



March 2009

Vol 2, Issue 3



Healthy Habituator

All the Fit News to Email

Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

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10 Nutrition Myths

As published in the January / February issue of ACSM's Health and Fitness Journal:

1. Taking Vitamin C helps prevent colds.
It doesn't, although it may sometimes shorten a cold's duration.
2. Consuming more protein builds bigger muscles.
You should meet your daily protein requirement, but not exceed it - any extra protein will be converted to and stored as fat, just like any other extra calories.
3. 2% milk is 98% fat free.
Misleading, as it tells the relative weight of fat in the product. More important is the percentage of fat in a serving, which is 35%.
4. You can eat as much low-fat or fat-free food as you want without weight gain.
Wrong! These foods still have calories, sometimes lots of calories, and any extra calories beyond your energy requirements become body fat.
5. More of any healthy food is even better.
Nope. A healthy balance is best, and too much of some nutrients can be harmful.
6. Antioxidants can help prevent some cancers and heart disease.
Many studies have been done, but no such conclusive evidence exists.
7. Hamburger is safe to eat if isn't pink.
Not necessarily. The only safe way to be sure is when the internal temperature is at least 160 degrees.
8. A high-fiber diet prevents colon cancer.
Not true, but it does decrease the risk of constipation and diverticulitis and have other benefits as well.