

KEEPING UP WITH A HEALTHY LIFESTYLE

Bruce Jenner Shares Tips for Eating Right, Staying Active While Saving Money

When it comes to jump-starting an active day, no one knows the importance of fueling up on nutrition more than Bruce Jenner, gold medalist and father of 10 – including the famous Kardashian clan. How does he keep everyone healthy and happy? Jenner is a big believer in breakfast, and finding fun ways to partake in active, healthy family pursuits.

Here are some of his tips for keeping up with a healthy lifestyle:

- **Begin with breakfast** – No matter what, make sure everyone gets that first meal in and load it up with protein, whole grains and vitamins. According to research, breakfast eaters tend to have better, more nutrient-rich diets in general, so make it a family habit.
- **Juice up your family's nutrition** – For about 50 cents per 8-ounce glass, orange juice is packed with nutrients including vitamin C, potassium, and B vitamins like folic acid and thiamin. In fact, one 8-ounce glass provides two of the four recommended servings of fruit you need each day.
- **Go on a bike ride** – Getting on a bicycle is something the whole family can enjoy, and doesn't require a lot of expense. Let your family pick their favorite destination and take turns guiding a tour.
- **Mix and match activities** – Let each person in your family pick a day each month to do an activity they enjoy and have the whole family participate. You might end up on the dance floor, on a football field, or on the playground for a game of two-square – whatever you do, you're guaranteed a fun change of pace for all.
- **Get more bang for your buck** – Watch for special coupons and online offers to help extend the family budget. The Tropicana [Juicy Rewards](#) program offers 20,000 ways to save on healthy pursuits for the whole family, like sports and camping gear, spa treatments and discounts on activities in and around Yosemite Park.
- **Find the champion within** – Remember that you can do anything if you put your heart into it, but you need to fuel the fire to pursue your passion. Eating healthy and exercising regularly are key for keeping up your strength and conquering your goals.