

# KANSAS CITY SPORTS & FITNESS

Let's hope for something better in



presents the

## HEALTH, FITNESS & EXERCISE GUIDE



ARMY STRONG.

HIGH SCHOOL  
REPORT +  
SPORTS EXTRA

Harrah's  
NORTH  
KANSAS CITY

SPORTS  
ENTERTAINMENT  
REPORT



LISTEN TO OUR THREE RADIO SHOWS!

**SPORTS & FITNESS RADIO SHOWS**

Tuesdays 6-7 pm  
1140/1160 AM



Thursdays 2-3 pm  
SportsRadioKC.com

SATURDAYS  
at 8 AM on



## Supplement line helps with workouts, energy and recovery

Since beginning my professional boxing career in 1996, I won 4 world championships in three weight classes. (135, 140, 147) I beat Christy Martin, the only female boxer who had won over a \$1 Million dollars in the sport and who appeared on the cover of Sports Illustrated in 1996. She never would rematch me. I earned the "Most Avoided Female Fighter in the world" title twice, in 2004 and 2005.

What allowed me to be so successful in the boxing ring? Most importantly, I had the best boxing trainer in the world, Barry Becker. But I have to tell you another little "secret" for my athletic success. I used Advocare nutritional products.

Early in my boxing career, you could find me browsing the supplement aisles in health food stores, looking for something to give me energy and help me recover from my training regime. I can't even count how many products I tried. I asked sales associates their opinions on what would help me and here is the most common response I would get. "Everybody says this works." Well, that response should have been a clue. If they haven't tried the product themselves, how can they endorse the product?

Athletes are more in touch with how their bodies respond to all aspects of athletic preparation; supplements, sleep, different training methods, active rest, proper nutrition. Between weight training, hitting the heavy bags, sparring, shadowboxing, running, yoga and swimming, my workouts would average anywhere from 4-6 hours a day. I would often be dragging myself to the next workout.

My body is my science experiment and I could tell the products weren't working.

My boxing trainer, who also has a carpet business, did some work for an Advocare distributor.

Barry insisted I call. By this time, I was convinced nothing would work. I wasted enough money looking for the miracle supplement. I said no way. I can be hard headed, which is a good trait for a fighter to have. (no pun intended) About a year later, I reluctantly called.

Judy, my Advocare representative, shared her inspiring personal success story. She lost 45 pounds and 6 dress sizes in 9 months and has kept it off for the last 12 years. I learned that Advocare not only has weight loss products, but more importantly for me, Advocare has a whole line of products for high performance athletes. Judy connected me with people who shared personal stories about the Performance Elite line for athletes.

After several months of trying a few products she suggested, I discovered the immediate effects in my energy, recovery and strength. I wanted to be absolutely sure that it was the products so I did an experiment. I stopped taking them.

I hit a wall. I was again struggling to find energy and the soreness from my workouts returned. That's when I researched Advocare's Scientific and Medical Advisory Board. I discovered the products offered the highest quality ingredients for well balanced nutrition.

Advocare and Informed Choice team together to perform rigorous testing to be "banned substance free." This impressed me, considering how many athletes get caught doping to improve their per-

formance. I didn't want to take any chance putting something in my mouth that would affect my health in an adverse way. Advocare is tested for minute traces of anything that might be banned. This affects not only the Olympic community but sports at every level. It proved that world class performance can be achieved through hard work and proper nutrition.

For several years, they endorsed me as an athlete, along with other professional athletes like New Orleans quarterback Drew Brees. Here are a few of the staples that helped me in my athletic preparation and continue to help me look and feel great.

**Spark:** This is a vitamin and amino acid supplement that gives long lasting energy and sharper mental focus, a must in a dangerous sport like boxing. It packs a punch, with more than 100% of the RDA of Vitamin C, E, B-6, B-12, thiamine, riboflavin, niacin and pantothenic acid. And guess what? It's sugar free. No more sudden bursts of energy, followed by the blood sugar crashes that result from high sugar energy drinks. Stop burning out your adrenal glands just to have energy to make it through your workouts.

**Muscle Gain:** This is the best quality protein supplement I've ever tried. It's predigested protein, so every gram of protein gets absorbed into the muscle. This makes a great breakfast because your body has been without protein for about 12 hours.



Ad testimonial by Sumya Anani



**Do Not trust ads promising miracle or immediate overnight results..** What seems to be too good to be true, they are.

I have ingested pills, bought belly busters to exercise your abs for you, and have a closet full of insane diet ideas. Hopefully my diary of DOs and Do Nots will help you find your sanity.

For additional information you can find contact me at [www.cksfitness.com](http://www.cksfitness.com) or ask health and wellness questions on my health and fitness forum found on [www.findagreeek.com/ckforum](http://www.findagreeek.com/ckforum).

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**Do Not take a sublingual, thick, bitter-orange flavored metabolism liquid boost.** All you will get is a burned under-side of your tongue and a stomach-ache.

**Do Not starve yourself for days on end,** you may feel good for a moment, but that feeling goes away when you finally break down and eat an entire half gallon of ice-cream.

**Do Not eat an all protein diet** and think when you come off you won't blow up like a balloon, you will.

### Look who's talking on the KC Sports & Fitness Radio Show



David Freeland  
Woodside Health & Tennis Club



Dr. Lynn McIntosh  
Kansas City Chiropractic



Jarrett Leiker  
Americkick Martial Arts



Kim Peterson & Stacy Plumondon  
Anytime Fitness, OP



McCall Christopher  
Lee's Summit North  
Golf Team



Tim Gramling  
Colorado Technical  
University



Troy Fitzgerald  
KC Running  
Company

The KC Sports & Fitness radio show has been on the air for over 3 years. It can be heard Saturdays at 8 am on 1510 AM, Tuesdays at 6 pm on 1140 & 1160 AM and Thursdays at 2 pm on SportsRadioKC.com. You can also listen to podcasts of recent shows by visiting our website, [www.kcsportspaper.com](http://www.kcsportspaper.com).

**WIN** A one night stay at **Chateau Avalon** \$75 in Gift Certificates to **HEREFORD HOUSE**

To ENTER: **in the Phrase that Pays Contest**

Listen to "Between The Stats" weekdays, 10 AM-Noon and 6-8 PM or the "Happy Hour" weekdays from 3-5 PM or 11 PM-1AM on SportsRadioKC.com. You'll hear that weeks Phrase that Pays. Write each week's Phrase down on this entry form and mail it in to the address below so it's received by February 5th. Winner will be randomly selected from all entries with the correct Phrases and announced on Between the Stats on February 10th.



**PHRASE ENTRY FORM** complete rules available at [kcsportspaper.com](http://kcsportspaper.com)

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Sports Phrase That Pays (week of) Jan. 4 \_\_\_\_\_

Jan. 11 \_\_\_\_\_

Jan. 18 \_\_\_\_\_

Jan. 25 \_\_\_\_\_

Send entry to: **Kansas City Sports & Fitness, 11730 West 135th Street, Suite 18, Overland Park, KS 66221**  
Enter online at: [www.kcsportspaper.com](http://www.kcsportspaper.com) You must be 18 or older to win.