



Dive into a new workout

Gold-medal swimmer
shares secret to **trim physique**

BY ADRIENNE SAMUELS GIBBS

Cullen Jones is one of the world's fastest men—in the pool, that is. At the 2008 Olympics in Beijing, the 25-year-old swimmer helped set the world record in the 400-meter relay. He also won gold and silver medals at the 2007 World Championships. Sliding through the water at these speeds is not an easy thing, he says, but working out six days a week helps keep him in top shape.

Olympic workout. Jones trains between four and six hours a day, except on Sunday, his day of rest. His typical workout includes freestyle swimming at both a fast and a slow pace, pull-ups, weight lifting, ab work, endurance training, crunches and using exercise equipment akin to the Bender Ball.

Stop the boredom. Like anyone, Jones can get bored during his workouts. You, too, can fight back by switching up the exercises every five minutes or so, he says. Do five minutes on the elliptical, followed by five minutes of leg presses, then five more minutes on the elliptical, followed by five minutes of push-ups. “Just switching things up will make things so much easier, I promise,” says Jones. “We do that in swimming all the time.”

Take a break. You've got to rest in order to let your body recover from the trauma of an intense workout. But there's a right way and a wrong way to “rest.” “You can sit back and not be doing anything, but that doesn't mean you're resting properly,” says Jones. “You need to continue to stretch—this is more on the elite level. Coach really tells us make sure you stretch and make sure you're eating properly—that's a part of rest also.”

Eat when hungry. The nutritionists are right, says Jones. “Before the Olympics, I would eat every two hours. I'd be hungry every two hours because I'm working out and, for me, I'll eat, but I can't overeat. I can't do it because my stomach muscles are too tight to allow me to overeat. So I'll just have to eat again in two more hours when I get hungry. It's better to eat in small portions than it is to eat a big meal three times a day.”



Swimming, the right way

Jones says he meets lots of Black folks who swear they can swim, when really, they're just wading in the water or walking across the pool. But, he says, if you can really swim, then the sport is a great way to quickly shed pounds. Swimming engages the entire body at once, including those ever-elusive abdominal muscles. "I've been in the water for three weeks and I've dropped seven to 10 pounds," explains Jones, who is training for this summer's World Championships in Rome.

Cullen Jones competes in the 50-meter freestyle during the U.S. Swimming Trials at the Qwest Center in Omaha. He won a gold medal as a member of the U.S.Olympic swim team in Beijing.

Staying Well

4 sickness-prevention techniques

■ **If you don't snooze, you lose.** People who get less than seven or eight hours of continuous shut-eye a night are 2.94 times more likely to catch a cold, according to a study published in the *Archives of Internal Medicine*. If you can't sleep through the entire night, your chances of catching a cold are higher. Your immune system works best when you're not tired, so catch those zzzs.

■ **Catch cramps before they hurt.** Women with menstrual cramps often wait for the first twinge of achy pain before they pop an ibuprofen or aspirin tablet. But the key to managing the pain is starting early. A week to a few days before your withdrawal bleeding starts is the best time to begin pain management medications or natural herbal supplements. By the time the blood flows, the pain will be much easier to deal with.

■ **More sex equals less stress.** Researchers say that sex may be the best

remedy for your stress. The University of Paisley last year found that a good round of lovemaking enables workers to better deal with stressful situations.

■ **Study how you sleep.** Sleep apnea could be deadly if you are prone to having strokes. The breathing disorder causes a person to stop breathing while they're asleep, and many who suffer from it stop breathing hundreds of times a night, sometimes for as long as a minute. The American Physiological Society recently found that certain kinds of sleep apnea decrease your brain's blood flow, eventually harming your body's ability to protect itself. The scientists say this could explain why people with sleep apnea are more likely to have strokes before dying in their sleep. Ask your doctor—or your sleepmate—if you snore or if you occasionally stop breathing while sleeping. If so, you may need to get tested for a sleep disorder.

Kids' Care

Home remedy: Kids need a present parent

A University of Georgia study has found that rural, African-American pre-teens are more likely to stay away from alcohol if their caregivers focus on: **management of discrimination, ethnic pride, consistent discipline and building positive relationships with their children.** The program, called Strong African-American Families, tested hands-on parenting on 667 11-year-olds. Two years after the program ended, the kids—especially those deemed at-risk—who received the hands-on help were less likely to "have behavior problems." The control group of 298 kids who only received pamphlets and leaflets in the mail were more likely to have behavior problems.

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