

## Busting those exercise myths!

What's the truth about exercise? Check out these myths.

**Myth: Exercise needs to make you sweat to be worthwhile.**

**Fact:** Moderate exercise can be just as good for you as more vigorous exercise. You can burn as many calories as if you were exercising harder, it just takes longer.

**Myth: You get more benefit from exercise with light weights on your arms or legs.**

**Fact:** Weights may slow you down, decreasing the benefit you get from aerobic exercise, and the weights aren't heavy enough to increase muscle strength.

**Myth: Exercise burns lots of calories and is "the way" to lose weight.**

**Fact:** It takes a lot of exercise to lose weight: Walking or running a mile burns only about 100 calories. Research shows that the best way to lose weight is to eat less, and the best way to maintain weight loss is to combine healthy eating and exercise. In the long term, it's to your benefit to both exercise *and* reduce food intake while trying to lose weight. With increased fitness from exercise, you'll be able to exercise harder and longer, and burn off more calories.

**Myth: Activities like Tai Chi and yoga are of limited benefit.**

**Fact:** Research evidence shows benefits in treatment of pain and also improved balance, coordination, flexibility, posture, strength and stress management.

**Myth: Exercise doesn't help much if you're obese.**

**Fact:** Regular exercise is proven to lower risk of death from all causes, regardless of weight. Men and women of all sizes and fitness levels can improve their health with modest increases in activity.

**Myth: Going to a gym is the best way to get fit.**

**Fact:** the "best" program or exercise setting is the one you will stick with!

**Myth: Weight gain is inevitable as you age.**

**Fact:** Starting in your 20s, metabolism naturally and gradually slows down. So, most older Americans gain weight because they tend to be less active and often do not reduce the amount they eat. Regular exercise and strength training are proven ways to counteract the tendency to gain weight as age increase.

**Myth: If you are older and out of shape, it's too late to start exercising.**

**Fact:** It's never too late! Research shows that even frail nursing home residents and people with chronic diseases that limit their physical activity, can safely exercise and see tremendous improvement in strength, balance, walking speed and ability to climb stairs. Do take it slow, though, if you are not used to being active, especially if you smoke, are obese, or have high cholesterol or angina.

References: <http://www.infoplease.com>,  
[www.idealife.com](http://www.idealife.com), [www.webmd.com](http://www.webmd.com)

### Recipe of the Week : Lazy Cook's Baklava

Makes 15 cookies

adapted from noblepig.com and Women's Day Magazine

1 box of 15 Mini Fillo Shells

½ cup chopped mixed nuts (a combination of unsalted almonds, pistachios, cashews and/or walnuts is good)

Syrup:

¼ cup honey

1 teaspoon water

1. Preheat oven to 350 degrees.
2. Place shells on baking sheet.
3. Fill shells with nuts.
4. Bake for 8 minutes or till shells are lightly brown.

5. Combine syrup ingredients in a glass measuring cup. Heat 15-20 seconds in microwave.

6. Remove shells from oven.

7. Slowly pour syrup over nuts.

8. Serve warm or at room temperature.

Nutrition information per cookie:

Calories: 57

Carbohydrates: 7g

Protein: <1g

Fat: 2g

Fiber: <.5g

Sodium: .46mg

### Tip of the Week:

Trying to eat less? Leave a few bites on the plate at the end of each meal.