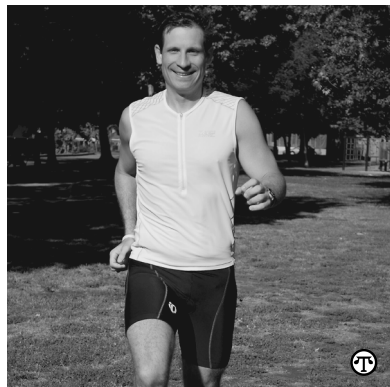
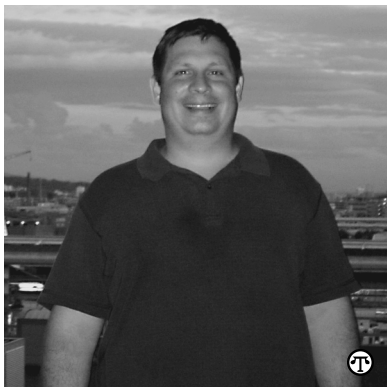


Healthy Living

Down 90 Pounds, From “Everyman” To Ironman



Steven Spitz at 250 pounds (left) and after losing nearly 90 pounds.

(NAPSA)—Attorney Steven Spitz was always fascinated by the Ironman triathlon competitions—featuring a 2.4-mile ocean swim, 112-mile cycle, and 26.2-mile (marathon) run, all to be completed within 17 hours. Yet, like many hardworking, middle-aged professionals, Spitz had let his health slip; he wasn't eating nutritious meals or exercising enough. As a result, he became obese at almost 250 pounds.

So Spitz embarked on a weight-loss and training program. By following a sensible regimen of a nutritious diet, sensible supplementation, stress management, healthy exercise, and adequate rest, he safely lost about 90 pounds, transforming himself from an “everyman” to an Ironman triathlete.

Obesity Statistics

According to data from the most recent National Health and Nutrition Examination Surveys (2001-2004), about two-thirds of adults in the United States are overweight or obese, and almost one-third are obese (having a body mass index of 30 or higher). More men than women are overweight

or obese (70 percent of men vs. 61.6 percent of women), but women are more likely to be obese (33.2 percent of women vs. 29.5 percent of men).

Finding Time For Fitness

Fitness goals tend to have an energy all their own. Just thinking about becoming more fit propels us to juggle busy schedules to make fitness a priority. It starts with meeting a buddy for a morning walk, squeezing in a brisk walk at lunchtime, or pushing back at 5 p.m. to log some gym time.

And, as Spitz showed, sensible supplementation can be an important part of healthy weight loss. In his case, this included:

- a daily multivitamin;
- a joint support formula with such nutrients as chondroitin, glucosamine, and MSM; and,
- a multifractioned whey protein, such as Pro-NOS[®], for meal supplementation and post-exercise recovery to fuel muscles.

For more information about Pro-NOS[®] whey protein, contact Medical Research Institute (MRI) at www.MRI-Performance.com or call (888) 448-4246.