



spotlight on health

Burning Calories—Not Nutrients—At The Gym

(NAPSA)—A good workout might leave you feeling tired for more reasons than you think.

Regular intense physical activity can deplete the body of important vitamins and minerals, causing weekend warriors and world-class athletes alike to feel sluggish and tired.

Combine that activity with a calorie- and nutrient-cutting diet and you may be looking at a depletion double whammy.

Jenna A. Bell-Wilson, Ph.D., R.D., CSSD, a sports dietitian with SwimBikeRunEat.com and triathlete, says, “Minerals such as magnesium, iron and potassium can become depleted with frequent and intense exercise, especially if your diet doesn’t measure up. For example, research has found that people doing strenuous exercise or active people cutting calories to lose weight are especially vulnerable to magnesium loss.”

Eating Well

Eating magnesium-rich foods such as peanuts, tofu and broccoli should be an important part of your daily diet. You can find the nutrient in certain types of fish, fruits and vegetables—including bananas and artichokes—and grains as well. Bell-Wilson notes, “If athletes are deficient in magnesium, potassium or iron, it can affect their muscle function, make them feel tired, weaker and not get the most out of their workouts. Nutrient deficiencies like this can have a negative impact on overall well-being because our bodies rely on these minerals to function properly.”

Healthful Solutions

Only about a third of Americans have enough magnesium in their diet, according to the USDA, which offers research and



There are ways to ensure that you give your body the magnesium it needs.

statistics on magnesium and other nutrients, available at <http://www.ars.usda.gov/services/docs.htm?docid=11046>.

Bell-Wilson suggests that everyone—gym goers and couch potatoes alike—ensure he or she has adequate magnesium every day. Magnesium is found in foods such as beans, nuts and vegetables, and also in a supplement such as Slow-Mag® Tablets when diet sources of magnesium are not adequate. The tablets combine magnesium and calcium—two essential nutrients. Slow-Mag® Tablets can help you maintain optimal magnesium levels, and a separate multivitamin with iron, calcium and potassium can help athletes meet their nutrient needs.

Learning More

You can find more tips on staying healthy, along with nutritional information and facts about magnesium, at www.slowmag.com.