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WHAT'S THE BEST AB EXERCISE EVER?

The bicycle maneuver is number one. Biomechanics researchers at San Diego State University hooked up exercisers to an electromyography machine and determined that the bicycle maneuver worked the rectus abdominis muscles 150 percent harder than a crunch. Lie on your back, hands behind your head, and crunch your left knee to your right elbow; using a pedaling motion, alternate sides. If your abs are covered by a layer of fat, cut 250 to 500 calories a day from your diet (or 10 to 20 percent of the calories it takes to maintain your current weight). Focus on eliminating refined carbohydrates, such as white bread and pasta. Don't bother working your abs more often. It takes 250,000 crunches to burn 1 pound of fat -- that's about 100 crunches a day for 7 years. (*Men's Health*)

DID YOU KNOW that a glass of fresh pomegranate juice a day may help slow the growth of prostate tumors in men? A new study, conducted by researchers at UCLA's Jonsson Cancer Center suggests that. The study was published in a recent issue of the journal *Clinical Cancer Research*. According to the authors, prostate cancer patients who drank an eight-ounce serving of daily pomegranate juice experienced significantly reduced growth of tumor cells. While researchers were not yet prepared to issue a blanket endorsement of pomegranate juice for prostate cancer sufferers, the study's authors did suggest that slowing metastasis of cancer cells can delay the need for more invasive and costly therapies.

(*LifeScript*)

KEEP CARBS IN YOUR DIET That dirty c-word : carbohydrates. Carbs aren't the villains they're made out to be. They provide your body with the lighter fluid needed to help burn your stored body fat. And carbs can play a critical role in achieving fat loss. But not just any kind will help you burn fat. Carbohydrates fall into two categories: whole and refined. You want to consume whole carbohydrates when possible. Whole foods have not been overly processed, refined, or bleached. Whole-grain and whole-wheat bread, oats and brown rice fall into the whole foods category. If you skimp on carbs, your muscles will shrivel up, and you'll work out with less intensity. Consuming these good carbs will give you the energy you need to tough out your resistance training. Also, eating carbs will help nourish your new beautiful lean muscle tissue. (*LifeScript*)