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# Healthy Habituator

All the Fit News to Email

## Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

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## The Scoop on Supplements

As fitness trainers, we are often asked about dietary supplements. As the owner of a training business, I am given the "opportunity" to sell supplements on a weekly basis. As a matter of policy, we do not sell or recommend any supplements.

Why?

Several reasons:

We are exercise professionals. Exercise, not nutrition. Although we are fairly knowledgeable about nutrition, we don't know all the technical or chemical consequences of ingesting nutrients, medicines, or supplements, either alone or in combinations. *Professional* means having a long period of specialized training, a code of ethics, responsibility for actions, and an emphasis on service, not economic gain. We have those characteristics for exercise, but not for nutrition. Just as doctors may not be paid for their prescriptions or referrals, neither should fitness professionals gain from selling supplements.

Some facts about supplements:

The Food & Drug Administration (FDA) requires that manufacturers evaluate the identity, purity, strength, quality and composition of supplements, but it does not test them for safety or effectiveness, nor does it regularly regulate or enforce any claims made by manufacturers.

Sellers of supplements are not required by law to undergo any training or to have a license to sell them. Labels are required but are not subject to the same rules as food labels. Finally, supplements can have interactions with foods or drugs or other supplements or with all three, making them potentially dangerous.