

Healthy Lifestyles

Path to total body fitness requires knowing dietary facts and fallacies

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Does one serving of tortilla chips go straight to your thighs? Can five minutes of exercise possibly help? With all the noise these days about exercise and eating right, it's hard to figure out fact from fallacy.

The following facts should help you get started on the way to total body fitness.

• **Fallacy:** A calorie is a calorie. One hundred calories of nacho-flavored tortilla chips is the same as 100 calories of nacho corn cakes.

• **Fact:** All calories are not created equal. Almost half the calories in nacho chips come from fat, which is more likely to be stored as body fat.

Rice and corn cakes are comprised primarily of complex carbohydrates, which are converted easily into body energy. Nacho corn cakes have one-third the calories and no fat.

• **Fallacy:** Cellulite is the most difficult type of fat to lose.

• **Fact:** The word cellulite was coined to refer to dimpled fat, however, it is just plain fat. The only way to get rid of it — dimpled or not — is through regular aerobic exercise, combined with a reduced-calorie, low-fat diet.

• **Fallacy:** Exercise can turn fat into muscle.

• **Fact:** You can't turn apples into oranges, and you can't turn fat into muscle. They are two different types of body mass that can change in volume, but not in substance.

• **Fallacy:** Exercising only twice a week is wasted effort.

• **Fact:** A sedentary individual who begins a well-rounded fitness program will benefit from exercising, even as infrequently as twice a week.

• **Fallacy:** Repeated leg-lifts will eliminate saddlebags.

• **Fact:** Leg-lifts help strengthen thigh muscles. "Flab" and excess fat is reduced by doing aerobic exercise, and by decreasing fat in the diet.

The benefits of a healthy lifestyle reach far beyond fat loss — to improved stress management, better overall health, and increased energy, flexibility and strength.

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