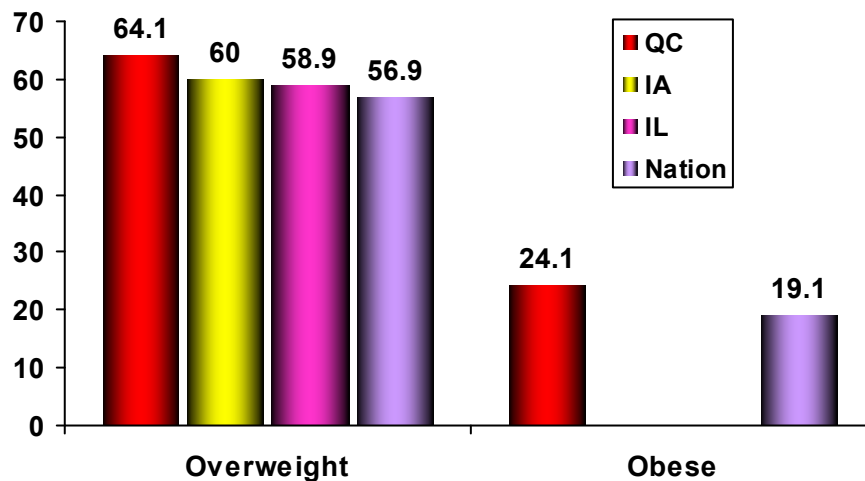


Obesity is a serious health issue right here in the Quad Cities. So why is a little extra girth such a big deal? As we age it seems natural and expected that we will gain some weight. Heck, we deserve to relax a little bit don't we? Well, unfortunately there are many diseases that have some direct correlations to being overweight including, type II diabetes, heart disease, and high blood pressure, just to name a few. And this isn't just a problem for men. Women are equally at risk of developing diseases as they gain weight.

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One possible way to deal with the seeming inevitable weight gain is to ignore it and when one of these diseases strike, just go to the doctor and have them prescribe a drug to lower your blood pressure, get your blood sugar in line or reduce your cholesterol. After all, they can pull out that magic pen and prescribe a seemingly endless array of new drugs to make you "better" and "fix" the problem right? I would never tell someone they shouldn't go to the doctor if they have a medical condition but I would advise you to take control of your health and consider your options. If you read the fine print on that medication that is being prescribed you may see something like this...*may cause nausea, vomiting, dizziness, low blood pressure, chest pain, diarrhea, constipation, dry mouth, fatigue, headache, insomnia, or heart burn.* Wow, if that doesn't scare you, what does? My personal goal is not to be medicated for the rest of my life unless there are no other options. Just remember, there is no free lunch.

So what are your options? Diet and exercise continue to be key predictors of health. Many illnesses could possibly be avoided by paying closer attention to activity level and nutrition. So that is probably the best place to start. Humans have adapted over thousands of years to survive and fight off diseases. Give your body a chance to do what it was made to do. Get involved in an exercise program and if you need help with your nutrition, please give us a chance to help.

The main objection I hear when I suggest more activity and adopting healthier eating habits is that people are too busy. There are many natural nutritional supplements to help us to stay healthy. They are designed to be efficient and are especially helpful for people who are very busy. Unfortunately, I've heard way too many folks in the medical industry steer people away from nutritional supplements by saying, "you don't know what's in that stuff". For many years the knock on multivitamins was, "it's just expensive pee". There is a large body of science that supports natural nutritional supplements. It "is" important to buy from a reputable manufacturer. Most other countries in the world embrace natural products much more readily than we do here in the United States. Many of these nutritional supplements have been used for thousands of years.

For optimal health there is no substitute for eating right, including supplementing to make sure you get everything your body requires, and getting proper rest and engaging in regular activity. You don't need to spend lots of time working out. If you can squeak out ½ hour each day that is all you need to do.

Take control! Make it a priority. Don't wait until it's too late and the doctor is standing there with the prescription pad. If you need help getting started, come see us. We'll help encourage you and we'll make suggestions that support your current situation. We also have free one week passes to several gyms in the area so you can try them out before making a monetary commitment. Please make that important first step and take control of your health. If you are already on track, why not be a role model for a friend or neighbor? You could change their life in a significant way.

To your continuing health,  
Scott Herkes  
Certified Sports Nutrition Specialist