

DISPELLING EXERCISE AND NUTRITION MYTHS

This week, we would like to dispel some of the many exercise and nutrition myths that exist out there. Unfortunately, there are too many misconceptions created due to the many infomercials and unqualified "gurus" claiming to know the truths behind highly scientific fields of exercise and nutrition. Hopefully this e-mail will help you separate fact from fiction, to help make more educated decisions.

Dispelling Exercise and Fitness Myths

#1 - No Pain, No Gain: You didn't get a good workout if you aren't sore afterwards

FALSE! Muscle soreness is not a good indicator that you've had a good workout! Soreness usually happens for people that are beginners to exercise, since every muscle is new to working out. Also, if you are working new muscle groups, increasing intensity, frequency and/or duration, you may be sore. You shouldn't rate the effectiveness of your workout based on muscle soreness. Try setting measurable goals, rather than soreness, to rate your exercise program, such as being able to lift 5lbs more or do 10 extra pushups.

#2 - Spot Reduction: Doing lots of abdominal exercises will help you lose weight in your stomach

There is no such thing as spot reduction! Losing weight in a specific area is not possible because weight loss occurs all over. Your genes will determine where you will lose the weight the fastest. The best way to lose weight is a combination of strength exercises 2 days a week, cardio exercises for at least 30 minutes, 3-5 days per week, and eating a well balanced diet.

#3 - You will lose fat faster if you wear more clothing, such as a sweatshirt and sweat pants.

NO! Wearing extra clothes only makes your body temperature rise faster and sweat more to try to lose the heat. You will only be losing **water weight** through dehydration. Your **body is 70% water**, and your body needs to keep this! When losing weight, you want to lose fat weight, not water weight! Plus, you'll be more likely to exercise longer and/or harder if you feel more comfortable, so you're better off wearing something comfortable and cool.

#4 - Women who lift weights will build large bulky muscles, and look more masculine

FALSE! Women do not produce the large amounts of the hormone testosterone that men do, so it is virtually impossible for them to naturally build large muscles. Everyone responds to resistance training in different ways. Some women are naturally more muscular due to their body type and genetic makeup, but no matter what your body type is, strength training is still very important! [CLICK HERE](#) for the top 10 reasons women SHOULD lift weights!

Continue to the next page for Diet and Nutrition Myths!

GROUP WALK
Monday 3/18
12:30pm
Engleman Hall
*Meet inside the A Wing
entrance*
Come join us!

Nutrition Tip

For more nutrition myth-busters, contact SCSU's Registered Dietitian/Nutritionist at kordorskyd1@southernct.edu or call 392-6300.

Fitness Tip

REMINDER!

FREE Resistance Band Workshop

March 10th, 12:15pm @ the Fitness Center

***RSVP 203-392-8968 to save your spot!**

Can't make the workshop?

[CLICK HERE](#) for a 20-min resistance band workout to do at home or at your desk!

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www.SouthernCT.edu/OnTheMove

Busting Nutrition Myths

#1: The distribution of calories matters more in weight loss than the total # of calories consumed.

FALSE! According To a recent study published in the New England Journal of Medicine what achieved the most weight loss was the total number of calories and not the amounts of carbohydrate, protein and fat that made up those calories. Support during the process also led to more pounds shed. You can download the study at <http://content.nejm.org/cgi/content/full/360/9/859> FYI: Caloric distribution or amounts and types of pro-carb-fat do matter for prevention and treatment of disease.

#2: You can obtain the nutrients that you need for good health by consuming a few “superfoods”.

FALSE! Research has shown that consuming a variety of foods from the different food groups daily is the best way to achieve optimum health and longevity through the diet. Foods especially rich in antioxidants or other nutrients recognized as important can and should be included in your diet, but not to the exclusion of other foods. Beware of sweeping claims-make sure there is good science behind them and not just marketing hype! You can learn more about a healthy well-balanced diet by visiting the Food Pyramid website at www.MyPyramid.gov Click on “inside the pyramid”.

#3 If you don't eat healthy, a vitamin-mineral supplement will fill in the gaps.

FALSE! Vitamin supplements do not contain macronutrients or calories which are needed daily for good health. Research has also demonstrated that the vitamins and minerals we get from foods are superior to those in supplemental form in that they are better utilized by the body to perform their various functions. FYI: If your diet contains many processed foods it is better to get vitamins and minerals from a supplement than not at all.

#4 Calcium is only important for good bone health.

FALSE! Research has shown that the mineral calcium, while important for healthy bones plays a key role in blood pressure regulation. The DASH Diet, which stresses the roles of calcium and two other minerals, magnesium and phosphorus, not only helps prevent hypertension in healthy persons but significantly reduces it in people who already have high blood pressure. For more info visit www.nhlbi.nih.gov

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