

Understanding Your Body

FACTS TO HELP YOU HELP YOURSELF

Reshape Your Body For Leaner, Stronger You

(NAPSA)—More than 65 percent of Americans are overweight, which clearly shows that getting and staying in shape is a challenge for most. Though many people outside of Hollywood do not have the luxury of world-class trainers and dietitians keeping them buff, celebrity trainer Greg Isaacs says there are many things people can do throughout the day to get fit.

“One problem is that people often choose one method and find difficulty sticking with it,” Isaacs said. “In reality, maintaining balance between fitness and nutrition is all you need to get in shape.” Isaacs trains many of today’s top stars, including Pierce Brosnan, Goldie Hawn and the cast of “Friends.”

Isaacs has seen excellent results when people combine strength, cardio and circuit training with a balanced diet and Clarinol™ CLA, a new brand of conjugated linoleic acid, which aids in weight management.

In combination with a healthy diet and regular exercise, 3 g of CLA daily can aid in reducing fat and building lean muscle mass in eight to 12 weeks.

“As a part of a proper diet and exercise program, CLA can effectively aid the body in reducing fat and building lean muscle mass, giving an edge to people looking to shed excess pounds,” says Dr. Michael Pariza, Director of Food Research Institute, Professor and Chair, Department of Food Microbiology and Toxicology, University of Wisconsin. “Studies show CLA to be a safe supplement with no adverse effects.”

CLA reduces the amount of fat taken up by fat cells from the bloodstream while increasing the breakdown of fats by the body. This keeps fat cells at a smaller, less mature state, giving the body a slimmer, shapelier figure. The increased breakdown of fat also



In addition to exercise and sensible eating, many people say metabolism-boosting diet supplements can help with weight loss.

helps fuel and preserve muscles and increase lean muscle mass for more weight loss.

One way to be sure that you are purchasing products with the highest concentration of CLA is to look for the Clarinol CLA logo on the package. Products with Clarinol CLA can be found at most health and general food stores, including GNC and Wal-Mart. For a complete list of products and when to find them, log on to www.clarinol.com.

Here are other hints:

- Make time for the gym and work with weights. Studies show lifting weights increases muscle mass, which helps burn fat faster, increasing your metabolic rate.

- Drink plenty of water during and after your workout.

- Instead of three major meals a day, try five or six small ones high in complex carbohydrates (the body’s main source of energy) and protein to keep you energized. Include lots of fruits and vegetables, too, for antioxidants and fiber.

- Eight hours of sleep is important, but too much sleep can have an adverse effect.

- Supplement your diet with multivitamins, minerals—especially calcium—and CLA.