

Belly truth or not truth - Ever wonder if you can target weight loss to one area of your body, like that pooch on your belly? You can't! But what you can do is create *lean muscle tissue* in your midsection. Lean muscle tissue is what gives you the ability to burn fat at rest. It's the core secret to a revved up *resting* metabolism, which means how many calories you burn even when doing nothing; sleeping, standing, sitting, etc. It'll help you slough off fat in all areas of your body, including your tummy. So how do you get lean muscle? Strength training! It'll help create what's called the after-burn effect. When you do any kind of workout, your body has to do a little extra work when you're done to recover to homeostasis, or its resting state. During this time, your body will continue burning calories. Studies have shown that the after-burn can last anywhere from 16 minutes to 16 hours! So working out has two advantages: a revved up metabolism and the after-burn. Those are two very good reasons to exercise today!
(LifeScript)

Almonds: Muscle Medicine

How they build muscle: Crunch for crunch, almonds are one of the best sources of alpha-tocopherol vitamin E—the form that's best absorbed by your body. That matters to your muscles because "vitamin E is a potent antioxidant that can help prevent free-radical damage after heavy workouts," says Volek. And the fewer hits taken from free radicals, the faster your muscles will recover from a workout and start growing. How many almonds should you munch? Two handfuls a day should do it. A Toronto University study found that men can eat this amount daily without gaining any weight.

How they keep you healthy: Almonds double as brain insurance. A recent study published in the Journal of the American Medical Association found that those men who consumed the most vitamin E—from food sources, not supplements—had a 67 percent lower risk of Alzheimer's disease than those eating the least vitamin E. (*Men's Health*)

A REMINDER If you are not feeling well the guide "to" or "not to" exercise is this: symptoms neck and above - ok , below the neck - *no*. But if you have a cold or feel one coming on, it shouldn't hurt to exercise. BUT it is best to start slowly and work out less intensely than usual, and see how you feel. If you feel worse, you should stop. If you feel okay, work up to your normal routine. HOWEVER, if you have any signs of a more serious infection (fever, swollen glands, fatigue, diarrhea or vomiting), discontinue your workouts until you have fully recovered.