



Exercise Myths

Myth: Running destroys joints.

Fact: Joint damage really depends on injury history, as well as the use of proper technique and footwear. 6

Myth: Working out just once a week won't do any good.

Fact: Any exercise is good exercise! Even if you aren't building very much strength, you are still burning calories that you wouldn't have burned otherwise. 6

Myth: Weight gain is inevitable with age.

Fact: Weight gain is more probable with increase in age, but is certainly not unavoidable. As age increases, physical activity usually decreases, which causes the metabolism to slow down. 6

Myth: Women who weight train bulk up.

Fact: It takes a great deal of effort for a woman to "bulk up", especially compared to men. The average woman should not be concerned. 6

Healthy Habits

Faculty and Staff Wellness Program

Calvin College

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Exercise is The Best Medicine

Repeated studies have shown that exercise has endless health benefits. Exercise is proven to boost metabolism and manage weight, raise kids' academic performance, and raise moods by elevating endorphin levels in the brain. But, did you know that exercise can also help prevent countless diseases? 5

Recent studies have proven that regular exercise can help to prevent diseases of the eyes. Tests have shown that regular exercisers have a 35% lower risk of cataracts and macular degeneration, an age related loss of vision due to retina damage. 1

Over the last 25 years many studies have been taken regarding patients who are at risk for cancer. Among these patients, the ones who exercised frequently, were less likely to contract the disease by 24%. 6

Exercise, as studies have also shown, can help prevent heart disease by lowering blood pressure, boost HDL (or "good cholesterol"), decrease body weight, and help in the management of diabetes. 5

See below for small changes you can make to help exercise become an easy habit, so you can take from these benefits!

Small Changes Can Transform Your Life

Even if you don't have a lot of time or energy, you can still make small changes to help you lead a more healthy lifestyle. Here are some ideas from the America on the Move website: 1

1. Walk, Don't Drive: Walk to places that are close to home, and if you have to drive, park far away from the store entrance. Walking is a great way to relax, exercise and get some fresh air!

2. Strive for Home-made: When you pre-

pare your meals at home, you are able to control what is added to your meals. Choose more nutritious options. And remember that portion size is important.

3. Leftovers for Lunch: It can save you time and money! Also, eating leftovers is another way you can better control what is in the food that you eat.

4. Set Goals: Set some fitness and nutritional goals for yourself.

Once you have reached a goal, set a more challenging goal!

5. Eat Breakfast: Studies have shown that people who don't skip breakfast are more likely to maintain a healthy weight.

6. Don't Worry: Cut yourself some slack. If you slip back into a bad habit, don't give up! Just renew your healthy habit again the next day.

Banana Bread:

A new, healthier version of an old favorite recipe! This recipe was taken from Eat Better America, an organization that is dedicated to helping Americans eat more healthily. 5

- 1 1/4 cups sugar
- 2 tablespoons margarine, softened
- 3 egg whites
- 1 1/2 cups mashed ripe bananas (3 to 4 medium)
- 2/3 cup Fat Free plain yogurt
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 1/2 cups Whole Grain Total cereal, slightly crushed

1. Move oven rack to low position so that tops of pans will be in center of oven; pre-heat oven to 350°F. Grease bottoms only of two 8x4-inch loaf pans or one 9x5-inch loaf pan with shortening.

2. In large bowl, mix sugar and margarine. Stir in eggs whites until well blended. Add bananas, yogurt and vanilla; beat until smooth. Stir in remaining ingredients except cereal just until moistened. Stir in cereal. Pour into pans.

3. Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 1/4 hours, or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely, about 1 hour.



Health Habits Highlight of the Month

Meet Barb Mustert!



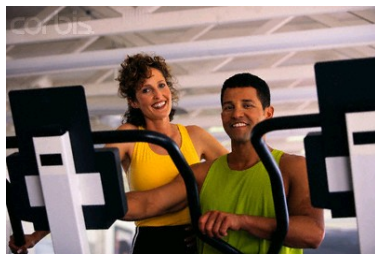
For Barb Mustert, a nurse at Calvin's Hoogenboom Health and Recreation Center, her job isn't just a job. Barb joined the Weight Watchers at Work program last February and her coworkers were a main source of support and accountability. With the other nurses in her department she developed lasting friendships and prayer partner relationships. Barb walks during lunch breaks with these coworkers and attends the Weight Watchers meetings with them. Barb says that without her coworkers in Health Services, her new and healthier lifestyle would not have been as enjoyable or as easy.

Since joining Weight Watchers, just 7 months ago, Barb has lost 35 pounds. Besides losing weight and having more self confidence in her appearance, Barb is also getting more restful sleep and feeling better in other aspects of her life. Barb has noted that since she started exercising, the routine has become more than an obligation. Exercise used to seem tedious, but now she enjoys hiking with her family, using her elliptical machine and walking/running. Barb is no longer as concerned with strictly counting Weight Watchers points. She says "I know what foods are healthy and don't need to count on the points to tell me." Barb eats a lot of whole grains and has completely cut soda out of her diet. Barb has even gotten her family to eat more healthy foods.

Despite her initial fear of failing, Barb stuck with her commitment to look and feel better. At first, it was a challenge for her to fit exercise into her routine, but she manages. Barb's number one piece of advice is to not get discouraged if you have a challenging day with eating or exercise. She says that even if you face struggles one day, you can come back and try again the next day.

How can I make exercising more fun?

- Listen to Music: When you listen to music your heart works harder...but it does not feel harder! 2
- Workout with Friends: Exercising is a great way to be social and support each other!
- watching your favorite show!
- Reward yourself once you've reached a goal: it will help keep you motivated!
- Maintain Variety: Try not to do the same cardio workout every time you exercise.
- Walk with Your Family: You can carry on conversations and spend quality time together all while exercising.
- Make sure that you are wearing properly fitted and comfortable footwear: blisters are no fun!



- Set up a bike/treadmill in front of your TV: You can get in shape while

1. http://www.whymilk.com/small_changes.php
2. <http://clinicaltrials.gov/ct2/show/NCT00804700>
3. <http://www.eatbetteramerica.com/recipes/whole-grains/banana-bread.aspx>
4. <http://abcnews.go.com/Health/WellnessNews/Story?id=6797940&page=11>
5. <http://www.mayoclinic.com/health/exercise/HQ01676>
6. <http://www.livescience.com/health/090305-sports-exercise-benefits.html>