considers the whole person. "There are numerous reasons why some people feel good in their lives and others don't. With an individualized 'roadmap' that fits the work, family and personal demands of a busy lifestyle and a commitment to following that 'roadmap,' anyone can improve their health and wellness," states Mills.

"Staying committed to good health and feeling good is constant," says Libby Mills, the Lifestyle coach. "Making the most of opportunities come rain, sleet or snow is another example of Professional Living’s dedication to "Better Living for Busy People."

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