



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

8/16/2021: Antioxidants

In the exercise industry there is always a magic exercise touted to transform your body. In the nutrition industry there is always a magic food or diet. Antioxidants are pushed as the holy grail of health by those who want to make money off it. Of course, there is no such thing; yet antioxidants are extremely important.

### Free Radical Damage

The role of antioxidants is to neutralize free radicals. This is what makes them so valuable.

Free radicals are compounds that occur in small amounts resulting from the body's normal physiological functions like metabolism and digestion. These small amounts are not significant. However, larger amounts of free radicals accumulate from mental, physical, and emotional stress, poor sleep and inhaling various chemicals.

Free radicals are missing an electron, which makes them unstable. They go around the body scavenging electrons off normal cells to make themselves stable. Think of them like a lunchroom bully who goes around grabbing someone else's sandwich.

When the free radical steals an electron, it leaves the original cell weakened and damaged. These damage cells can then mutate, leading to disease - particularly cardiovascular disease and cancers



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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# Antioxidant Help

Antioxidants pair or bind with free radicals to neutralize them, thus protecting cells from damage and the diseases that may result from mutation.



## MAJOR RESEARCH

A study which followed 700,000 participants divided into groups that had high and low antioxidant diets found out that **those with a high antioxidant diets lived 13 years longer** than those who did not, they were found to have lower incident of cardiovascular disease and cancer as well as other diseases!

## WHAT TO EAT

The following are high in antioxidants and will promote improved health:

- Multivitamin and mineral supplement
- Dark chocolate
- Fruit - particularly berries
- Fresh Vegetables
- Sweet potatoes
- Nuts
- Tea
- Lean meats
- Seafood
- Whole-grain bread