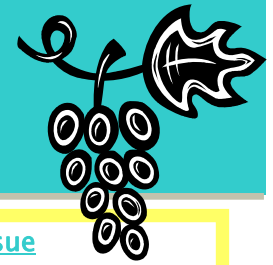


THE GRAPEVINE

SUMMER 2011

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Diet Myths Debunked

In a society that is becoming increasingly health conscious, more and more information is constantly coming out on how to lose weight, how to get fit, how to eat, sleep, breathe – everything under the sun that will help you get healthy! It's a wonder that before this information was available people were able to survive – let alone lead healthy lives!

The fact is, people did survive, and were – and are – still healthy without all the weird, scientifically suspect practices that people get tricked into. Nutrition is one of those fields that is inundated with quacks who will try to sell you the latest secret to weight loss. A basic myth-spotting motto: If it sounds too good to be true – it is.

Don't Be Tricked

Here are some common diet myths that people futilely follow in hopes of losing a few pounds.

- **Eating late at night will cause you to gain weight.** Eating late at night, or at any particular time of day, will not cause you to put on more weight than what is normal for what you ate and the activity you did. Weight gain occurs when you consume more calories than you expend, whether that occurs in the middle of the day, the morning or at night. However, in reality, people who eat a lot of food late at night tend to consume more calorie-dense foods and thus eat more calories – which can cause weight gain.
- **Low-carb/high-protein-fat diets are optimal for weight reduction.** A type of diet consistently shown to cause weight loss is a low-fat diet. The key is that you have to eat fewer calories to lose weight, and fat has the most calories per gram, so it's easiest to cut calories by trimming the fat. The Dietary Guidelines for Americans in 2010 recommended 20% to 35% of dietary calories come from fat, 10% to 35% from protein, and 45% to 65% from carbohydrate. All of these macronutrients (vitamins and minerals) are essential in the proper amounts for optimal health. The new guidelines will be posted by the end of the summer of 2011.
- **Carbohydrates are bad for your health and cause weight gain, and therefore should be avoided.** As far as weight loss goes, the proportion of macronutrients – carbs, fat and protein – consumed is not as important as the total caloric intake versus caloric expenditure. However, foods rich in fiber and protein tend to be the most filling, which in theory would lead to a reduced intake of food and calories compared to high-fat foods and low-fiber carbohydrates. From a heart-health perspective, the healthiest overall meal plan appears to be a Mediterranean-type eating plan, which is rich in fruits, vegetables, whole grains and omega-3 fatty acids from fish, and low in saturated fat, trans fat, sodium and added sugars.
- **Skipping meals is a good way to lose weight.** In theory, skipping one meal while keeping everything

Inside This Issue

Diet Myths Debunked	1
Announcements & Events	2
Recipe	2

else in your diet the same will help you lose weight. But when you skip a meal, your eating pattern changes and you tend to overeat and overcompensate later – which will likely lead to weight gain.

- **The number of meals eaten each day – three square meals or five or six small meals – has a huge impact on weight management.** Because weight control is achieved by balancing the number of calories consumed with the number burned, it doesn't really matter if the calories come in the form of three large meals or five or six smaller ones. However, some people find that they're better able to control their intake one way or the other. In the end, it's a matter of preference.
- **Rapid weight loss can be maintained.** There are many diets out there that promise rapid weight loss, even 10 to 20 pounds in a week. This amount of weight loss is possible on extremely restrictive diets, but it can't be maintained. A large portion of the weight lost on these types of diets is water and lean tissue, so the minute you get off the diet and go back to eating normally, you'll gain the weight back – and probably more.
- **You have to stop eating your favorite foods to lose weight.** The most successful approach to weight loss and weight loss maintenance is to make permanent lifestyle changes that include a healthful eating plan and ample physical activity. A "diet" is not the answer. A healthy lifestyle allows for all the foods in moderation.

The Truth

- Losing weight and achieving health-related goals requires effort and commitment. Lifestyle behavior changes are typically required to maintain weight loss. Anything above a weight loss of 1 to 2 pounds a week is difficult to maintain. For healthy weight loss, follow these science based tips:
- Follow the Dietary Guidelines for Americans. These are summarized at www.ChooseMyPlate.gov which provides tools to help you plan and track your diet and physical activity.
- Get moving! Increase your physical activity with an exercise program, or do simple things like take the stairs, park farther from your destination or walk to do your errands.
- Surround yourself with support. Encouragement from friends and family is essential when you find yourself unmotivated. If you know someone with similar goals, make him or her your diet/workout buddy and keep each other accountable.

ANNOUNCEMENTS

TRX SUSPENSION TRAINING

TRX Suspension Training is a revolutionary method of leveraging individual body weight to achieve overall fitness by disrupting your center of gravity and stimulating your core.

Wellness Works has 2 options for TRX Suspension Training: one-on-one personal training and group fitness classes.

Please see the front desk for more information about booking your TRX appointment or purchasing a TRX Punch Card to attend our TRX group fitness classes.

As always, summer is an exciting time at Wellness Works! **Wellness Works for Kids** will be conducting their annual summer camp the weeks of July 11th and July 18th. Spaces filled up in record time this year!! We're thrilled that the program is reaching so many children, and hope that we can continue to bring health and fitness education to the youth in the community!



We are now offering Youth Personal Training, in addition to our other training options. Please see the front desk for details!

Cholesterol Screenings

1st Monday of every month
8:00 am – 11:00 am

\$20/ Wellness Works members
\$25/ Non-members

Cavatappi with Arugula Pesto and Cherry Tomatoes

Ingredients:

Pesto:

5 cups trimmed arugula
 ¼ cup toasted pine nuts
 ½ cup (2 ounces) grated fresh parmesan cheese
 1 tablespoon lemon juice
 ¾ tablespoon salt
 ¼ teaspoon freshly ground black pepper
 1 garlic clove, minced
 1/3 cup water
 2 tablespoons extra virgin olive oil

Remaining Ingredients:

1 pound cavatappi pasta
 2 cups red and yellow cherry tomatoes (about ¾ pound)
 2 tablespoons toasted pine nuts

Directions:

To prepare pesto, combine first 7 ingredients in a food processor; process until finely minced. With processor on, slowly pour 1/3 cup water and oil through food chute; process until well blended. Cook pasta according to directions, omitting salt and fat. Drain. Combine pesto, pasta, and tomatoes in a large bowl; toss well. Sprinkle pine nuts over pasta. Serve immediately.

