

Food for Thought

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Tips and Thoughts to keep you on track!

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TRUE OR FALSE?

Try to answer these questions with True or False, then keep reading below to see how much you actually know about fitness in this fun and quick test!

1. T or F : Doing sit-ups will flatten your tummy.
2. T or F : Muscle weighs more than fat.
3. T or F : When I stop exercising, muscle turns to fat.
4. T or F : Osteoporosis is an older-adult disease.
5. T or F : Muscle burns more calories than fat.
6. T or F : Eating low fat foods is best for weight loss.

ANSWERS! Let's see how you did!

1. FALSE. Abdominal exercises such as crunches strengthen abdominal muscles but do little to eliminate fat from the area. Aerobic exercises (walking, bicycling) will decrease fat from the area better than crunches.
2. FALSE. Muscle and fat weigh the same. Muscle is denser and takes up less space than fat. A pound of muscle and a pound of fat both weigh one pound!
3. FALSE. Muscle and fat are two different tissues. We cannot transform muscle into fat, or vice versa. The combination of shrinking muscles from inactivity along with excessive calorie intake gives the illusion of muscle transforming into fat.
4. FALSE. Unfortunately, bone density loss can start as early as 35! Getting adequate calcium in your diet as well as resistance training when we are young can combat the ravages of osteoporosis when we're older.
5. TRUE. It is estimated that muscle burns between 20—80 extra calories per day; fat burns essentially zero calories. Add muscle, lose more weight!
6. FALSE. It's possible for a food with zero fat can still be full of calories. Remember, it's the reduction of calories, not fat, that causes weight loss. However, low fat foods are still a very healthy choice.

DIETER'S PRAYER

As I wake up from my sleep,
I pray my diet I may keep.
But if temptation makes me slip,
I pray the Lord my pants won't rip.

Fitness Q & A

Q: I want to break out of my workout routine and try new ways to exercise. Any ideas?

A: Below is a list of activities/exercises that burn those pesky calories as you try something new!

- Step Aerobics: 800 cal/hour. This targets your legs, hips, and bum.
 - Bicycling: 500—1000 cal/hour. If you push yourself, this can be a great calorie burn, plus transportation all in one!
 - Swimming: 800 cal/hour. This is a great toning exercise for almost your whole body.
 - Walking: 360 cal/hour. This is easy, yet a great cardio exercise which also helps with endurance.
 - Dancing: 600-800 cal/hour. This targets your whole body as you have fun, and be involved with others.
 - Horse Riding: 200-600 cal/hour. May be harder to arrange, but great workout for your abs, thighs, and bum while enjoying the outdoors.
 - Exercise DVD's: 300-500 cal/hour. Can be fun for new exercise ideas, can find DVDs to suit your workout style and target zones.
- Most importantly, have fun and try new things! An adventurous routine is a lot easier to stick to than the same old thing day after day.

Looking for a healthy meal for your “meat and potatoes” cravings?

Try whipping up New Scalloped Potatoes and Ham!



Ingredients:-

- 9 medium red potatoes, cut into 1/4 inch slices
- 2 cups Fat Free Sour Cream
- 12 oz. Velveeta Cheese, cut into 1/2-inch cubes
- 1/2 lb. smoked ham, chopped
- 4 green onions, sliced
- 1/4 cup grated parmesan cheese

Now Make It!

- HEAT oven to 350°F.
- COOK potatoes in boiling water in large covered saucepan 10 to 12 minutes or just until potatoes are tender, drain. Remove 3/4 of the potatoes; place in large bowl. Add sour cream and mash until smooth. Stir in Velveeta cheese, ham and onions. Gently stir in remaining potato slices.
- SPOON into 9x13 inch baking dish sprayed with cooking spray; sprinkle with parmesan cheese.
- BAKE 30 minutes or until the dish is heated through.

Prep time: 30 min Total time: 1 hour Makes: 16 servings, one cup each Calories: 210

STAY POSITIVE! 😊