

# THE HEALTHY Perspectives

"Your Source For Hope, Health and Happiness"



JUNE 2011

## INSPIRE TO MOVE

### Strength Training Myths: Get The Facts

You don't have to be a novice to believe in the most common myths of strength training. Ask 3 people at the gym the same question and you may get several conflicting answers. So many of the unwritten rules of thumb associated with strength training are really just myths perpetuated by fitness products that promise maximum results with little or no work. Some of the more well known and fabricated fitness myths are:

**MYTH:** "Strength training will give a woman big, bulky muscles"

**TRUTH:** This couldn't be more inaccurate, as women don't naturally have the amount of hormones to build big, bulky muscles. Lifting weights makes you physically stronger, helps you to lose weight, tone the body, decrease risk of osteoporosis, and reduce risk of back pain, joint pain and heart disease. So there's no reason to fear looking like a hulk.

**MYTH:** "If I want to lose weight, I have to solely focus on cardio"

**TRUTH:** The more muscle you have, the more calories your body burns all day. So yes, cardio is important for fat burning, but strength training helps you to preserve and build upon the muscle you have. Plus weight lifting raises your metabolism which is always a good thing to maximize weight loss.

**MYTH:** "If you aren't sore after a work-out, you didn't do enough"

**TRUTH:** Don't gauge the effectiveness of your work out on how sore you are the next day. Soreness should lessen over time. Measure the potency of your work out by lifting enough weight that your last rep is difficult. Work all your muscle groups 2-3 times a week and change up your routine to avoid plateaus. Plus your favorite jeans won't lie.

**MYTH:** "You can shrink your stomach, hips, and thighs by focusing on those areas"

**TRUTH:** As nice as that would be, spot reduction is one of the top myths as shown by the many ab gadgets, thigh shrinkers and butt busters so often advertised. When losing weight, it's ironic, but where we store the most excess fat is usually the last place it starts to go.

*"I drag my myth around with me."  
- Orsen Wells*



# NOURISHING YOU



## Navigating The Grocery Store Ingredients for Fine Living

Buying and cooking your own food is usually less expensive and healthier. What meals are you planning for the week? Will you have quick and easy snacks? What the heck is in the pantry anyway? Knowing the layout of the grocery store can be an ingredient to better health.

**MAP THE STORE** – The healthiest foods such as fresh produce, unprocessed meats and dairy products, tend to be around the outer-aisles of the grocery store. The middle aisles usually shelf the more processed sugary foods.

**PRODUCE** – Spend most of your time here and choose a rainbow of colorful fruits and vegetables.

**CHOOSING MEATS** – Meat, poultry and fish are your protein sources. Seafood and fish contain the healthy omega-3 fatty acids we need. Pick poultry like skinless chicken and lean turkey. Pay attention to the aroma and feel of meat (as well as the freshness date) instead of looking at color to determine freshness.

**BREADS, CEREALS AND PASTA** – Think of a spectrum with whole grains on one side and white flour on the other. Stay as close to the whole grain side, which are the least processed.

**DAIRY** – Dairy foods like fat-free milk and cheeses are an excellent source of calcium for strong bones and vitamin D.

**CANNED AND DRIED FOODS** – A variety of canned beans, fruits and veggies can easily be added to soups, salads and pastas. Tuna packed in water, low-fat soups, almond butter, olive and canola oils, and assortments of vinegars make for a healthy stocked pantry.



## Grilling Out

It's too hot to turn the oven on! Warm days and nights bring backyard barbeques and people together for fun and healthy food.

Here are some food suggestions for a healthy grilling season:

- Use marinades to add flavor and tenderize meats and neutralize chemicals that can cause carcinogenic compounds.
- Rather than the same old hotdogs or hamburgers, give fish, turkey or veggie burgers a try.
- Kebabs with chicken breast, beef or pork cook up quick and go great with a cold rice and veggie salad.
- Cook some baked beans in advance for extra flavor and experiment with a variety of types like black, pinto or kidney beans mixed together.
- Avoid mayonnaise salads in the heat. Stick with vinegar, herbs, citrus juice and a little oil.
- Plain, fresh fruits in a variety of colors ,cut-up or whole, can't be easier.
- Skewer large chunks of veggies like red and yellow peppers, mushrooms and summer squash, rubbed with olive oil and herbs.

### Flank Steak Marinade

- 1/2 cup olive oil
- 1/4 cup soy sauce
- 1/2 cup ketchup
- 1 garlic clove crushed
- 1 teaspoon oregano

Whisk ingredients together and add to a plastic bag with the flank steak. Marinate overnight before grilling.



*"Grilling takes the formality out of entertaining. Everyone wants to get involved."*  
– Bobby Flay



# HEALTH HARMONY



## Firework Safety

### Make Your Holiday A Blast!

Fireworks bring forth the inevitable "Ewwwwws and Ahhhhs" associated with their splendor. These summer spectacles of exploding light are appealing to the eyes, but when not handled properly, can cause burns and eye injuries.

The best way to enjoy fireworks is to attend the public fireworks displays and not use any at home...period! In many areas, it's not legal to light fireworks at home. It's always best to leave the lighting to the professionals.

**Be smart and cautious when attending a firework show:**

- Don't allow your kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Think about your pet. Animals have sensitive ears and can be extremely frightened or stressed. Keep pets at home, safe indoors, to reduce the risk that they'll run off or get injured.

### If A Firework Eye Injury Does Occur:

- ✓ Take the person to the emergency room immediately
- ✓ Do not rub the eye or attempt to rinse it
- ✓ Do not apply pressure or ointment
- ✓ Do not give an over-the-counter pain medicine
- ✓ Never let children play with fireworks!



## A Safe Home

Home is a place to feel safe and secure. To reduce the risk of unintentional home injuries, empower yourself by taking actions to make your home safe.

*"Carelessness doesn't bounce; it shatters."  
- Hartman Jule*

### Prevent Falls

- Have bright lights over stairs and steps on landings.
- Have handrails on both sides of steps and stairs.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs if babies or toddlers live in, or visit, your home.

### Prevent Poisonings

- Use medications carefully. Follow the directions. Use child resistant caps.
- Lock poisons, cleaners, medications and all dangerous items in a place where children and pets can't reach them.
- Keep all cleaners in original containers.
- Install carbon monoxide detectors near sleeping areas.

If someone takes poison,  
call the Poison Control Center  
at 1-800-222-1222.

### Prevent Fires & Burns

- Have working smoke alarms.
- Stay by the stove when cooking.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, quit! If you haven't quit, smoke outside, use a deep ashtray and fill with water before emptying. Lock matches and lighters away from children. NEVER smoke in bed.
- Don't leave candles unattended.

## Home Value Worries



Many homeowners are still worried about their home values. We look all over and see foreclosure notices in our neighborhoods, low costs of homes for sale, and neighbors bailing on their existing mortgages.

For each fall, there is a recovery. It is safe to say a lot of people lost their homes. No homeowner is immune to the falling home prices. Depending on the area, some are far more underwater than others. In order to cope, a house has to be seen as a "home" instead of an investment.

This is not the time to think of a house as a piggy bank. An economy needs time to recuperate. In the meantime, look at the important values of your home, the people that live in it, the times that are shared, the moments captured and the memories to be made.

*"Price is what you pay.  
Value is what you get."  
- Warren Buffet*



**Live Healthy!**

## LIVE HEALTHY!

[CLICK HERE](#) and take a few minutes to visit our on-line Wellness Library located in the Wellness section of the Lay Employees' benefits website.

Enjoy more resources to help you Live Healthy!



The information in this publication is meant to complement the advice of your health-care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2011 Inspired Perspectives LLC.