



Fitness Facts

How Athletes And Others Can Feel Fit And Fight Pain

(NAPSA)—Physical activities—be it mowing the lawn, gardening or raking leaves; a full-blown workout routine at the gym or a pickup game of basketball—bring with them a sense of accomplishment. They often leave behind, however, the onset of aching sore muscles and joint pain. Weekend warriors and seasoned athletes who occasionally suffer from “over doing it” and seek ways to find relief, may find it’s wise to exert themselves to heed these hints.

Find The Right Fuel For You

Many nutritionists believe the best foods after a workout are carbohydrates, which provide your body with the proper fuel. High-carb snacks such as pretzels or bananas are optimal choices after a workout.

Drink Plenty Of Fluids

You can become dehydrated if you don’t adequately replace fluid during exercise, so drink lots of fluids each day—before, during and after exercise.

Manage Aches And Pains

With any exercise routine, you have to expect some minor set-backs and discomforts, especially in the beginning. Tackling these early can help you stick with the program. You may be surprised to discover that the workout regimes of many of today’s top competitors include a new generation of simple to use topical analgesics.

One effective way to address minor muscle or joint pain—without stopping your workout—is to wear a topical analgesic patch. For example, the BENGAY® Pain Relieving Patch provides deep, penetrating heat in a self-adhesive patch that targets your pain so you have more flexibility and



Easing aches that can come from exercise can help you keep fit.

mobility in your muscles and joints. It lasts for up to eight hours and is easy to use, convenient and mess free.

It’s also the only external analgesic patch that comes in individually sealed pouches, so you can take one or a few with you for easy access to relief.

Made by Pfizer, Inc., the brand’s rubs, including BENGAY Original Formula, Greaseless, Ultra Strength, Arthritis Formula and Vanishing Scent, and patch can provide effective, fast and lasting relief from minor aches and pains of muscles and joints associated with simple backache, arthritis, strains, bruises and sprains.

So, whether your game of choice is basketball, softball, tennis or golf or you’re competing for the best-looking yard in the neighborhood, you don’t have to let a few aches and pains keep you from achieving your goals. You can target relief directly at the point of pain.

If you have been on fitness hiatus, consult with your doctor and develop an exercise routine that best suits your schedule.