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## Like An Olympian



In general, a fever is something one tries to avoid. But not this one – it’s time to catch “Olympic Fever.” For the next few weeks most of the world will be glued to televisions and computers following the latest in the Winter Games.

We say it’s time to turn off the t.v. and log off the laptop and get the fever for the flavor of the Olympics. Follow these expert tips and you’ll be bringing home the gold in no time.

### EAT LIKE AN OLYMPIAN

According to New York-based certified nutritionist, **Franci Cohen**, “in order to build muscle you must eat high-quality proteins ideally with every meal, such as chicken, lean red meat, fish, turkey and eggs.” Franci says “an ideal breakfast would be a whole grain cereal like Muesli with low-fat milk and a banana, wholegrain bread with either almond or sunflower butter, fresh orange juice and a mixture of cantaloupe and honeydew melons.” She cites a perfect dinner as: “A rib eye steak, sweet potatoes, broccoli, corn and a multigrain bagel. And, of course, plenty of good old H<sub>2</sub>O.” [www.francicohen.com](http://www.francicohen.com)