



#### THE SUPPLEMENT QUEEN:

Ana Goldseker, spinning instructor at Meadow Mill Athletic Club, pursuing nutrition counselor certification through Trinity School.

Fitness/Nutrition Bible: "You Can Heal Your Life" by Louise Hay

#### WORDS OF WISDOM:

Don't wait until you're hungry to prepare your food. Plan ahead.

I take up to 50 supplements a day- vitamin C, amino acids, Omega 3 and 6, flaxseed. Our food supply is just not as nutritious anymore. There's soil leaching and erosion, polluted water and oceans, and it's compromising what we eat. We know we should be getting Omega 3 fatty acids, for example, and the best place to get them is from fish, yet now we are questioning the health of our fish.

But you can't get or keep healthy on supplements alone. I'm all about the food, too. I eat foods rich in lean proteins, lean fats and good carbohydrates- the complex carbohydrates found in fruits and vegetables. We eat a lot of chicken, turkey and roasted vegetables.

But once I'm hungry, it's too late- I'll eat anything. I'm a busy single mother and I've learned the key is to chop ahead. I spend time on one day chopping peppers, celery, cauliflower, broccoli, onions- anything that is organic and beautifully colored and then store it in Tupperware in the fridge. I also buy bagged lettuce already washed and torn. I add my chopped veggies along with a drizzle of olive oil, vinegar and lemon and I'm set. This way I don't have to prepare all my food on the spot; it's cut and ready to go. At the same time I chop, I roast chicken and veggies in the oven. It's what we eat all week.

I teach spinning classes (an indoor cycling program) at Meadow Mill Athletic Club each week. The bike can be a mindful thing. Since there are no complicated moves on the bike, we just start spinning and we get lost in our thoughts or meditations. I lead my class through visualization and guided imagery. We can gain strength from this- both physical and mental. I also run and lift weights at Meadow Mill several times a week. I'm not a fanatic about my exercise, but I'm regular.

I'm proud to be 41. I'm consistent with my diet, exercise and mindfulness. This helps me look and feel good.

