

Member March Health Tips:

Reflect, Replace & Reinforce to Improve Your Eating Habits!

1. Create a list of your eating habits.
...Keep a food diary of what you eat & when. This will help uncover your eating habits.
2. Highlight the habits that may be leading you to under or overeat.
3. Look at the unhealthy eating habits you've highlighted.
...Identify the triggers that cause you to engage in those habits & choose which you would like to work on improving first.
4. Create a list of "cues" or "triggers" that cause you to eat for reasons other than hunger.
5. Circle the cues that you face on a daily or weekly basis.
6. Ask yourself these questions for each cue:
...Is there anything I can do to avoid the cue or situation?
...For things that I cannot avoid, can I do something different that would be healthier?
7. Replace unhealthy habits with new, healthy ones
...Eat more slowly, paying attention to when your hunger is satisfied.
...Eat only when you are truly hungry rather than an emotional reaction.
...Plan meals ahead of time to ensure you eat a healthy well-balanced meal & that you're eating enough throughout your day.
8. Reinforce your new healthy habits & be patient with yourself.
...Habits take time to develop!!

~ Brought in by member Lynnette B.

Top 6 Fitness Myths & Truths!

1. Myth: Take fat off specific body parts by doing exercises that target those areas.
Truth: "Spot Training" does not burn fat. For example, doing sit-ups will strengthen your abs but will not take the fat off your stomach. Similarly, running burns fat all over your body, not just your legs.
2. Myth: Women who lift weights will bulk up.
Truth: Since muscles take up less room than fat, women tend to lose inches when they train. Strength training also decreases risk of osteoporosis, increases strength, & increases metabolism...so it will help you slim down!
3. Myth: If you can't exercise hard & often, there's really no point.
Truth: Any exercise is better than none! Even moderate activity is shown to reduce your risk for heart disease & stroke.
4. Myth: Performing abdominal exercises will give you a flat stomach.
Truth: The only way to get a flat stomach is to strip away the fat around the mid-section. How? By doing cardio/aerobic exercise (to burn calories), strength training (also increasing metabolism), and following a proper diet.
5. Myth: You will burn more fat if you exercise longer at a lower intensity.
Truth: The most important factor in exercise & weight control is the TOTAL calories burned during activity (rather than just fat calories). For example, the faster you walk, bike, or swim, the more calories you will burn & in turn the more weight you will lose.
6. Myth: No pain, no gain!
Truth: Exercise should not be painful! At the height of your workout, you should be sweating & breathing hard. It's important to distinguish between muscle fatigue (feeling the "burn") & muscle/joint pain (sharp & uncomfortable pain during movement). Listen to your body. If it's painful, stop!

~ Brought in by member KC R.