



Real

# BILL of Health

In the five years since his presidency, former fast-food fan **Bill Clinton** has had to get a lot more careful about his eating and exercise habits. We talked to him about changes he has made since having heart surgery.

**NICKELODEON MAGAZINE: What habits did you have as a kid that turned out to be not so good for your health?**

**BILL CLINTON:** Like many young people who grew up in the South, I ate too many foods that were fried and high in fat and salt. Also, I was often encouraged to overeat.

**What were your favorite foods when you were ten years old?**

I loved fried chicken and fruit pie.

**What is your favorite healthy snack?**

These days, my favorite snacks are unsalted almonds or nonfat yogurt with granola.

**Why is it important for kids to care about this stuff?**

I think young people are motivated to

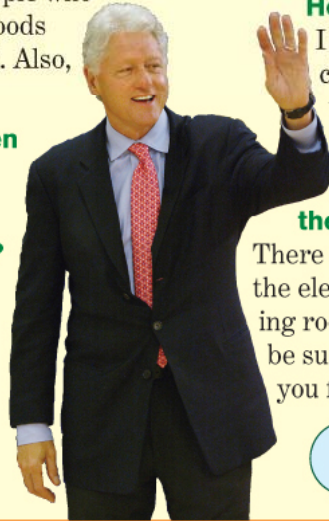
eat better and exercise more if they understand that these actions will help them feel better, think better, and perform better at sports and in school now.

**How do you find time to keep in shape?**

I travel a lot, but I try to make walking and exercise part of my routine wherever I am. It's important to make time, even if it's just fifteen minutes a day, for some type of physical activity.

**What's your advice to busy families for doing the same?**

There are easy ways to get exercise: Instead of taking the elevator, take the stairs. Instead of sitting in the living room after dinner, go for a thirty-minute walk. You'd be surprised at how these small steps add up and make you feel healthier over time.



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