Crossword

To place a classified ad, please go to www.gatewaysclassifieds.ca

EMPLOYMENT - PART-TIME
Work in EAST PONY (Couch) No experience needed 9am-2pm or 2pm-7pm Thurs thru Sat 1pm-5pm Mon thru Wed. Hours & money shifts when hockey starts Jan 19. Shifts a 6hr shift from 1:30-7:30pm better to 12/after games. 65/hr. $15/hr. Down payment No exp needed 10:30am-4pm Tues and/or Thurs 10:30-4pm. Apply c/o maureen.jensensu.ualberta.ca

VOLUNTEERS WANTED Volunteer 9am/h to teach adult newcomers ESL Teaching materials provided. Gain teaching experience and meet people from around the world. More info and application form on www.cci-lex.ca.

Dr. Donna

A long time ago in a galaxy far, far away, Dr. Donna had a physically demanding summer job where folks talked about pythons and guns while entertaining discussions of six packs and jocks. I got burned, cut, ripped and lost so much weight I wore size two clothing by the end of the summer. Was I taking weighty Americans on exotic backcountry hunting adventures? Nope, I worked in a gym. My son is skeptical that his size 16W mother has ever even stepped into a gym, as the only reps he has known me to associate with are drug salesmen, and the only sets and cures he has seen me perform involved his sisters’ hair, but he is willing to suspend his disbelief and has asked me to write about dietary supplements for muscle building. Given that one survey of a recreational gym revealed that 44 per cent of men were taking nutritional supplements for this purpose, it’s apparent that it’s not just my son and Joe Weider who are interested in this conversation.

There are a bazillion costly products on the market making some pretty wild claims, and most lack definitive proof of effectiveness and safety — but there are a few that do appear to be worth the money. It should be noted that you can’t just take the supplements, sit in front of the TV and expect to look like a Bulgarian Olympian. Weight lifting is required. Hands down, the most effective dietary supplement appears to be creatine, which increases both high intensity exercise capacity and muscle mass during training, likely as a reflection of the improved ability to train harder. Weight gains have been reported but the supplement appears to be safe and side-effect free in healthy individuals. There is evidence it may actually lessen the chance of injury during training. Creatine monohydrate is the most extensively studied form, and the recommended amount is 0.5 g/kg/day for at least three weeks, followed by three to five mg/kg/day thereafter.

Weight gain powders and protein supplements are also popular and do have evidence of effect. Consuming extra calories through diet or weight gain powders can compensate for the increased energy requirements of weightlifting, but only 40 to 50 per cent of the weight gain achieved is muscle while the remainder is fat. A better plan is to increase protein, as these needs are also elevated in folks engaging in intense training and supplements can help reach the recommended 1.4 to 2 g/kg/day. The best dietary sources of high-quality protein are chicken, fish, eggs and milk. The best nutritional supplements are whey, colostrum, casein, milk and egg proteins. Fears that this level of protein consumption is unusual are unfounded in healthy, exercising individuals. Timing is important, as protein should be consumed in the time period encompassing the exercise session to be most effective.

So, son, it appears that if you’re going to put your money into nutritional supplements, creatine and protein appear to be your best bet. I will look forward to improved performance in lifting the garage, shoveling the snow and pushing the vacuum, as I have a vested interest in the effectiveness of your gym sessions. Maybe your mom will just show you how it’s done.

E-mail us at askdrdonna@gateway.alberta.ca or click the link to Ask Dr. Donna at thegatewayonline.ca