

# WELCOME BACK

## *SOUTHERN ON THE MOVE TURNS 2!*

### A Special Welcome To Our New Members!

Congratulations on making the decision to be more active.

This semester we will be promoting themed walks and continue to provide you with e-mails sharing health/wellness, nutrition and fitness tips. The green box will continue to have nutrition tips and recipes, and the yellow box, fitness tips/exercises. Each e-mail will list Wellness workshops and upcoming health promotion events on campus.

### For our new members:

Although walking is the simplest positive change one can make to effectively improve your health and is a low risk activity, you can still suffer from injury or overexertion if not prepared or have high health risks. According to the American College of Sports Medicine, you could be at risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure – equal to or greater than 140/90mmHg
- Have high cholesterol – a total cholesterol greater than 200ml/dL
- Are diabetic
- Are obese
- Are sedentary
- Are a male 45 or older, or a female 55 or older

If any of these conditions apply to you, be sure to consult with your medical provider before beginning any form of physical activity.

### Remember.....the benefits of being more active are:

According to the American Heart Association, walking or moderate physical activity for at least 30 minutes on most days of the week or every day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile (cholesterol, triglycerides)
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes

Set your goals.....take the stairs.....and Keep Moving.....

#### SAVE THE DATE:

Sept. 24, 2009

*Wellness Appreciation*  
**The Role of Fitness in  
Your Health.**

12pm-1pm ASC 306.

Please call 392-6526 to  
reserve your seat.

### Nutrition Tip

Interested in losing weight  
and eating healthier?

Check out *Weight Wise*  
8 week program

**Free Info Session: Sept. 22,**  
**2009, 1-2pm, ASC Rm. 306**  
**Call Student Health and Wellness**  
**392-6309/392-6310**

### Fitness Tip

Are you ready to get  
started on a new,  
healthy you?

Finding success with  
exercise and proper  
nutrition is greatly in-  
fluenced by our moti-  
vations to begin a  
new fitness program  
or diet.

[CLICK HERE](#) to discover  
whether you are ready to  
change your lifestyle.

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[www.SouthernCT.edu/OnTheMove](http://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](http://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](http://www.nhlbi.nih.gov)

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