

FITNESS FACTS

Weekend Warriors Get Needed Energy Boost

(NAPSA)—Working on your knowledge of energy boosters may help you recover faster from weekend workouts.

According to a new study, American adults report a lack of energy throughout the day, making it difficult for them to accomplish daily tasks and complete their work.

More than one third (36 percent) of respondents reported that they lose energy during the day and 40 percent indicated that a drop in energy made it difficult for them to get their work done.

Barbara Levine, R.D., Ph.D., co-director, Human Nutrition Program, The Rockefeller University, New York, N.Y., said strenuous exercise and today's quick-paced lifestyles often deplete our stamina, causing us to feel run down throughout the week.

"Many Americans are weekend warriors who add high energy exercise to their already hectic lifestyles, causing them to experience muscle fatigue," Dr. Levine said. "As a result they lack the stamina to be as productive as they would like to be."

For these weekend warriors and those who tend to over exert themselves, Novartis Consumer Health has introduced a new dietary supplement called 2nd Wind™, a proprietary blend of ginseng and other ingredients, which helps muscles recover from exer-



tion faster and improves stamina. Because users don't feel as tired, their muscles feel better and they can accomplish more each day.

2nd Wind™ is part of ReSource® Wellness, a line of dietary supplements developed to help consumers take charge of their health and feel better.

Whether the issue is low energy, high stress or other age-related health issues, these unique blends of herb, extracts and vitamins have been developed to target specific health needs. The products can be found in local food, drug and discount stores.

Call toll-free 1-877-939-3556 Mon. - Fri. 8 am - 5 pm ET to speak to a ReSource® Wellness nutrition consultant or visit the Web site at www.resourcewellness.com.