

ZONIA'S KITCHEN



Mushroom Salad

3 cans whole mushrooms (drained)
2 cups sliced English cucumber
2 cups sliced celery
1 green pepper, sliced thinly
1 red pepper, sliced thinly
1 red onion or Spanish onion, sliced thinly

Dressing:

3/4 cup sugar
1/2 tsp pepper
1/4 cup salad oil
1 tsp salt
2/3 cup vinegar

Combine all salad ingredients in medium bowl.

Bring dressing ingredients to a boil. Pour over vegetables and leave overnight, tossing occasionally.

DIET GIMMICKS

Are you one of the estimated 60 million North Americans who will go on a diet this year? If so, you might be tempted by advertisements for products promising easy, quick ways to lose weight. You should know that when it comes to losing weight, gimmicks usually don't deliver on their promises.

While some dieters succeed in taking off weight, perhaps as few as five percent manage to take it off and keep it off in the long run. Most experts agree that the best way to take weight off and

keep it off is to eat fewer calories and burn more energy by increasing physical activity. Experts suggest aiming for a goal of about 1 lb/week. This usually means cutting about 500 calories from your diet by eating healthy, low-fat foods (following Canada's Food Guide is a good bet) and/or participating in regular, physical activity.

Before you spend good money on products or programs that promise fast or easy weight loss, weigh the claims and consider these tips:

"Lose 30 lbs in 30 days" - as a rule, the faster you lose weight, the more likely you are to gain it back. Also, fast weight loss could harm your health.

"Lose weight while you sleep" - claims for diet products and programs that promise weight loss without effort are phony.

"Lose weight and keep it off for good" - be suspicious about products promising long term or permanent weight loss. To lose weight and keep it off you have to change how you eat and how much you exercise.

"John Doe lost 84 lbs in six weeks" - don't be misled by someone else's weight loss claims. Even if the claims are true, someone else's success may have little relation to your own chances of success.

"Scientific breakthrough . . . medical miracle" - there are no miracle cures or weight loss products. To lose weight you have to reduce your caloric intake and increase your energy expenditure. Be skeptical about exaggerated claims.

BODIES

by Boze

Dauphin's active living centre

MEMBER NEWSLETTER JULY 2010

Inside This Issue:

Diet Gimmicks

Check your exercise IQ with our quiz

MEMBER OF THE MONTH PROFILE: Frances Stewart

Frances has been a Boze's member a couple of different times over the past several years - and currently is working out at the gym at least three times a week. In addition to her workouts Frances also has been participating in our noon classes, specifically to get additional exercise ideas to add to her core workout routine.

Frances has been very successful in losing a significant amount of weight during the past couple of months, and attributes her success to regular exercise and healthy eating. She has maintained a regular workout schedule - and has been diligent in modifying her exercise routine as she becomes familiar

with the movements. Frances understands the training principle of variation and has applied it very successfully to her workouts.

Frances, like many of us, has a wonky back and gimpy knee - old injuries that from time to time limit her mobility. These injuries used to bother her more than they do now, and Frances attributes her better physical condition as the reason she is not nearly as bothered by her old injuries.

Frances has another workout habit that helps her stick to her program - she keeps an exercise journal. Frances plans out her workouts and records her activity - which allows her to accurately increase her overload when she's ready for a change.

Frances seems to have it all together when it comes to her workouts, and she is a deserving Boze's Member of the Month.

JULY SALE

**BUY a 3-MONTH
membership for only
\$139.00**

Offer valid until Jul 31!

What's Your Exercise I.Q.

Answer the following questions True or False.

Answers are on the next page - review the following exercise tips before you decide. How did you do?

Questions:

1. Be wary of exercise devices that promise total fitness "in just three minutes a day."
2. Even when they are relaxing, people who exercise regularly burn more calories than inactive people.
3. The total price of an exercise machine that's advertised at "4 easy payments of \$50" is about \$200.
4. Weight lifting has no health benefit.
5. Sit-ups and ab crunches are the best way to burn fat off the stomach.
6. Cross-training is the best route to overall fitness.
7. It's best to buy exercise equipment that comes with a "money-back guarantee."
8. No exercise device can help you spot reduce.
9. Before-and-after claims in ads for exercise devices may be misleading.

Exercise Tips:

Look for equipment that offers a total workout. The best route to overall fitness is one that

incorporates a variety of physical activities as part of a daily routine.

Remember that no exercise device can burn fat off a particular part of your body. To turn a "beer belly" into a "six pack stomach," you must combine sensible eating with regular exercise that works the whole body. The reason: Everything you eat has calories and everything you do uses calories. Your weight depends on the number of calories you eat and use each day. Increasing your daily physical activity will burn extra calories.

Be skeptical of outrageous claims. Ads that promise "easy" or "effortless" results are false. And many ads that make big claims about the number of calories you'll burn also may be deceptive. Some of these claims are true only for athletes already in top physical shape; others may not be true for anyone.

Think twice about dramatic testimonials or before-and-after pictures from satisfied customers. These may not be typical. Celebrity endorsements don't necessarily mean the equipment is right for you, either.

Get the total cost of the product before you buy. Total cost includes sales tax, shipping and handling, delivery, and setup fees. Get the details on warranties, guarantees, and return policies. Check out the company's customer service and support, too, in case you need replacement parts. Try toll-free numbers and the company's website to see whether help really is accessible.

Answers:

1. **TRUE.** Real fitness requires regular activity, sensible eating and a healthy lifestyle. Exercise need not be grueling, but there are no "three minute a day" shortcuts to better flexibility, improved muscular strength, enhanced physical endurance, or improved cardiovascular or respiratory efficiency—or weight loss.
2. **TRUE.** Everyone burns calories while they're exercising. One of the great benefits of an active lifestyle is that it can boost your metabolism even when you're at rest.
3. **FALSE.** Shipping charges, postage, handling, delivery, or other hidden fees can add on to the cost of exercise equipment. Whether you order by phone or buy at a retail store, find out the real cost before making a purchase.
4. **FALSE.** Strength training isn't just for the "body beautiful" types. Lean muscle burns more calories than flab. Sensible weight training helps maintain muscle tone and endurance.
5. **FALSE.** The most common cause of a "beer belly" is fat—not weak muscles. Sit-ups may help tone the abs, but only a sensible diet combined with regular exercise can turn a "beer belly" into a "six pack stomach."

6. **TRUE.** Cross-training—a regular program combining different types of activity—is your best route to fitness. A combination of your favorite activities—walking, swimming, biking, dancing—can help you shape up while avoiding the boredom and burnout of one kind of exercise.
7. **TRUE.** But get the facts first. Not all "money-back guarantees" are the same. How long do you have to return the equipment? If you order through the mail, how much will it cost to return it? Who pays for repairs?
8. **TRUE.** No exercise device can burn fat off a particular part of your body. The reason: Everything you eat has calories, and everything you do uses calories. Your weight depends on the number of calories you eat and use each day. Increasing your daily physical activity will burn extra calories.
9. **TRUE.** Before-and-after pictures can be eye-catching, but they may not always tell the whole story. Regular exercise is an important ingredient in moving from plump to "pumped," but diet plays a key part, too.