



## Get Fit. Life Tip. Minerals

Minerals are a very essential part of every day life and function. Certain minerals support immune systems, brain function, digestion and many other functions that make your body run like a well oiled machine to help your body function as a whole. You can get the necessary minerals through a healthy diet or supplements. At times we don't eat as healthy as we should so a mineral supplement is necessary to ensure that you are getting the recommended amounts. Here are some of the minerals that you should be getting on a daily basis:

Mineral	Function	Source
Calcium	Helps build strong bones	Dairy products, leafy green vegetables, calcium fortified foods
Magnesium	Helps muscle and nerves function, steadies heart rhythm, keeps bones strong and helps the body create energy and make proteins	Whole grains, nuts and seeds, leafy green vegetables, potatoes, beans, avocados, bananas, milk
Phosphorus	Helps form healthy bones and teeth. Part of the cell membrane which is necessary to the cell to function normally	Dairy, products, meat and fish
Potassium	Helps the nervous system function. Maintains the balance of water in the blood and body tissues	Broccoli, potatoes (with skins), leafy green vegetables, citrus fruits, bananas, dried fruits, legumes
Iron	Helps oxidate red blood cells to carry oxygen through the cells of the body and helps build immunity which is very healthy for you	Red meat, salmon, eggs, baked potato (with skins), dried fruit, leafy green vegetables, whole grains
Zinc	Helps your immune system and helps in cell growth	Beef, pork, lamb, legumes

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

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