

Weighty Issues

Shaping Up For Swimsuit Season—And Beyond

(NAPSA)—There could be good news for all those who think they have a fat chance of getting and staying slim: a surprising diet, exercise and nutritional supplements can help.

According to pharmacist, author and lecturer Sherry Torkos, a potent tool against weight gain is the Glycemic Index (GI).

The diet ranks carbohydrates based on how they affect blood sugar and insulin levels. Foods that are broken down into sugar more slowly—fruits, vegetables, whole grains, yogurt and dark chocolate—are low on the GI and provide sustained energy. Foods that are rapidly broken down into blood sugar—refined white flour products, baked and fried potatoes, white rice, candy and soda—causing sudden blood sugar spikes, are high on the GI and provide bursts of energy followed by periods of fatigue. Getting off this blood sugar roller coaster can help you feel more energized, promote the use of fat for energy, and decrease your appetite and food cravings.

For long-term weight loss, Torkos adds, try these tips:

1. Avoid refined and processed foods. To satisfy a sweet craving, go for fresh fruit or dark chocolate.

2. Add cinnamon to your cereal or coffee to improve the insulin action.

3. Include a lean protein and healthy fat in every meal—that also helps lower the glycemic impact.

4. Eat small meals throughout the day.

5. Be aware of portion size.

6. Exercise regularly. Aim for 30 minutes to an hour a day of moderate-intensity activity, such as walking, playing tennis, biking or dancing. Take the stairs in-



Slim down with the right foods and dietary supplements.

stead of the elevator. Walk or bike to your destinations.

7. Consider nutritional supplements backed by clinical studies.

- Phase 2, an extract of white kidney beans, improves glycemic control by reducing the digestion of starches. Total Lean Phase 2 Carb Controller from GNC has been clinically studied and shown to decrease the caloric impact of carbs.

- Conjugated linoleic acid (CLA), a derivative of a fatty acid found naturally in certain foods, such as meat and dairy. Supplements of CLA are made from sunflower oil and can improve fat metabolism and maintain or improve lean muscle mass.

- Fish oil supplements are good for heart health and emotional well-being. Omega-3 fatty acids can increase fat oxidation.

- Chromium can improve glucose tolerance by increasing insulin sensitivity.

Learn More

You can find further facts and tips online at www.GNC.com.