

Newsletter

Is it a Myth or Fact?

It's time not to fall into the myths of weight loss. Many people think that are things you can do to help increase your metabolism and therefore lose weight faster. Here are some of those ideas and the truth about them.

-Exercising first thing in the morning increases all-day energy expenditure and metabolism more than a workout later in the day.

MYTH: The number of calories expended during a workout depends on the intensity and duration of the workout, regardless of whether it is in the morning, afternoon or evening. Workout when it's convenient for you.

-Spicy foods elevate metabolism.

FACT: Foods like peppers and chili do elevate body temperature slightly, which increases metabolism by small increments. However, this elevation is not sufficient to make a difference in the body's ability to expend enough calories to aid in weight loss.

-The fitter a person is, the faster his or her metabolism is.

MYTH and FACT: As a person becomes fitter and gains muscle mass, he or she burns more calories at rest. However, the energy intakes of some exercise enthusiasts are not sufficient to meet the demands of their exercise programs. This imbalance may eventually reduce resting metabolic rate.

-“Yo-yo dieting,” which causes people to repeatedly lose weight and regain it, permanently diminishes an individual's metabolism.

MYTH: Research does not indicate that yo-yo dieting permanently slows down any component of metabolism.

IDEA Fitness & Health Association

We all need to remember that quick fixes aren't available and no matter how much we don't want that to be true it is. Losing more than two pounds in a week is just unhealthy! Focus not on losing weight, but eating healthy and exercising. Add quality to your life by treating yourself with respect and taking care of your body!

Healthy Eating: Here's your healthy snack idea

Low-Fat Raspberry Summer Sensation

Prep Time: 15 min

Total Time: 3 hr 25 min

Makes: 12 servings, one slice each

1pt. (2cups) raspberry sorbet or sherbet softened

1 cup cold fat free milk

1 pkg. (4serving size) JELL-O vanilla flavored fat free sugar

free instant reduced calorie pudding & pie filling

1 tub (8oz) COOL WHIP FREE whipped topping, thawed

1 cup raspberries

LINE 9x5 inch loaf pan with foil. Spoon sorbet into pan, freeze 10 min.

POUR milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping, spread evenly over sorbet in pan.

FREEZE 3hours or overnight. To unmold, invert pan onto plate; remove foil. Let stand 10 to 15 min. to soften slightly before cutting into 12 slices to serve. Top evenly with raspberries. Store leftovers in freezer.

NUTRITION FACTS:

Calories: 100

Saturated Fat: 1g

Sodium: 130mg

Dietary Fiber: 1g

Protein: 1g

Vitamin A: 0%DV

Vitamin C: 10%DV

Total Fat: 1g

Cholesterol: 0mg

Carbohydrate: 22g

Sugars: 15g

Calcium: 4%DV

Iron: 0%DV



5 Healthy Habits Everyone Should Do

Healthy Habit No. 1: Eat Breakfast Every Morning

Breakfast eaters are champions of good health. Research shows people who have a morning meal tend to take in more vitamins and minerals, and less fat and cholesterol. The result is often a leaner body, lower cholesterol count, and less chance of overeating. "That one act [of eating breakfast] seems to make a difference in people's overall weight," says Melinda Johnson, RD, a spokeswoman for the American Dietetic Association (ADA). She says breakfast can hold off hunger pangs until lunchtime and make high-calorie vending machine options less enticing. Not only that, researchers at the 2003 American Heart Association conference reported that breakfast eaters are significantly less likely to be obese and get diabetes compared with nonbreakfast eaters. To get the full benefits of breakfast, the Mayo Clinic recommends a meal with carbohydrates, protein, and a small amount of fat. They say that because no single food gives you all of the nutrients you need, eating a variety of foods is essential to good health. Yet, even with so much scientific support that breakfast does the body good; many people still make excuses not to eat in the morning. They include not having enough time and not feeling hungry. For these people, Johnson suggests tailoring breakfast to the day. "When I'm getting ready in the morning, I don't really want to take the time to eat breakfast because that would mean sacrificing sleep," says Johnson. "So I bring my breakfast with me, and I know I have an hour when I'm reading emails in the office when I can eat it. By that time, I'm hungry because I've been up for almost a couple of hours."

Healthy Habit No. 2: Add Fish and Omega-3 Fatty Acids to Your Diet

The AHA recommends a serving of fish two times per week. Besides being a good source of protein and a food relatively low in the bad type of dietary fat called saturated fat, fish has omega-3 fatty acids -- which have been shown to reduce the risk of heart disease. Fatty fish such as mackerel, lake trout, herring, sardines, albacore tuna, and salmon, are rich in two kinds of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Foods such as tofu, soybeans, canola, walnuts, flaxseed, and their oils contain alpha-linolenic acid (ALA), which convert to omega-3 in the body. Even though the benefits of ALA are controversial, the AHA still recommends foods containing it as part of a healthy diet. In addition to their heart-health benefits, there is some evidence that omega-3 fatty acids may also soothe an overactive immune system, says Johnson. Even though this benefit is still being studied, she says there appears to be a link between getting more omega-3s in your diet and reducing allergies, asthma, eczema, and autoimmune disorders.

Healthy Habit No. 3: Get Enough Sleep

"Your body has to have enough time to rest," says Michael Fleming, MD, president of the American Academy of Family Physicians (AAFP). Otherwise, he says you may find yourself feeling cranky and tired. This may sound like common sense, but according to the National Sleep Foundation (NSF), more than two-thirds of older adults suffer from sleep problems and many American adults don't get the minimum amount of shut-eye needed to stay alert. Sleep is vital to good health and

to mental and emotional well-being. The NSF reports that people who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning. To avoid the pitfalls of insufficient sleep, make sure to get at least seven to 10 hours of slumber each night. Kids need more sleep, depending on their age.

Healthy Habit No. 4: Make Social Connections

Volunteer. Go to church. Join a club. Whatever you do, do it with people. Communal activities are good for your physical and mental health, according to a study published in the March/April 2004 issue of the American Journal of Health Behavior.

It makes sense, says C. David Jenkins, PhD, author of *Building Better Health: A Handbook of Behavioral Change*. He says social ties have many benefits, including:

Providing information. You may think for instance your frequent nosebleeds, coughing, and sneezing episodes are trivial, but when a close friend or relative hears of it, he or she may encourage you to go to a doctor. If the symptoms turn out to be a serious condition, the social tie could have saved your life.

Instrumental help. Friends and family can provide physical support in time of need. They may help with cooking, cleaning, running errands, doing grocery shopping, and driving to the doctor's office.

Emotional support. Sharing a problem with a trusted person can help alleviate an internal burden. "It's a load off your chest," says Jenkins.

Offering a sense of belonging. This feeling not only helps reinforce a person's identity, it also assists in preventing and overcoming depression and anxiety. Community ties also help improve mental functioning, says Fleming. Group activities can help keep the mind active and maintain desirable levels of serotonin -- the brain chemical associated with mood. "Lack of social interaction will [decrease] serotonin levels," says Fleming.

Healthy Habit No. 5: Take Up a Hobby

Look up the word "hobby" in the *Merriam-Webster's Collegiate Dictionary*, and you will find the definition as "a pursuit outside one's regular occupation engaged in especially for relaxation." Since they are relaxing activities, hobbies are usually enjoyable. Some people find joy in craftwork, bird watching, sports, going to flea markets, walking in the park, or playing cards. The joy may help people live healthier and recover better from illness. For one thing, taking part in hobbies can burn calories, more so than just sitting in front of the TV. In a study of people who had undergone surgery, Jenkins found that people who were involved in hobbies before their operation had better recovery six months later, compared with people who did not have hobbies. The participants with hobbies tended to have more drive and interest in things and other people, says Jenkins. "It was a more active orientation to life."

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