

Personal Training by Robert J. Bovee

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ARE YOU GETTING ENOUGH NUTRIENTS

Have you ever wondered whether you're getting all the vitamins, minerals and other nutrients you need? Chances are you're deficient in at least some of them. Most Americans get only **75** percent of the recommended daily allowance for calcium and iron, about **60** percent of the folic acid and half the fiber they need daily. Many women also don't get enough zinc, magnesium, and some of the **B** vitamins. Several of these nutrients are especially important if you work out regularly. For instance, calcium protects you against exercise-related fractures and shin splints in addition to fending off osteoporosis. Ample iron helps you sustain aerobic activity. When you sweat heavily, you lose zinc, vital to energy production. Deep breathing during outdoor exercise exposes you to cancer-promoting pollutants called free radicals; antioxidant vitamins can help fight damage caused by these substances. If you exercise, you may be deficient in magnesium which helps build muscle tissue.

THE TOP TEN NUTRIENTS

Nutrient	Why You Need It	Best Sources
Iron	Vital for aerobic performance; deficiencies are common in women who exercise.	Lean red meat, shellfish, beans
Calcium	A key nutrient for healthy bones; helps prevent osteoporosis, stress fractures and shin splints.	skim milk, low-fat yogurt, cheese
Folic Acid	Prevents heart disease in adults and neural tube defects in unborn children, may protect against cervical cancer.	Beans, orange juice, green leafy vegetables
Isoflavones	Substances that act like weak estrogen in the body. May help prevent breast cancer and osteoporosis.	Tofu, soy milk
Zinc	Vital trace mineral that athletes lose through sweat and urine. Boosts immune system; aids energy production	Oysters, wild rice, leafy vegetables
Magnesium	Key for development and maintenance of muscle tissue. Exercise can decrease magnesium levels in muscles and blood	Nuts, seeds, green leafy vegetables
Fiber	Many studies have linked high-fiber diets with a decrease risk of certain cancers, lowers cholesterol. Complex carbohydrate-rich fiber foods also provide energy.	Whole grains, fruits, vegetables
Omega-3 Fatty Acids	Primarily found in fish oils, these fatty acids lower cholesterol; may slow growth of breast cancer.	Salmon
Antioxidants	Vitamins C and E, beta-carotene and selenium protect the body against free radicals, which can damage cell, cause muscle fatigue and contribute to certain cancers	Green leafy vegetables and orange-colored vegetables, citrus fruits, nuts and seeds
B Vitamins	Important for converting carbohydrates into energy. Oral contraceptives may exacerbate need.	Chicken, fish, nuts

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