



## HEALTH TIP OF THE WEEK

### 2/7: Testosterone

Testosterone is a hormone that plays many important roles in the body. Testosterone helps regulate bone mass, fat distribution, muscle mass and strength, red blood cell and sperm production as well as libido [sex drive] and sexual function.

Usually by the age of 30, testosterone levels start falling approximately one percent per year. This decrease is correlated to increased body fat, low libido, depressed mood, low energy and reduced concentration and memory. Ugh!

How much testosterone should a man have? Recommended ranges for total testosterone are 600 - 900 ng/dl (nanograms per deciliter). A blood test can determine where you fall. Lower than optimal? There are several restorative strategies to raise your testosterone levels.

#### How to Naturally Increase Testosterone Levels



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Exercise

1. Exercise mildly improves testosterone levels and increased testosterone facilitates exercise by raising energy levels and contributing to muscle building. The relationship is definitely a two-way street.
2. High-intensity interval training and aerobic training improve testosterone levels more than weightlifting.
3. This doesn't mean that you should stop resistive training. The benefits of resistive training are enormous.
4. For men with lower testosterone levels, exercise alone is unlikely to raise testosterone levels to a healthy range.

## Diet

1. What you eat significantly affects testosterone levels.
2. Getting the right amount of protein is important to boost your levels.
3. Diets low in good fats will decrease testosterone levels. Therefore, bolster your diet by eating healthy unsaturated fats.

## Keep your cholesterol in check

1. Good news: eating healthy fats helps maintain healthy cholesterol, which, it turns out, also benefits testosterone.
2. High cholesterol levels are associated with low testosterone
3. Lowering cholesterol helps raise testosterone.

## Don't skimp on vitamin D

1. Vitamin D isn't a "magic bullet" for low testosterone, but it can help improve low levels.

## Limit alcohol intake

1. Heavy alcohol consumption negatively affects testosterone production.

## Get enough sleep

1. Sleep is when our bodies replenish hormones. In fact, research shows that most of the daily testosterone release in men occurs during sleep.

## Maintain a healthy weight

1. Being overweight is associated with decreased testosterone levels.
2. Research shows that weight loss with successful weight maintenance results in a sustained increase in testosterone levels.

## Natural compounds

1. Recent research shows that pomegranate and cacao extracts can raise testosterone levels on average by as much as 24 percent.