

KEEP YOUR HEALTH IN CHECK TODAY!

GETTING TO THE GYM IS EASY. But how often do you find yourself at the doctor's? Keep your healthy, active lifestyle on track with regular check-ups. Make sure to talk to your doc about these health issues that can affect fit women:

1. **Are you low on energy?** Have your doctor run a blood test to check your iron and thyroid hormone levels.
2. **Have you stopped getting your period?** Discuss amenorrhea and fess up if you're training too hard.
3. **Started a new diet or exercise program?** Keep your doc in the loop to make sure the changes are safe.

WHEN IT COMES TO YOUR HEALTH, KEEP YOUR DOCTOR IN THE LOOP!

Get More Sleep Today

If shift work is hurting your sleep and making it more difficult to fit in exercise and clean eating, you're not alone. According to the New England Journal of Medicine, as many as 20 percent of workers in industrialized nations don't work the regular nine-to-five schedule. Working nights, rotating shifts or long hours? Here's how to take back your sleep: ↴

- Try not to work a number of night shifts in a row. Over time, you'll become increasingly more sleep-deprived.
- Avoid long commutes that take time away from sleep.
- Keep your workplace brightly lit, which will help your body's internal clock adjust. Avoid bright lights on your way home to make falling asleep easier. Sleep at the same time each day to get used to your routine.



TIP: Have an alert body and mind all day by jump-starting your morning with a hearty breakfast of protein, complex carbs and healthy fats. Try an egg wrap with veggies, smoked salmon and some avocado.

Q WINTER POUNDS

DEAR BERNADETTE: I tend to be in a bad mood during winter months and usually end up gaining several pounds. How can I prevent that this year?

—Anita, via email

DEAR ANITA: I have two recommendations; exercise and become more active and secondly, find a support system. Here's why...

There is a chemical link between exercise and mood. In periods of stress, including mental or emotional stress, the body releases a hormone called cortisol to self-preserve the body by breaking down tissue for energy and survival. Stress in itself can be self-perpetuating and lead to a downward spiral of more stress and depression. Luckily, exercise causes the body to release feel-good chemicals called

endorphins that lower the amount of cortisol in the blood stream. Even more relevant is the increased production of serotonin, which is a neurotransmitter in the brain that affects mood, appetite, desire, and movement. Exercise naturally increases these mood-enhancing chemicals and can help you lose weight.

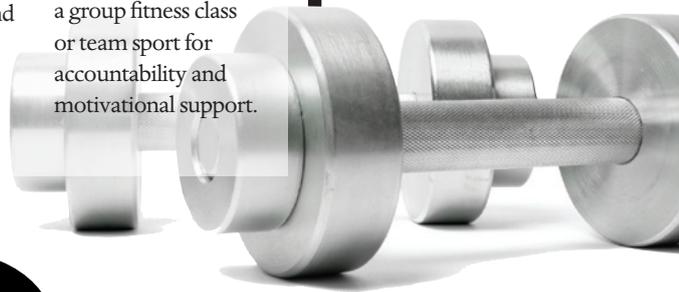
Find an activity that you enjoy and ask friends or family members to join you. Alternatively, join a group fitness class or team sport for accountability and motivational support.



ASK: BERNADETTE ABRAHAM

Personal Trainer
www.BernaciseMe.com

HAVE A QUESTION FOR OUR EXPERTS?
SEND YOURS TO
info@masterminddubai.com



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Number of minutes of weekly exercise that have been shown to reduce the risk of coronary heart disease by 20 percent. Spend one hour moving, five times per week.

GEAR OF THE MONTH A BRIGHT IDEA FOR YOUR TUNES

No matter how hard you work

out or sweat, these nifty Sennheiser/Adidas CX 680 Sports ear canal phones will never slow you down. With a shorter cable that allows you to move fast without them falling out, a moisture-protection system that keeps them dry, and a cool, bright yellow design, they're a fit and fun addition to

your training. See sennheiser.com for more details.

