



FITNESS : FACT OR FICTION

Do you know the latest "fitness facts"? If you are an avid reader of those over-the-counter fitness magazines, you may not be getting the best information. Here are some of the latest myths and facts about fitness.

Myth: Lifting weights will help one to lose weights.

Fact: Lifting weights causes an increase in muscle mass, but that does not mean that fat is lost simultaneously. Because of this increase, one is likely to have an initial weight gain. Additionally, the calorie expenditure derived from weight training is not enough to promote rapid weight loss. Aerobic activities such as swimming, running, and cycling are recommended to maximize calorie expenditure.

Myth: By doing sit-ups, it is possible to lose fat in the abdomen.

Fact: There is no proven evidence that spot reduction works. Sit-ups will tone the abdominal muscles, but will not remove the fat covering them. The best way to lose weight in the abdomen is through a general weight reduction plan combining diet and exercise.

Sherryl Kubel
Fitness Peer Health Advisor

Affirmation

While preparing for a speaking engagement, I found myself becoming nervous and anxious. I began to get impatient with myself and thought, "Why can't I work through this problem of shyness and insecurity?" Fortunately for me, I thought of affirmations.

Affirmations are self-chosen positive statements intended to increase one's sense of confidence and inner strength. These are the feelings a person has when approaching a situation in which one has developed mastery. This sense of mastery can be achieved in anyone's problem areas.

For me the problem was speaking in public. I chose affirmations which would help me turn the problem around. In quiet moments between classes, I repeated the phrases, "I am confident." and "I am relaxed." I visualized myself speaking comfortably and with assurance. Repeating these phrases really helped me feel positive and confident. You can form your own affirmations to help build mental confidence!

Mike Gieseler
Stress Management Peer Health Advisor

Do you believe these?

1. An athlete needs to take salt tablets because they sweat so much.
2. For strong muscles, an athlete needs to eat lots of protein.
3. Water during events will cause stomach upset.
4. Athletes need lots of vitamin and mineral supplements.
5. Athletes need special electrolyte drinks after hard exercise.
6. Carbohydrates make you fat, not strong.
7. Beer is good for carbohydrate loading.

If you believed the statements above, you need to clean out those ideas because they are myths. These are the facts.

1. Salt tablets can be very dangerous.
2. Excess protein is unnecessary and potentially harmful for athletes.
3. If you do not drink enough during an event, you can seriously impair your performance and your health.
4. If you eat properly, you should not need extra vitamins and minerals even if you are very active.
5. Electrolytes can be replaced with normal food. Commercial drinks should be diluted first.
6. Carbohydrates are the primary fuel for muscles and should be the main ingredient in an athlete's diet.
7. Beer has some carbohydrates, but many of the calories come from the alcohol.

Nadine Moore
Nutrition Peer Health Advisor



Fitness

Warmer weather is here! This means you can be outdoors more and maybe start that running-combination-weight loss program. Well, if you run and if weight loss is a motive, you may want to rearrange your running and eating times.

Studies say that moderate exercise such as fast walking, from 45 minutes to as much as 5 hours after eating, metabolizes more calories than the same exercise before eating. Exercise seems to activate whatever is responsible for the excess calorie burn-up.

However, exercise such as fast walking can cause undue stress on the gastrointestinal system. So if you do eat a heavy meal, wait awhile before beginning any moderate exercise.

Marisa Quintanilla
Fitness Peer Health Advisor