

# “Stall Talk”



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## Exercise Myths

- ❖ **Myth: Strength training will make women bulky.**  
**Fact:** Women do not have enough testosterone in their bodies to create bulky muscles. The benefits of strength training include greater bone density, muscle mass, muscle strength, balance, and increase fat burning capacity.
- ❖ **Myth: Carrying lightweights on your arms or legs will increase the benefits of the exercise.**  
**Fact:** Carrying lightweights while you are doing your aerobic exercise actually slows you down and you get less aerobic benefits. In addition, the weights are not heavy enough to give you strength-training benefits.
- ❖ **Myth: You can get rid of trouble spots by working those specific areas.**  
**Fact:** Strengthening your troublesome areas will only build muscle under the fat. Losing fat from these areas depends on your genes but most importantly losing weight by proper nutrition and exercise is the only way to try to reduce these areas.
- ❖ **Myth: Exercise burns a lot of calories.**  
**Fact:** By exercising you become fit which will help you burn more fat for energy throughout the day not just when you are exercising
- ❖ **Myth: Exercising is a lost cause if you don't lose weight.**  
**Fact:** Even if you do not lose weight exercise has the benefits of improving insulin uptake which can reduce the risk of diabetes. Exercise also decreases your chances of heart disease by increasing your HDL (good cholesterol). Other benefits include decreasing anxiety, and reducing the risk of depression by increasing the amount of serotonin released.
- ❖ **Myth: It is impossible to be fit and overweight at the same time.**  
**Fact:** Someone who is overweight can also be fit. These individuals do not have elevated mortality rates. Similarly, someone who is thin is not necessarily fit.
- ❖ **Myth: We all will gain weight as we get older.**  
**Fact:** Most of us gain weight as we get older but aging and gaining weight do not have to go hand in hand. Weight gain is usually caused by a low physical activity level which results in less muscle and a lower metabolic rate. A reduced metabolic rate means that you can eat fewer calories to maintain your body weight. However, most do not decrease their caloric intake when this happens so they gain weight.
- ❖ **Myth: If you don't feel pain you will not get any benefits.**  
**Fact:** High intensity exercise is not necessary to lower mortality rates. Moderate-intensity exercise such as biking, and strength training is adequate.
- ❖ **Myth: Why bother exercising if you can't do it regularly?**  
**Fact:** Your health can improve after only one brisk walk.
- ❖ **Myth: It is dangerous to start exercising when you are older.**  
**Fact:** A person is never too old to start exercising. Many of the benefits of exercise counteract some of the results of aging such as pain, reduced range of motion, decreased strength, mobility, and stability.

## Lemon Basil Vegetable and Noodles



### Ingredients

- 2 cups (12 oz) chopped broccoli flowerets
- 2 cups (12oz) chopped cauliflowerets
- 1 large onion, chopped (1 cup)
- 1 teaspoon grated lemon peel
- 1 cup chicken broth
- 2 cups soba noodles (found in the ethnic section of the grocery store)
- 2 tablespoons chopped fresh basil leaves or 2 teaspoons dried basil leaves
- 2 tablespoons lemon juice
- 1 teaspoon olive or vegetable oil
- ¼ teaspoon pepper
- 1 large zucchini chopped (2 cups)
- 1 package (9oz) frozen artichoke hearts, thawed

### Directions

1. Cook broccoli, cauliflowerets, onion, lemon peel and ½ of broth in 12 in. skillet over medium heat for 7-10 minutes, stirring frequently until cauliflowerets are tender.
2. Stir in the other ½ cup of broth and add remaining ingredients. Cook about 5 minutes, stirring frequently until vegetables are tender.

1 Serving:

Calories 125 (Calories from Fat 20); Fat 2g (Saturated 0g); Cholesterol 0mg; Sodium 320mg; Potassium 580mg; Carbohydrate 26g (Dietary Fiber 6g); Protein 7g  
% Daily Value: Vitamin A 18%; Vitamin C 46%; Vitamin D 0%; Calcium 6%; Iron 10%; Folic Acid 28%  
Diet Exchanges: 1 Starch; 2 Vegetable; 1/2 Fat

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### UPCOMING EVENTS

#### Maximum Nutrition Workshop

by Dr.'s Greg and Tamara Logan

**Wednesday, July 14<sup>th</sup> 12:00PM-1:00PM**

Training Room of the Administration Building  
Learn all about weight management and eating to maximize your quality of life.

#### Fitness Center Open House

Come see the Administration Fitness Center and all it has to offer. There will be many professionals available to answers questions.  
**Monday July 26<sup>th</sup> 11:00AM –2:00PM**