

VITAL SIGNS: A PROFILE IN BETTER HEALTH

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

David Kaletka, 40

Occupation: Control room operator

Biggest health challenge:

Fortunately, I do not have any health challenges or physical restrictions. However, my 12-hour work shift with a rotating schedule can create sleep-pattern problems.

Exercise routine:

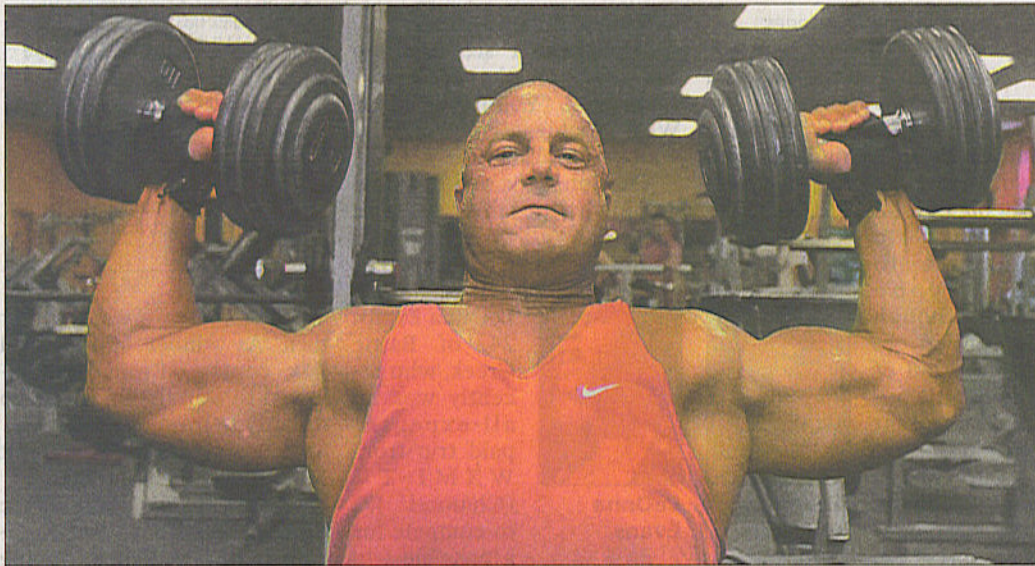
I weight-train five days a week for about 1 1/2 hours each day at Flex Fitness Center in Holland. I concentrate on one body part a day. I try not to do much cardio right now, because I would like to gain some more weight.

Exercise tip:

Training with strict form will get you much better results than too-heavy training and compromising of your form.

Dieting history:

I try to eat at least six meals each day that include carbs and protein. I



PRESS PHOTO/ROB KURTYCZ

Power lifter: David Kaletka works out at Flex Fitness Center in Holland.

have been able to pack on about 50 pounds of lean muscle since I began lifting 12 or more years ago.

Guilty pleasure food:

Chocolate covered almonds

Favorite healthy foods:

Grilled chicken breast, steamed broccoli and brown rice

Breakfast today: AST Ny-Tro

Pro-40 meal replacement shake mixed with 20 ounces of skim milk and a toasted, plain, whole-wheat bagel

Vitamins:

One Universal Animal Pak every day; glutamine, creatine, amino acids and several varieties of protein powders

Healthy advice: No matter what your time limitations are,

do some type of exercise, even if it is just 30 to 45 minutes a day. Set an attainable goal for yourself, and you will be surprised by the results you will see and how good you will feel.

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