

Jim Shaffer:

I eat a lot of green beans, a lot of spinach. I eat beets, eat corn. I eat meat sometimes, but not a lot. We all eat meat. I just try to do everything the healthy way as much as possible. I've managed my weight by bicycle riding. I've never had a weight issue. Okay. My advice to all the viewers out there, to stay healthy is eat right, get plenty of sleep, watch your carbs because you don't want too many carbs, and watch your sodium intake because you don't want too much sodium intake.

And I've just always have eaten right. I don't put any salt on my food or anything. I just eat the food the way it comes to me, and just get plenty of rest, and drink your fruit juice and water. The fact is that they asked me why I'm so happy, and I tell them, "Well, I ride my bike every day." All this came from right here, too. This is not a snow job. Another good thing to remember is to eat right and stay active. And that way, you'll be happier for the rest of your life.