

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

5 COMMON HEALTH MYTHS: BUSTED

Myth

BUSTED

Myth: noun \ 'mith \

An unfounded or false notion.

This is all too common in today's health news.

Read on to learn the truth about five common health myths.

DEBUNKING COMMON HEALTH MYTHS

HIGH-PROTEIN/LOW-CARBOHYDRATE DIETS ARE A HEALTHY WAY TO LOSE WEIGHT

1

The long-term health effects of this type of diet are unknown. Many people who eat high-protein/low-carbohydrate diets end up not eating enough fruits and vegetables or whole grains, which sometimes leads to constipation, fatigue, and weakness. Begin your journey to weight maintenance by getting adequate nutrients through a balanced diet.

Check out the U.S. Department of Agriculture's (USDA) guide to meal portions



IF I QUIT SMOKING, I WILL GAIN WEIGHT

2

Many physiological and psychological changes occur when you quit smoking. You can often mistake a craving for nicotine as hunger. You may also choose to cope with the challenge of quitting tobacco by stress eating.

However, these are choices you make, not direct physiologic responses.

Before quitting smoking, develop a plan to deal with your cravings. Consider utilizing exercise as a method for coping or making a list of other effective strategies.

Exercise and quitting tobacco go hand in hand. They both increase lung function and raise stamina, two things that promote weight maintenance.



Coach's Quick Take

Myth vs. Fact

Just because the news makes a statement, or a friend tells you health information, does not necessarily mean it is true. Be sure to take the time to find out if the information is reliable.

Reliable Resources

Generally, online sources ending in **.gov** or **.edu** are more reliable. Always ask yourself if you trust the person giving you information and determine if he/she has *relevant credentials*.

3

CRUNCHES WILL FLATTEN YOUR STOMACH

You cannot spot reduce body fat. Abdominal exercises (such as crunches) will strengthen your muscles, but do not give you six pack abs. There are many factors that go into diminishing body fat. Body fat can be reduced with a combination of a healthy diet, cardiovascular and resistance training, and practicing mental well being.



4

ORGANIC FOODS ARE HEALTHIER THAN NON-ORGANIC OPTIONS

Foods can only be labeled “organic” if they have followed USDA organic standards during growth and processing. These standards have more to do with the ethics of conservation and ecological balance than the healthiness of the item.

The nutrient content in organic and conventional foods is comparable.

When debating whether or not your food is healthy, consider the nutrient content. Are you able to get energy (carbohydrate, protein, and fat), vitamins and minerals from it?

5

WEIGHT GAIN IS INEVITABLE WITH AGE

Age *is* a contributing factor to a slowing metabolism. However, it is more likely that weight gain as you age is a result of decreased physical activity.

Battle the tendency to be less physically active by doing what you can, not what you think you should be doing.

The CDC recommends getting at least two and a half hours per week of moderate cardiovascular exercise, and two days of resistance training for just some of the health benefits listed below:

- Reduced risk of heart attacks
- Improved heart function
- Decreased shortness of breath
- Increased energy
- Maintain healthy joints, muscles, and bones



RESOURCES

www.merriam-webster.com
www.choosemyplate.gov
www.win.niddk.nih.gov
www.mayoclinic.com
www.usda.gov
www.cdc.gov

Regardless of whether you choose organic or conventional foods, here are a few tips for safer and healthier choices:

- ✓ Purchase fruits and vegetables in season whenever possible. Speak with the produce department at your grocery store to see when shipments come in, or try the local farm stand.
- ✓ Read food labels carefully, not just for the calorie count, but also for the ingredients. Avoid heavily processed items with unfamiliar chemicals in the ingredients list.
- ✓ Thoroughly rinse fresh fruits and vegetables prior to consuming. Even organic, pesticide-free options may have bacteria ridden dirt on them.

For More Information visit www.WellnessCoachesUSA.com