



FITNESS FORUM

The addict in most of us...

How would you react if you were referred to as an addict? One compelled to having at least one ‘fix’ a day and in many cases two or more. Presumably, you would balk at the notion, given the stereotypical images you have of the average “junkie”.

Now, what if I were to ask you how many cups of coffee have you had today? How about yesterday? In fact, when was the last time that you started your day without one of those hot, freshly brewed cups of morning awareness? (The times when you didn’t have money on you or you were too late for work to stop at Starbucks or Small World Café don’t count.)

When posed with this question, most realize that they can’t remember the last time this omission in their routine occurred but they swear it has happened. Feeling a bit defensive, they’re usually quick to point out that they only drink coffee for its taste and could “skip it” whenever they wanted to. However, have you ever been around someone who has intentionally or otherwise skipped their morning brew? It can be scary and depending on how many cups they’re out, downright dangerous!

Now, I don’t mean to imply that there is anything inherently wrong in drinking coffee on a regular basis as there are far worse things that one can choose to imbibe in on a regular basis namely, soda. However, it is the reason for the consumption that I would like to address. For many, the regular consumption of coffee and stimulants in general are a reflection of our need for an immediate solution to our feeling of being tired. We’re tired and lacking energy on a regular basis and the kids, spouse, and certainly work, won’t wait for us to wake up on our own. Our energy tank is low and we need it filled now!

Many don’t realize that three simple changes in their lifestyle, namely diet, exercise and sleep could

help them create the energy they so dearly require. Dietary changes including adding more fruits and vegetables to one’s diet, the reduction of prepackaged and processed foods and the inclusion of lean proteins, including fish, can help boost ones metabolism by having their body burning more cleanly and efficiently.

Also, no amount of caffeine can make up for inadequate sleep. The net effect is usually a hard crash when the caffeine has worn off, inevitably requiring more caffeine to reach a state of normalcy. Instead of relying on caffeine to keep you awake, work on improving your sleep patterns. Set a fixed time when the lights are turned off in your home. The workload, house projects etc. will be there either way the next day but at least you will be better rested and suited to take them on the following day.

Finally, if you’re not exercising, maybe its time you start. Exercise is proven to not only help you get into better shape but to increase your energy and improve your mental wellbeing as well. It can help your thoughts to become more lucid, providing you a state of clarity that no amount of caffeine can rival.

So go ahead, put down that temporary cup of energy and start making the simple changes that can give you the permanent boost that you need. If you would like more information on getting started feel free to contact us as info@ptsprinceton.com or visit us online at www.ptsprinceton.com.

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