

Omega-3s a powerhouse for hard core fitness training

SEAFOOD.COM NEWS [Muscle & Fitness] July 2, 2010

© 2010 Muscle & Fitness. Provided by ProQuest Information and Learning. All Rights Reserved.

If you thought fish oil was good for only your heart, mind, health, waistline and biceps measurement, well, think again

Some supplements are multitasking powerhouses. The more research that's done on them, the more benefits that are found. The current teacher's pet of the supplement world? That would be omega-3 fatty acids.

You may already take omega-3s since many of their benefits are old news by now, such as how they reduce harmful inflammation and help muscles recover after workouts. Or perhaps you take them because they lower blood pressure, and lessen the risk of heart attack by decreasing levels of triglycerides (harmful fats) in the blood and reducing the appearance of arterial plaques. Or maybe because they've been shown to boost mood, improve memory and aid concentration. Of course, they're also potential cancer-fighters.

But wait, that's not all. Omega-3s have major physique benefits, too, from helping muscles grow by storing more glycogen in muscle tissue to increasing strength. And they can actually change your genetics to boost fat-burning - permanently.

A slew of new research only adds to their draw. A study conducted at a university in Iran examined the effects of supplementing with omega-3 fatty acids on 40 male wrestlers. For 12 weeks subjects underwent hardcore training and took either the supplement or a placebo. The omega-3 group experienced a significant improvement in lung function and capacity. The better the lungs work, the more oxygen they can consume, and more oxygen getting to muscles during exercise can improve muscle endurance, and hasten recovery between sets and postworkout.

In another study, conducted in England and published in the journal *Clinical Nutrition*, subjects were given either a meal rich in omega-3s or one devoid of them. Those who took the supplement exhibited much less stiffness in their arteries afterward than those who didn't take omega-3s. Researchers believe this is because omega-3s appear to increase the production of nitric oxide, which causes blood vessels to dilate, meaning more nutrients can be transported to muscle tissue. In addition, extra fluid is directed to muscle cells, which exerts pressure that can cause swelling and leads to larger

To reap all these benefits, consider ing oily fish (mackerel, salmon, and certain types of tuna] three times week and supplement with 1-2 grams fish oil 2-3 times a day.
