

Food For Thought**Myths and Facts****Myths and Facts****By: Barry Broutman****Coffee can count as part of my water intake**

False - Coffee could act as a diuretic, but most importantly it is NOT water. Water transports nutrition and carries out waste from the body. Our body is composed of about 70% water not coffee.

Skipping meals is a good way to lose weight **False** - When you skip a meal you risk lowering your blood sugar levels and creating a fatigue feeling. Many people have a tendency to over eat when they are feeling tired.

Vitamins give you energy

False - Vitamins help "release" energy already stored in your body.

Natural or herbal products are always safe

False - Always consult your doctor before taking ANY supplement. Some herbal products (e.g. yohimbe bark) can actually raise your blood pressure.

Some foods are "bad" for you

False - There is no such thing as bad foods; it is how we use them. No one ever gained weight from one piece of cake; it is the second and third pieces that add weight to your body.

Monthly Humor

Old Sean lived alone in Ireland. He wanted to spade his potato garden, but it was very hard work. His only son, Mick, who used to help him, was in an English prison. The old man wrote a letter to his son and described his predicament:

Dear Mick,
I am feeling a mite down because it looks like I won't be able to plant me potato garden this year. I'm just getting too old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me.
Love, Dad

A few days later he received a letter from his son:

Dear Father,
For CHRIST'S SAKE, don't dig up the garden!
That's where I buried all them BODIES!
Love, Mick

At 4 A. M. the next morning, a dozen agents from Scotland Yard and local police officers showed up and dug up the entire garden down to a depth of about six feet. That evening, not finding any bodies, they apologized to the old man and left. The next day the old man received another letter from his son:

With all the information you see on television and on the internet it's hard to decide what is true and what is myth.

With that in mind lets review some of the most common myths and facts.

1) Drinking a glass of water will rehydrate you completely.

False - It can take up to 48 hours of drinking at least 64 ounces of water per day to completely rehydrate yourself.

2) Protein builds muscles

False - Only exercise can build muscles. Otherwise everyone who eats at fast food restaurants would look like a bodybuilder.

3) If a product contains the words "miracle", "secret", or "magic" it is probably a great product.

False - When it comes to getting in shape there are no short cuts. If it sounds to good to be true, it probably is.

4) A pound of muscle weighs more weighs more than a pound of fat.

False - A pound is a pound, whether you are comparing a pound of muscle to a pound of fat, or a pound of feathers to a pound of bricks. However, a pound of muscle is 13-18% smaller (more dense) then a pound of fat.

5) The fitter you are the harder you have to work.

True - As you become fitter, the amount of exercise that gave you improvement in the past will now only help you maintain your fitness level.

6) I can workout 20 minutes 3 times a week and have the body I always wanted.

True/False - It depends on what you want to achieve. For a individual to be functional (e.g.) climb stairs, walking this is fine. However if you want to compete in a marathon, or you want to increase your strength significantly then the answer is false.

7) I can help protect my back from injuries by working my stomach muscles really hard.

False - Just working your abdominal muscles does not mean you have strengthen or increased the flexibility of your back. If you really want to protect you back from injuries, exercise your back muscles.

You can replace fat with muscle

False - Fat and muscle are two different entities. You cannot replace one with the other.

Dear Father,
 Go ahead and plant your spuds now. It's the best I could do under the **Health Links** circumstances.

Love, Mick

- Berkeley Wellness Letter www.wellnessletter.com
- Health A to Z www.healthatoz.com
- Human Kinetics www.humankinetics.com
- Mayo Clinic www.mayoclinic.com
- Perform Better Catalog www.performbetter.com
- Polar Heart Rate Monitors www.polarusa.com
- Surgeon General www.surgeongeneral.gov
- The American Dietetic Association www.eatright.org
- The Gatorade Sports Science Institute www.gssiweb.com
- USA Triathlon www.usatriathlon.com

Recipe of the Month
LEMON CHICKEN SALAD

Ingredients

- 2 small boneless, skinless chicken breast halves (6 ounces total)
- 1/4 cup lemon juice
- 1 teaspoon lemon-pepper seasoning
- 1 tablespoon olive oil or cooking oil
- 2 tablespoons honey
- 2 tablespoons coarse-grain brown mustard or Dijon-style mustard
- 2 teaspoons lemon juice
- 3 cups torn mixed greens
- 1 cup chopped, seeded cucumber
- 1 medium tomato, seeded and chopped
- Fresh nasturtiums or other edible flowers (optional)

Directions

1. Place chicken in a plastic bag in a deep mixing bowl. Pour lemon juice over chicken in bag. Close bag and turn chicken to coat well. Marinate at room temperature for 30 minutes or in the refrigerator for 1 hour, turning bag occasionally. Drain chicken, discarding lemon juice.
2. Sprinkle both sides of chicken breast halves with lemon-pepper seasoning, pressing into surface.
3. In a medium skillet cook chicken in hot olive oil or cooking oil over medium heat for 8 to 10 minutes or until chicken is tender and no pink remains, turning often to brown evenly. Remove from skillet. Cut chicken across the grain into 1/2-inch-wide strips.
4. Meanwhile, for dressing, in a small bowl stir together the honey, brown or Dijon-style mustard, and lemon juice. Set aside.

EDITORS CORNER

<p>If you know someone that would enjoy receiving this newsletter, please feel free to forward it to them, or email me their name and email address and I will add them to the mailing list.</p>	
<p>If you have any suggestions about upcoming articles or events, email me at barry@fitsusa.com</p>	<p>To unsubscribe from this newsletter send an email to barry@fitsusa.com and put "remove from newsletter" in the subject line.</p>

AVAILABLE SERVICES

Sieben Energy and Associates 312-828-0730	Craig Sieben	www.siebenergy.com
Stress Management for individuals and groups 847-869-5519	Mary Adler	www.actsrelax@worldnet.att.net
Gibson's Steak House 312-266-8999		www.gibsonssteakhouse.com
Gianni Furniture 708-863-6696	Bing Swanson	www.gianniinc.com
I-Traffic Website Development 312-729-4642	Chris Bowler	www.i-traffic.com
Picture Frames		www.moreframes.com
Perl Mortgage 773-862-1530	Ken Perlmutter	www.perlmortgage.com
International Lip Boutique		www.lipmedic.com

5. Divide mixed greens, cucumber, and tomato between 2 individual salad bowls or plates. Arrange the hot chicken strips atop the greens and vegetables. If desired, garnish with the nasturtiums or other edible flowers. Serve with the dressing. Makes 2 servings.

Menu Idea: For a light and refreshing meal, serve soft breadsticks and icy glasses of lemonade with this salad.

Nutritional Information

Nutritional facts per serving
calories: 294, total fat: 11g, saturated fat: 2g, cholesterol:
54mg, sodium: 663mg, carbohydrate: 28g, protein: 23g

Personal Training 847-885-2079	Barry Broutman	www.fitsusa.com
-----------------------------------	-------------------	--

Links To Previous Newsletters

[November](#)

[December](#)

[January](#)