Fitness Pays!

I have been an avid participant in some type of exercise for more than 25 years, and believe me, the benefits have been phenomenal! See the attached articles published in my local newspaper.

Pat Akins, Tax Auditor
Department of Licensing & Regulatory Affairs

VITAL SIGNS: A PROFILE IN BETTER HEALTH

The great outdoors: Patricia Akins, of Ada, walks near Roselle Park, in Forest Hills. Akins says she walks eight miles every other day and does Pilates or some sort of weight lifting the other days to stay fit.

PRESS PHOTO/ KATIE GREENE

Every Sunday, The Press looks at someone who puts a priority on living a healthier life.

Patricia Akins

Age: 50+

Hometown: Ada

Occupation: Tax auditor

Biggest health challenge: Controlling cholesterol, which is a genetic issue

Exercise routine: Power walking, 24 to 32 miles a week, and Pilates

Exercise tip: Be consistent and select something you like.

Eating plan: Lots of beans, greens and bottled water

Guilty pleasure foods: Chocolate-covered peanuts and elephant ears

Favorite healthy foods: Baked salmon and steamed spinach with red cabbage, kale, water chestnuts and banana peppers; all the veggies are cooked together and seasoned with extra virgin olive oil and spices

Breakfast today: Unsweetened Greek yogurt with a Granny Smith apple, bran flakes and a cup of ginger tea

Daily doses: A calcium supplement

Healthy advice: Don't sweat the small stuff and laugh a lot.

Want to be featured in our health profile column? Send an email, including your name and phone number, to health@grpress.com.

3-15-2005

HEALTH PROFILE: PAT AKINS

Age: 48

Occupation: Tax auditor

Biggest health challenge: Getting total cholesterol level below 200.

Exercise routine: I work out five days a week, preferably early morning, with exercise tapes or DVDs — Kathy Smith, Denise Austin and Gilad Jankowicz are some of my favorites.

I was a captain in the Air Force for 11 years. I had to complete a mile-and-a-half run in 13 minutes. I have been running, power walking, kickboxing, lifting weights and doing high- and low-impact aerobics ever since (more than 25 years).

I travel frequently, and, wherever I go, my gym bag goes with me. The first place I look for in a new city is the nearest fitness center.

Exercise tip: Be consistent. Vary your exercise routine. Wear sexy workout gear when in the privacy of your home. Work out in front of a big mirror. Have fun.

Dieting history: I have never dieted. A busy schedule and active lifestyle have kept me slim and trim.

Guilty pleasure food: Chocolate-coated peanuts (allergic to milk chocolate)

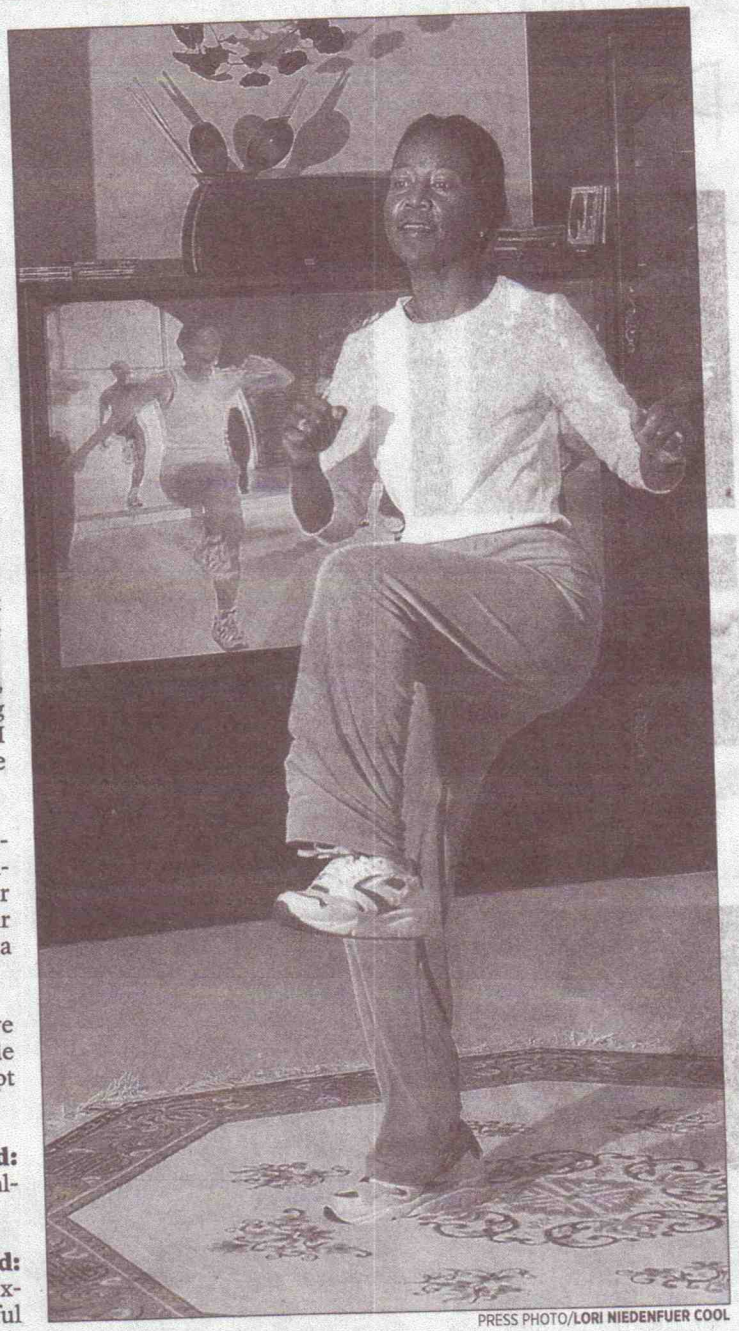
Favorite healthy food: My husband, James, is an excellent cook — his colorful steamed vegetables (a combination of red and yellow peppers, onions, spinach, kale, red cabbage, extra virgin olive oil and Southern seasoning) is the best. I also like baked sweet potato wedges. My favorite snack food is Fiber One cereal mixed with almonds and dried apricots.

Breakfast today: Oatmeal (drained the sticky liquid and added apple cider) with dried cherries and diced Granny Smith apple and a cup of burdock tea mixed with raspberry fruit tea.

Daily doses: One flaxseed capsule and a different herbal tea daily (burdock, red clover, sage, yellow dock, red raspberry, black cherry, sarsaparilla and various fruit-flavored teas — without sweeteners).

Healthy advice: Don't sweat the small stuff. Keep peace with your body, mind and soul.

— *Brenda Dooley*



PRESS PHOTO/LORI NIEDENFUER COOL

A busy lifestyle: Pat Akins works out to a Kathy Smith exercise DVD in her basement.

Want to be featured in our healthy profile column?
Send e-mail including your name and phone number to yourlife@grpress.com.