



## Timely Information for Personal Success

# Boost Energy Levels With the Right Food

By *Tim Lencki*

I often hear people talk about the fact that they don't have much energy. This can be the result of a number of problems, such as poor eating habits, stress, a physically demanding job, or a host of other reasons.

There are also some food options you may want to consider to give you that extra burst you need to get you through the day. We'll do this in the form of a quiz. In all cases, the question is: *"Which food will boost your energy level better?"*

### **Nuts or raisins?**

The answer is NUTS. Raisins will make your blood sugar levels go through the roof because they're mostly sugar. When you eat raisins, your body will release insulin to shuttle all that sugar out of your bloodstream and into storage. This actually leaves your energy level lower! Nuts, on the other hand, are packed with good fats, which will help you stay full and energized.

### **Popcorn or pretzels?**

The answer is POPCORN. It works as a wonderful snack because you get a lot of volume and fiber, a combination that will make you feel full. In addition, popcorn is a whole-grain food, making it a healthy choice. The low-fat microwave kind is easy to prepare and low in calories. Pretzels, on the other hand, are a processed food and not as healthy.

### **Rice or beans?**

The answer is BEANS, which are loaded with fiber and protein. When it comes to long-lasting energy, eating beans is the way to go.

### **Raw fruit or fruit juice?**

The answer is RAW FRUIT. The fiber found in raw fruit will have you feeling fuller, longer because it takes your body longer to digest it. Try to eat 2-4 pieces of whole fruit each day. The problem with concentrated fruit juice is that it spikes your blood sugar level immediately and leaves you feeling sluggish later on.

### **Summary**

I hope you fared well in this little quiz. Try to implement some of these options each day and see what happens to YOUR energy level. Remember, a *few* little changes can make a *big* difference. ■

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## Healthy Recipe: Egg Sandwich

### INGREDIENTS:

- 2 strips turkey bacon
- 1-1/4 cups egg whites
- 4 slices whole-grain bread, toasted
- 1/2 cup shredded nonfat cheddar cheese
- 1-1/4 cups diced, seeded plum tomatoes
- Cracked black pepper and salt to taste
- Cooking oil spray

### NUTRITIONAL VALUE:

- Calories per serving: 338
- Carbohydrates: 47 g
- Protein: 34 g
- Fat: 5 g
- Saturated fat: 1 g
- Fiber: 7 g

### DIRECTIONS:

- 1 Microwave turkey bacon strips for 3 minutes or until crisp. Set aside.
- 2 Whisk together the egg whites, salt, and pepper. Coat a non-stick skillet with cooking spray and heat the skillet. Add the egg white mixture. Cook and stir about 1-1/2 minutes or until egg whites are set.
- 3 To serve: Spoon the egg whites onto the toast. Top with cheese, turkey bacon, and diced tomatoes.

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### Questions and Answers

## Losing More Body Fat

**Q:** Will I lose more body fat by performing aerobic activity at a low, rather than high intensity?

**A:** The theory is that while you work out at a lower intensity level, your body will use more fat as its energy source during the activity. It is true that a higher proportion of calories burned from low-intensity exercise come from fat. However, high-intensity exercise will burn more overall calories. Remember, the key to losing weight and body fat is to burn more calories than you consume over a period of time. That said, low-intensity exercise has its benefits and will promote weight loss, but you will need to engage in it for a longer period of time. For those who are overweight, low-intensity exercise is more comfortable and can lead to a greater willingness to exercise. Of course, the more willing you are to exercise, the more consistent you will be. If you feel your fitness level is lower, start at a low intensity – then, over time build to a higher intensity and watch body fat melt off! ■

-Tim Lencki

## You CAN Make Exercise Work!

**Y**ou know you need to become more active and start some sort of exercise plan. However, history has proven that you won't stick with it. Could this be you? People often quit exercising for a variety of reasons. I'll list two of the most popular reasons why people quit – and how you can overcome them.

❖ **Doing too much too soon.** Many times people go “all-in” when starting an exercise program. They go from not exercising at all to doing something five days a week. This is a recipe for exhaustion and burn-out. Solution: If you're not doing much, start out by committing yourself to just a few days a week of a particular activity. Once you find success, build off this and add another day or a new type of exercise. Before long, you'll have built consistent exercise into your life.

❖ **Boredom with exercise routine.** Doing the same type of exercise over and over CAN get boring! Using a treadmill, walking the same route, or performing the same weightlifting exercises gets old real fast. Solution: The key to consistency and longevity in exercise is *variety*. You have to mix it up, and often. Find a personal trainer in your area to show you all the possibilities.

### Summary

Exercise is a lifelong process. Don't give up! ■

-Tim Lencki