



What Men Want!

With Dr. Christopher Mohr

We asked fitness and nutrition expert, Dr. Chris Mohr, what men are most concerned about and want most in life when it comes to wellness issues. This is what we got!

Energy: Are you still living the “glory” days when you were the high school jock and captain of the football team? Or are you meeting the daily exercise guidelines and keeping yourself in “playing” shape? Hopefully the latter, but all too often, that’s not the case. Burning the candle at both ends, putting in too many hours at the office, and also trying to maintain a healthy family life can wreak havoc on anyone. Boost your energy levels now by getting at least 8 hours of sleep and eating a diet loaded with healthy foods and nutrients such as colorful fruits and vegetables, whole grains, lean proteins, and healthy fats. And, of course, exercise regularly.

While **strength and fitness** can decrease as we age, there is a lot we can do to prevent those losses. When you balance strength training with other forms of exercise, and of course a sound nutrition protocol (ya’ know the routine—healthy fats, loads of fiber, fruits, veggies, and lean proteins), you’ve got a win-win situation—you can boost fat loss and improve fitness and strength levels. But don’t just take my word for it, a recent study published in the *Asia Pacific Journal of Clinical Nutrition* showed that omega-3 fat intake, combined with exercise, enhanced fat loss above and beyond exercise alone! And there is plenty of data, from Penn State University and others, showing higher fruit and vegetable intake is related to lower body weights too.

“Is your body a Lamborghini or a used Geo Metro? You better treat it like the first; it’s the only one you have and just like you wouldn’t use anything but the best fuel possible for your Lamborghini, you shouldn’t fuel your body with anything but the best foods and supplements available.”

Dr. Chris Mohr

Christopher Mohr, PhD, RD, CSSD

Dr. Mohr is a fitness expert, registered dietitian, and board certified specialist in sports dietetics offering an innovative and integrated approach to wellness, weight loss, nutrition, and exercise supported by years of experience in academic research and fieldwork. He is a consultant to a number of media outlets including the Discovery Health Channel. Dr. Mohr appears regularly as a “nutrition” guest on radio and TV and has written over 500 articles for consumer publications, newspapers, and websites. He received his PhD in exercise physiology, with a focus on the treatment and prevention of overweight and obesity, from the University of Pittsburgh.



Sex is on everyone’s mind, and maintaining a healthy sex life is important for quality of life. In fact, there’s evidence that increased fats in the diet can positively affect testosterone levels in the body. Harvard researchers also found that eating fish more than three times a week was linked to a reduced risk of prostate cancer. And the apparent benefit was greatest for widespread, aggressive prostate cancer, which occurred 44% less often in the men who ate large amounts of fish than in those who rarely did.

Men never want to stop for directions. But to maintain that same stubborn attitude, you need to keep that mental acuity in check so you can figure out directions yourself. And of course, **mental acuity** will improve productivity at work and at home too. In fact, a study published by Kalmijn, *et al* in 2004 showed that fatty fish and omega-3 fish oil consumption was inversely related to the risk of declining cognitive function.

Finally, men want **healthy relationships**—with their spouse, their kids, and the rest of their social network. Each of the other four “desires” can help with this; when you have more energy, you’ll have more quality time to spend with your family. Maintaining strength levels will help simple quality of life issues; it can be difficult to run around on the playground with your children if you don’t have the strength to do so. And of course, sexual health plays a role in a healthy relationship, as does mental acuity. There are many commonalities among each of these; maintaining a healthy diet and regular exercise regimen can surely help maintain physical and mental health. ■

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Men Take Heart!

According to the Center for Disease Control and Prevention, one in four men has some form of heart disease. This is of particular concern if males also have some of the other risk factors such as being overweight, physical inactivity, hypertension, smoking, high cholesterol, age and family history. The American Heart Association recommends 2 to 4 grams of EPA and DHA daily for people with elevated triglycerides, one factor associated with heart disease.¹ ■

1 www.americanheart.org/presenter.jhtml?identifier=4632

Fish Oil – The Good Mood Food

It may sound fishy, but researchers say taking a daily fish oil supplement may boost the effectiveness of—or even replace—antidepressants for treating low mood. In a study from 2002, people who added a daily dose of omega-3 fats to their regular antidepressant treatment had significant improvement in symptoms, including anxiety, sleeping problems, sadness, decreased sexual desire, and suicidal tendencies. ■

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Questions & Answers

With Dr. Christopher Mohr

Q: Is there one of these issues that stands out as most important?

A: I believe that out of all of these, energy is likely the #1 desire among men. Sure, that idea can be argued, but having more energy can improve all of the other desires. The way to improve each of these aspects of life isn't really any different; it all starts from the inside out, with the fuel we provide our bodies.

Q: What are the top three supplements that men 20 to 50 years of age should be taking?

A: A multivitamin, a high quality fish oil product that provides at least 1 gram combined of EPA+DHA and Vitamin E, and 200 to 400 IU of natural mixed tocopherols and tocotrienols.

Q: Why do you feel that omega-3 fats are so important for men's health, regardless of age?

A: Research continues to mound in support of omega-3 fats. First, they can help protect against disease. Inflammation is the underlying issue for many disease states, and it can result from a poor diet. For example, there is a correlation between inflammation and heart disease. With heart disease being the #1 killer of men, "taming the flame" of inflammation is important.

Omega-3 fats also can help manage lipid levels, namely triglycerides, which play a role in the progression of heart disease. I see too many inflammatory omega-6 fats (for example, corn oil), trans fats, saturated fats, and refined carbohydrates and not nearly enough omega-3 fats being consumed. To help reduce inflammation, omega-3 fats are very important. And they're simply important for overall health management and quality of life; they can help with joint fluidity, which can help during that pick up game of hoops, and they are support for dementia and depression.

Q: We know that omega-3 fats are good for the hair and skin. Are men interested in learning about omega-3s for "beauty" reasons?

A: Absolutely! Men are concerned about these aesthetic issues, and that's apparent with more and more "men spas" popping up around the country. It's particularly important for men as we put our faces through an external "beating"—we may shave on a daily basis or not wear sun screen to protect our skin from the harmful UVA and UVB rays. Both of these can be damaging to our skin and, in the case of sun damage, can age us quickly. Interestingly, the dietary factors that lead to inflammation listed above can also affect our skin; here too, reducing chronic inflammation is important. Have you ever looked at your face after a long night out with just 1 or 2 hours of sleep, inflammatory foods (wings, too much alcohol, chips, pizza, etc)? Enough said. ■