

Fitness

Q: Do high rep sets really burn more fat?

A: Yes and NO. In the short term higher reps will burn off more calories, but in the long term lower reps stimulate muscle growth/maintenance which will burn off many more calories keeping body fat off.

Nutrition

Q: What do omega 3 fatty acids do for me? should I take them?

A: Where do I start? Research has shown that a dose as low as a few grams per day reduces inflammation, enhances brain function, improves cardiovascular health, improves mood, protects against some forms of cancer and promotes fat burning and muscle gain...

At this point the real question is WHY NOT?

***Omega 3's are found in Fatty Fish, Flax and in supplemental form.**



Healthy Recipe

Quick and Easy Italian Tuna Salad

½ cup pasta(dry)

1 - 6oz can of Tuna in water

2 - hard boiled eggs (1 whole, plus 1 white)

2 Tbs. FAT FREE Italian Dressing

1 cup of any mixed veges (broccoli, celery, corn and tomatoes, work well)

1) Cook pasta on stove in a pot for 8 minutes, boil eggs for 10 minutes.

2) Drain cooked pasta and boiled eggs

3) Chop up boiled eggs and throw away shells and 1 yolk.

4) Mix together tuna, pasta, veges, and salad dressing in a bowl.

5) ENJOY ☺