



A healthy diet is an essential part of your training

While training, it's important to pay attention to your diet. Five daily servings of brightly colored fruits and vegetables is recommended to give your body vitamins, minerals and phytonutrients with head-to-toe benefits.

Where can you find the most colorful, nutrient-rich foods? Your local farmers' market and the produce aisle in your grocery store. All those vibrantly colored fruits and vegetables are loaded with phytonutrients – the organic compounds found in plants that are thought to promote human health.

But what if you can't always get enough in your daily diet? Supplements are a great answer, especially if:

- You want to help support your body as you age.
- You don't eat 5-9 servings of fruits and vegetables every day.
- You eat 5-9 servings but don't get a wide variety.
- You often don't have time to make healthy meals.
- You often choose convenient, processed foods over healthier options.

Here are some suggestions about how you can maximize results:

Visit your health care professional before beginning a supplement regimen. He or she can help you determine whether a daily multivitamin/multimineral supplement and other specific nutrient supplements are right for you and help you avoid adverse interactions between supplements and any prescription medications you take.

“Consider your overall needs before choosing a daily foundational supplement,” said Kristin Morris, research scientist for the Nutrilite™ brand. “Look for one that provides nutrients that may be missing from your diet.” Nutrilite™ Double X™ Multivitamin/Multimineral/Phytonutrient Supplement, along with Nutrilite™ Concentrated Fruits and Vegetables, may help you fill nutrient gaps – especially if you are not getting all the vitamin and minerals you need because you don't eat the recommended five servings of fruits and veggies every day.

Follow label directions. This is crucial. “If a supplement should be taken three times a day, you don't need any more than that,” said Morris. “And if the manufacturer recommends taking it with meals, it usually means the nutrients are better absorbed with food.”

Consider a timed-release supplement. “Taking vitamin C three times a day, for example, gives you valuable antioxidants around the clock,” says Morris. A timed-release vitamin C supplement can also help ensure a steady stream of the nutrient in your body throughout the day.

Supplement benefits depend on your age, needs, lifestyle and typical diet. And being supplement-savvy will help maximize their results.

Join us at the Amway River Bank Run training runs beginning the morning of December 1 at the downtown YMCA and sample some Nutrilite products. For more information, visit www.Amway.com.