

ask karen

USING SUPPLEMENTS WITH WORKOUTS

QUESTION: I have seen a lot of ads for supplements that can help me achieve faster results with my workouts. It is hard to tell what works and what doesn't.

Are there any products out there that are safe and effective?

ANSWER: From what I have found it depends on what you consider a supplement, and keep in mind they are not regulated by the Food and Drug Administration.

Assistant professor of

health and exercise science at Jefferson College of Health Sciences.

Ally Bowersock says, "It really depends on the person and his/her body as to whether or not certain supplements like soy or whey protein will be beneficial, but for some people it is helpful to maintain or increase muscle mass if they are doing high-volume and intensity training."



Additional tips from Bowersock include:

▶ You don't know exactly what is in those products that aren't regulated so you may be taking a risk using it

▶ Be wary of products that push fat burning and a metabolism boost

▶ Better to eat whole foods and, if needed, drink some coffee or tea that will naturally boost your energy levels.

▶ Karen McNew is a WSLs news anchor. Find more 10 On Your Side Health information, go to www.wsls.com; click Lifestyles and then Health.

