

# *Personal Training by Robert J. Bovee*

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## **SMART SNACKS**

You may not be eating *enough* between meals. Think we're crazy? Check out your guide to low-fat snacks that fuel your exercise activities, improve your health and keep you energized all day.

Snacking doesn't have to be a meal replacement or diet downer. "It can be an excellent, low-fat source of complex carbohydrates, your body's most important energy source, as well as calcium, iron and fiber," says Neva Cochran, R.D., spokesperson for the American Dietetic Association.<sup>i</sup> Most women miss out on about 25 percent of the calcium they need each day, and get only about half the suggested intake of fiber, according to the National Center for Health Statistics. Over time, these nutrient deficits can contribute to health conditions such as anemia, osteoporosis, heart disease and several types of cancer.

Besides filling in these nutrients gaps, "snacks can also sustain your energy levels by stabilizing your blood sugar, the fuel required by your body's cells," says Christina Stark, R.D., a nutrition specialist at Cornell University in Ithaca, New York. When blood sugar dips, which can happen if you don't eat about every four hours, you may feel tired. Snacks can also save you from getting too hungry and then overeating at the next meal, thereby helping you keep your weight in check.

For more information, please contact Bob Bovee at **(585) 330-0614**.

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<sup>i</sup> "Diet Smart"..