

Physical health takes time, trainer says

Continued From 10A

adjustments and began to learn how to store fat even after you have developed a workout routine."

Exercising at home can also be effective, but beware of some exercise equipment.

"At home people can partake in cardio exercising," Jant says "Be aware of the get fixed quick infomercials like the Ab-Flex and others. You can't just

use these products for eight minutes a day and obtain great abdominals without constant work and proper nutrition," Jant says.

Jant cautions people to work on strengthening the lower back muscles as they work on their abdominals. "Half sit-ups called crunches and the old Army physical training exercises are accepted forms of basic exercise," Jant said. "Before

exercising it is important to stretch in order to warm up the muscles."

"Water, vegetables, and fruits play a vital part in terms of proper nutrition," Jant said.

He says the three things to be aware of are carbohydrate, protein, and fat intake. "It is not healthy to completely cut fat out of your diet," Jant said. "Unsaturated fat is the type of fat your body needs."

Jant instructs his clients to eat five small meals a day and to eat their last meal two hours prior to working out. "People should drink six to eight, eight-ounce glasses or 64 ounces of water a day," Jant said. He says that spring water is the best but sports drinks can be used as substitutes. "I advise people to stay away from alcohol and caffeine," Jant said.

HUNK OF THE MONTH

Franklin Littlejohn

The one thing that he wants people to know about him is... "I am a very respectable person and I treat people with respect in regards to how I want to be treated."

He is...
22 years old

He is a...
Business incentive advisor for Chrysler-Plymouth Corp.

He attended...
North Greenville Junior College, in South Carolina and Winston-Salem State University.

Some of his hobbies are...
Traveling and weightlifting.

He is professionally affiliated with...
The Charlotte Blast football team.

His community activities include...
Volunteer work for the YMCA and the Salvation Army.

His future goals are...
To give 100 percent in everything that he works for and to keep his Lord and Savior Jesus Christ first in all that he does. Littlejohn believes that the sky is the limit.



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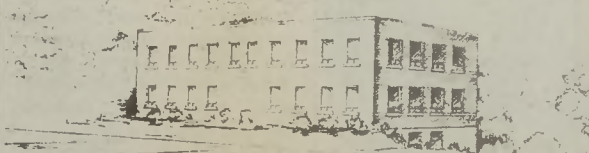
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