

Ask the Experts: Health and fitness

I'm tired all the time and don't have the energy like I used to. Can diet and/or exercise help improve this?

-Kevin M., Jenks

Regular exercise and healthy eating are essential for increasing energy and stamina. Exercise is like a drug (only a good one!). Exercise causes the release of many 'good for you' chemicals into your blood stream, resulting in mental stimulation and an improved sense of overall well-being. Cardiovascular exercise will help improve lung capacity and heart strength allowing you to do longer periods of work without getting as fatigued.

Weight training exercise improves muscular strength and muscular endurance and will improve your daily performance and give you the physical ability to do things you couldn't do otherwise. It has also been shown that regular physical exercise helps improve sleep patterns which in turn will have you feeling more rested and energized everyday.

Eating smaller, balanced, meals will help keep your metabolism elevated and blood sugar stabilized helping to keep your energy levels up throughout the day. Always eat a healthy, balanced breakfast and then continue to eat supportively about every 3 hours for the rest of the day. Research shows that a high-fiber, high-protein breakfast helps control ap-

petite and increases mental alertness and improves your ability to process information. Try to eat only whole natural foods such as fruits, vegetables, lean proteins, raw nuts, and drinking water. Trying to survive on processed foods is a recipe for an energetic disaster. Stick to whole, natural foods during the day, snacking rather than eating huge meals, and you'll never feel like dozing off again.

Are there any over-the-counter or prescription weight loss pills that are effective?

-Christy J., South Tulsa

Many people these days look for a fad diet or a "miracle-pill" as an easy answer to the weight gain that likely took you years to obtain. We expect the weight to come off overnight with just a pill. There is nothing available over-the-counter or by prescription that is healthy or effective. There are appetite suppressants that work for a couple of weeks to take away your appetite, but after a month or so, it backfires. Your body has been in starvation mode and realizes it needs to eat even more to recover, thus resulting in even more weight gain. There are also the "fat-blockers" which recently came over the counter. While the side effects are horrible, it has not even shown to be any more effective than placebo long term. They are lots of other types of "fat-melt-

ers" available which makes the diet pill industry a multi-billion dollar industry, but none of them have been shown to be effective long term and most of them result in weight gain. The "diet pill" manufacturers realize that people want a quick fix and market accordingly. Most people know diet pills don't work but how many have tried them anyway? If you are like many people the answer is embarrassing. Instead of wasting your money trying to get a quick fix, do what you know is the only thing that truly works. A healthy diet and regular exercise! Although the inches may not "melt away" like many

products claim, a healthy diet and regular exercise will become a lifestyle. This leads to looking and feeling your best.

For fitness questions or comments, contact clint@jenksfitnesstogether.com; For nutrition questions contact kara@jenksfitnesstogether.com or submit your question online at www.personaltrainertulsa.com

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Alice Gipson, Jenks

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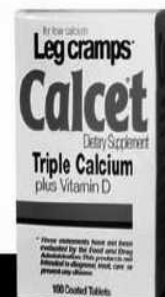
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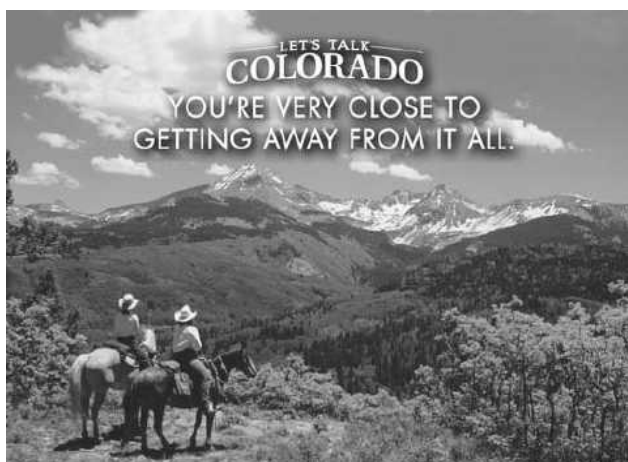
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