



PHAMILY PHITNESS

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FITNESS TIP

Try to eat 5 to 6 small meals daily. This will prevent hunger and over-eating, as well as keeping blood sugar levels stable.

CARBS (THE REAL STORY)

Much has been misunderstood in reference to the eating of, or the not eating of carbohydrates. The truth is they are needed to supply the body with much needed energy for our daily activities. The problem arises when the amount of carbs exceeds the requirements for a given activity. There are two types of carbohydrates, simple and complex. Simple carbs primarily come from sugary foods,



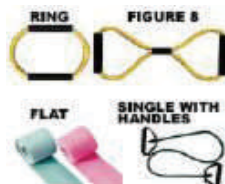
complex carbs are mostly found in



grains. The timing of consuming carbohydrates is critical in the digesting of them. For example it is more efficient to eat them earlier in the day for proper metabolism (broken down for energy). In conclusion, that sluggishness may just be from a lack of good carbs.

WORKING OUT AT WORK

With all the time we spend at our various vocations, it is great to know that all is not lost when it comes to exercise. There are several products on the market that will keep you on track and reaching for your goals. Exercise bands



are a very safe and effective way to workout the whole body in a short amount of time. So, the next time you think about not getting your workout because you can't make it to the gym, grab those bands and get busy.



Phone: 678-778-2298

Fax: 678-562-9994

E-mail: javiercola@my-divinebodies.com

Bro. Cola' holds a degree in exercise science, as well as numerous fitness and nutrition certifications. His goal is to bring about a better quality of life in addition to a realistic approach to overall health.



Men's Health

Bro. Rickey B. Roach #40- Chairman

PM Carlos Hudson #58- Member

WM Kenneth Golden #28- Member

LET'S GET A HEAD START

With the summer well underway, many of us have not reached our personal fitness goals. Having said that, it is never too early to get started on our new years resolutions for 09. As you can see half the year has gone by, which seems to creep up on us. Losing weight and toning up need not be a crash course, when the safe way to do it is with a realistic goal in mind. So PHamily, let's get a jump on it and reach those goals.

