

Making Life Better

How To Find Balance This Year Between Fitness And Your Social Life

Sponsored by Truly Spiked & Sparkling (NAPSA)—Social gatherings and the comfort food and drinks that come along with fun and friends can pose a threat to your wellness goals.

Consider this: According to a recent Harris Poll, nearly five in 10 (45 percent) drinkers agreed that following a wellness routine makes it hard to be social because events often revolve around unhealthy food and drink. Fortunately for the more than half of Americans who drink alcohol and have a personal wellness routine, you can still maintain your wellness goals without sacrificing good taste.

Enter Truly Spiked & Sparkling, a delicious adult beverage that's refreshing like sparkling water, with 5 percent alcohol by volume (similar to what you'd expect in a beer), only 100 calories, 1g of sugars and 2g of carbs. Take it from celebrity fitness professional and "Revenge Body with Khloé Kardashian" trainer Lacey Stone, who supports incorporating the spiked sparkling water in a balanced wellness routine:

"When it comes to health, one of the biggest mistakes I see people make is getting into the game for a reason that won't last—to fit into that dress for a wedding, to look great for a high school reunion, etc. The truth is, fitness is a long game, and the only way to get the results you want and KEEP IT UP is to make it part of the very fabric of who you are. I want to encourage people



A delicious drink doesn't have to be high in sugar or calories to taste great.

to live a lifestyle of moderation. If you enjoy adult beverages, it is OK to balance your wellness routine with a smart reward. I really enjoy Truly because it is light, refreshing and has attributes—like 100 calories, 1 gram of sugars, etc.—that health-conscious drinkers like me are looking for. Cutting things out cold turkey will often result in either bingeing later or rapid weight gain after significant weight loss."

Truly is available in delicious styles like Colima Lime, Grapefruit & Pomelo, Pomegranate, Sicilian Blood Orange and the most recent addition to the line-up: Wild Berry.

Learn More

For more facts, tips, recipes and where to find Truly nearest you, go to www.trulyspikedsparkling.com.