



Fitness Facts

Getting And Staying Healthy

(NAPSA)—If you're ever looking to lose weight and keep it off, you won't be alone. Nearly two-thirds of the United States population is overweight and, according to the federal Centers for Disease Control and Prevention, six out of 10 of these people claim they want to lose weight. What's more, 18 percent of these weight-loss seekers want to lose "a lot of weight," according to a recent Gallup Poll.

The number of people actually attempting to achieve these weight-loss goals, however, has decreased. According to a poll conducted by Harris Interactive, efforts to lose weight have dropped 14 percentage points in the last four years.

The problem facing many weight-loss seekers is overcoming the pain and inconvenience losing weight requires...or so they think.

"It's important to get aligned before starting a new diet or workout routine," nationally recognized health and fitness expert and author Andrea Metcalf says. "Most people have overuse patterns and assume their discomfort is due to aging. Realigning and starting with the basic principles of stretching, strengthening and supplementation provide a successful weight-loss platform."

Here are examples of these three S's and ways you can incorporate them into your daily routine.

- **Stretch**—Proper stretching can help you achieve correct alignment and reduce joint stress. Metcalf teaches her clients how to correctly align their bodies using a six-point assessment to decrease pain. She starts by evaluating which way the body leans, then stretching the coordinating muscles to obtain balance.



Stretching, strengthening and supplementation provide a successful weight-loss platform, says nationally recognized boomer fitness expert and Elations spokesperson Andrea Metcalf.

- **Strengthen**—Strong muscles improve physical performance and provide a better musculoskeletal system so you can lift, move and enjoy recreational activities with more ease. Stronger bones also help reduce your risk of injury and osteoporosis. Walking, yoga, running, stair climbing and weight lifting give your bones a workout.

- **Supplementation**—Supplements can help you achieve optimum health. For the proven levels of glucosamine and chondroitin recommended by the National Institutes of Health with added boron, many people have turned to Elations powder and liquid supplements. They're more absorbable than pills and increase comfort in the joints. With preparation and the right mind-set, you may be able to reach the goal of a successful, healthy lifestyle.

Learn More

For more tips and information, visit www.elations.com or call (866) 355-8471.