HEALTH

Ask the Experts

Katy families' questions answered by local experts



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Tiffany Kamp, NASM Katy Family YMCA 22807 Westheimer Pkwy. 281-392-5055 | ymcahouston.org/katy See ad on page 176

Q: At what age would you recommend children have their wisdom teeth removed?

Between the ages of 15 and 25, most individuals' third set of molars, more commonly known as wisdom teeth, erupt from the jaw. Unlike other teeth, these four molars are not necessary to proper oral function, and they are routinely extracted because of complications, such as the development of cysts or abscesses, cavities, or crowding of surrounding teeth.

Q: What is the most effective exercise method to burn fat for weight loss?

The most effective fat loss exercise type is called "metabolic resistance training." This is when you perform strength or resistance circuits with very little recovery time between sets. Go hard and get the circuit done quickly, without sacrificing form. Basically work every body part frequently and hard with high intensity. This will leave the metabolism elevated for several hours post-workout. Remember to eat correctly, warm up correctly, and then do your workouts according to time availability. More calories will be burned with higher intensity workouts. Prepare for this type of movement with a dynamic warm-up, and make sure to allow time for regeneration post-workout. This will prevent injury in the future.

Q: What are some of the benefits of incorporating weights into my workout regimen?

Fat hates muscle and, unfortunately, cardio eats muscle. Try proper weight training three times a week along with a clean meal plan to grow muscle, cut fat, strengthen the ligaments around your joints, improve balance, and increase energy levels. Maintaining muscle mass also burns more calories. Work smart, not hard!

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of K*aty Magazine* experts Dr. Jorge Marquis, DDS, Ryan Kobermann, CSCS, and Tiffany Kamp, NASM.

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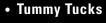
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Board-Certified Plastic Surgeon

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