Train in the morning or at night?  

Dear Alice,

I've been working out at night for a while now simply because it is the only time I have. Is it bad to lift and do my training at night? Also I've been feeling tired in the middle of the day, does that come from going to the gym late?

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I need an effective, short-term weight loss and toning plan

Dear Alice,

I am 18-years-old and I am determined to lose a few pounds and tone my body by the end of May. I just began running and I'm starting off by running a mile and hope to work up to a 4-mile run 4 or 5 days a week. My diet is generally a bowl of cereal in the morning, and a turkey or ham sandwich with some type of fruit and a bottle of water. Dinner is something different every day, but usually healthy. I also have been doing an ab workout for about 7 minutes after I run. Is what I'm doing effective? What are your suggestions?

Thanks!
*Annie*

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No time for working out

Dear Alice,

Thanks very much for providing answers to a lot of fitness and nutrition questions. I'm a 28-year-old male, about 5'6", and weighing about 140-something pounds. My body shape is far from ideal, which makes me kinda lose my self-confidence. I know workouts and good diets are the only answer to this problem. I used to be a constant jogger and do a lot of different
sports when I was in high school (too long ago). But unfortunately, I just don't have the time for workouts anymore. I'm a journalist now, with very little free time. If I do have free time (which most likely is to be very short), I usually spend it for a good, decent rest. I definitely need to get the look back, and to feel healthy. Can you help me with this please? Thanks a bunch.

Regards,
Aziz

Exercise for people with physical disabilities

Dear Alice,

I am disabled and in a wheelchair, and need to lose a lot of weight. I know I have to watch what I eat, but what kind of exercise can I do also?

Gymtimidation? intimidated by working out at health clubs

Hi Alice,

Do you have any suggestions for me on losing weight? I feel so intimidated going to a fitness center because of the looks I get. I really do. It seems like an individual has to be thin to go into fitness centers now-a-days. I should say some of them are that way.

Thanks

Losing fat and building muscle mass: Can this be done simultaneously?

Dear Alice,

A friend of mine and I were disagreeing about this point and I thought maybe you could help. I have heard that it is not possible to both lose fat and build muscle mass simultaneously: ideally, a person should do cardiovascular exercise with dieting to lose extra body fat, and then start to focus on building up muscle mass. He says it's possible to both burn fat and build up muscle over the same period of time. Which is the case?
done-simultaneously