



# ACSM **FIT** SOCIETY® PAGE

Supported by  **Liberty Mutual**  
INSURANCE

## THEME: FIT FAMILIES

# Staying Active When Time is in Short Supply

By Richard T. Cotton, M.A.



## Letter from the Editor

by Dixie L. Thompson, PhD, FACSM

Welcome to the October 2013 edition of the *ACSM Fit Society® Page*, supported by Liberty Mutual. In today's busy world, it's hard to make time for exercise. Balancing work and family life can sometimes be difficult. Keeping up with demands at the office and household chores may leave you feeling like you have no time left for exercise, but making healthy lifestyle choices may not be as difficult as it seems.

In this issue, you will read about how to help yourself and your family lead an active lifestyle, despite the barriers of everyday life. We've included information about how to incorporate exercise into your life when time is in short supply, physical activity throughout the lifespan, and more. We hope the information and tips contained here give you helpful advice when you face the time-demanding challenges of daily life.

After you read this information that ACSM experts have prepared for you, please feel free to share it with friends and family. We hope these articles will help you find ways to be active now and throughout your lifetime.

*Dixie L. Thompson, Ph.D., FACSM*  
Editor, *ACSM Fit Society® Page*  
Email: [dixielee@utk.edu](mailto:dixielee@utk.edu)

To subscribe to the *ACSM Fit Society® Page*, please send an email to [publicinfo@acsm.org](mailto:publicinfo@acsm.org).

one time to be beneficial. With a few lifestyle adjustments, you may be surprised to find the extra time you need to help your family stay active.

## Limit Screen Time

First, the most important thing you can do—and perhaps the most effective—is to limit the amount of time your kids spend in front of any kind of screen. Research suggests that the average 8- to 18-year-old spends 4 ½-hours daily watching television, 1 ½-hours on the computer, and one hour playing video games. This doesn't even include the amount of time spent texting or on the phone, which would likely put the total well above seven hours a day of screen time—most of which is also time being sedentary. Emerging research suggests that all this sitting is quite harmful, increasing one's risk of developing a wide range of diseases and conditions, including diabetes, obesity, metabolic syndrome and heart disease. Most experts suggest limiting all screen time to less than two hours per day.

## Increase Activity Level

The next step is to look for ways to increase activity levels throughout the day. Do you drive your kids to school because you don't feel safe letting them walk alone? Why not walk with them a few days a week? Two 15-minute trips to school and back is enough to meet your minimum recommendation of 30 minutes of daily activity—and halfway to meeting your kids' recommendation of 60 minutes of activity. If this isn't feasible, what about a walk to a nearby park after school or to the grocery store to pick up a few items for dinner? If you find yourself spending a lot of time waiting while your kids have their lessons or practices, why not use this time instead to walk or jog? Try to maximize your down-time whenever possible.

## Choose Activities You Can Do Anywhere

Consider integrating interval training into your fitness regimen. Interval training may sound like something that professional athletes do;

*(continued on page 2)*

## Key Messages:

- Increase activity level by reducing screen time and integrating physical activity into your day whenever possible
- Optimize return on time invested by incorporating interval training and body weight exercise into your exercise routine
- Use physical activity as an opportunity to connect with friends and family

Today's families are busier than ever, spending more hours at work and shuttling kids between school and other activities. If this sounds like your family, you're probably wondering how you can possibly squeeze in physical activity into an already overstuffed schedule. Fortunately, physical activity doesn't have to be done all at

## INSIDE THIS ISSUE:

- 1 | Letter from the Editor
- 1 | Staying Active When Time is in Short Supply
- 2 | Q&A with ACSM

- 3 | Making Physical Activity a Part of Daily Life
- 4 | Fun for the Whole Family
- 5 | Physical Activity Throughout the Lifespan
- 6 | The Athlete's Kitchen

### Staying Active (continued from page 1)

however, it is a very useful technique that can be customized for any level of fitness, including beginners. Interval training does not have to be painful. Simple activities like walking slowly, then speeding up your pace is actually interval training! The key to designing an interval training program that fits you is to begin your recovery interval as soon as the work interval begins to feel uncomfortable. Interval training is easy to do anywhere: walking, jogging, and climbing stairs all make excellent interval programs.

Body weight exercises offer another good choice for time-pinned fitness activities. Body weight exercises use no equipment—as the name suggests, these movements use the body as resistance. Body weight exercises are beneficial because they work multiple muscle groups at once and build muscle strength. Some examples of body weight exercises are: planks, push-ups, wall sits, squats, arm or leg circles, and other similar exercises that use no equipment. A few sets of reps of these exercises require only a few minutes of your time, can be done indoors or outdoors, and no equipment is necessary!

Spending a few minutes stretching each day will improve your flexibility and range of motion. When your muscles are warm, gently stretch your arms and legs for 30 seconds on each side. Basic yoga poses are also a good choice for stretches and can be done easily at home, at the office, or during any downtime throughout the day.

### Re-Think Your Schedule

For some families, the best time to be physically active is first thing in the morning. Parents may enjoy taking turns walking or jogging with older kids before the school day begins (Younger kids can also ride along on bikes or scooters.) This also provides a great time to bond and connect with your kids, before the “busy-ness” of the day takes over.

Finally, if helping your family stay active just isn't happening and you can't seem to find the time, it may be time to re-evaluate your family's commitments and make some tough decisions that will help you make room in your schedule. While there are certainly seasons of life when we are more busy than we would like to be, being

physically active is simply too important to the health and well-being of your family to let it fall off the priority list.

*Richard Cotton is ACSM Certified Clinical Exercise Specialist and is the National Director for Certification at ACSM.*



### ACSM Fit Society® Page Editorial Board:

Dixie L. Thompson, PhD, FACSM, Editor  
University of Tennessee

Thomas S. Allena, EdD  
Southwest Missouri State University

Katherine A. Beals, PhD, RD, FACSM  
University of Utah

Greg Chertok, MEd  
The Physical Medicine and Rehabilitation Center  
Dawn Coe, PhD  
University of Tennessee

Kate A. Heelan, PhD, FACSM  
University of Nebraska-Kearney  
Cherilyn Hultquist, PhD  
Kennesaw State University

Gerald J. Jerome, PhD  
Towson University  
Anthony C. Luke, MD, MPH, FACSM  
University of California, San Francisco

Lynn Millar, PhD, FACSM  
Winston-Salem State University



ACSM is the world's largest association devoted to sports medicine and exercise science. ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. Visit [www.acsm.org](http://www.acsm.org).



Permission to reprint material from this publication is granted by ACSM contingent upon manuscripts being reprinted in total without alteration and on proper credit given to ACSM by citing *ACSM Fit Society*®, Page, issue and page number; e.g., “Reprinted with permission of the American College of Sports Medicine, *ACSM Fit Society*®, Page, October 2013, p. 3.”

## Q&A

by Anthony Luke, MD, FACSM

**Q: I have young children at home and want them to exercise. What can I do to help my child learn healthy lifestyle habits?**

**A:** Parents have a huge impact on a child's habits. It's great that you are encouraging them to exercise. Children have better exercise and diet habits if the family has policies around food and physical activity, access to healthy versus junk foods, available physical activity equipment, and if the parents serve as good role models for healthy eating or exercise. By creating a good home environment, especially with young children, you are helping your child develop healthy lifestyle habits that will remain with them throughout their life.

It's never too early to start teaching your children good exercise and eating habits. It's also not enough to get them started. Maintaining adequate exercise is crucial: recent trends have shown kids are becoming less active as they reach adolescence when friends and other activities become strong influencers. Providing a good foundation will help your kids make good decisions about their health and well-being.

Parents must provide support for children to be active. Just like planning dinner or the weekend, planning activities that get kids exercising is needed. Try to plan family events that get everyone active. Encourage everyone to think of



fun things to do to get up and moving, and away from the screens. Use the time away from TV, computers and video games for physical activity. Examples from “We Can”, a national program for family physical activity are:

- Bike to the library together
- Walk or bike to your children's sports events

(continued on page 7)

# Making Physical Activity a Part of Daily Life

by Courtney Monroe



## Key messages:

- Incorporating physical activity into your lifestyle has numerous health benefits
- Exercise can easily be added to your everyday routine with a few simple adjustments
- Setting goals and recording your progress can help you stay on track

It is no secret that leading a physically active lifestyle brings numerous benefits. According to the 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/guidelines/default.aspx>), adults should perform at least 150 minutes of moderate-intensity (e.g., brisk walking), or 75 minutes of vigorous-intensity (e.g., jogging) aerobic physical activity each week (or an equivalent combination of moderate- and vigorous-intensity aerobic activity) in bouts of at least 10 minutes in order to achieve substantial health benefits. Walking at least 3,000 steps in 30 minutes (a moderately-paced walk for most adults) on five days each week is roughly equivalent to this recommendation. The benefits of achieving this level of activity include improved cardiorespiratory fitness, as well as a lower risk of premature death, coronary heart disease, stroke, hypertension, Type 2 diabetes, and depression. Additional health benefits, including the prevention of unhealthy weight gain and a lower risk of colon and breast cancer, are linked to greater volumes of physical activity (i.e., at least 300 minutes of moderate-intensity, or 150 minutes of vigorous-intensity activity each week). The guidelines also suggest that adults perform muscle-strengthening activities

on two or more days per week, which leads to other positive outcomes, including improved bone strength and muscular fitness.

Achieving or exceeding the minimum physical activity recommendations does not come without some effort. Although barriers can interfere with your intention to live an active life, aiming to make physical activity a part of your daily life via two primary approaches outlined in the following paragraphs can help ensure that you accumulate the amount of activity necessary to experience health and fitness benefits.

First, consider taking a traditional approach to exercise. Exercise is a subset of physical activity that involves planned, structured, and sustained movement. Scheduling bouts of exercise into your weekly schedule can help. For example, you could monitor your daily activities, minimizing unproductive time and identifying at least one 30-minute time slot that you could devote to aerobic physical activity on at least five days each week. Then, simply record this activity time on your calendar or electronic device and stick to it. You could even schedule your activity in multiple 10-minute time slots throughout the day. This type of tactic could also be used to build muscle-strengthening activities into your schedule.

Second, consider using an active lifestyle approach. In other words, look for ways to incorporate physical activity into your daily routine. Any amount of physical activity leads to some health benefits. Of course, many of these strategies can be used to help you achieve or accumulate additional activity beyond the minimum physical activity recommendations. Here are some examples of the active lifestyle approach:

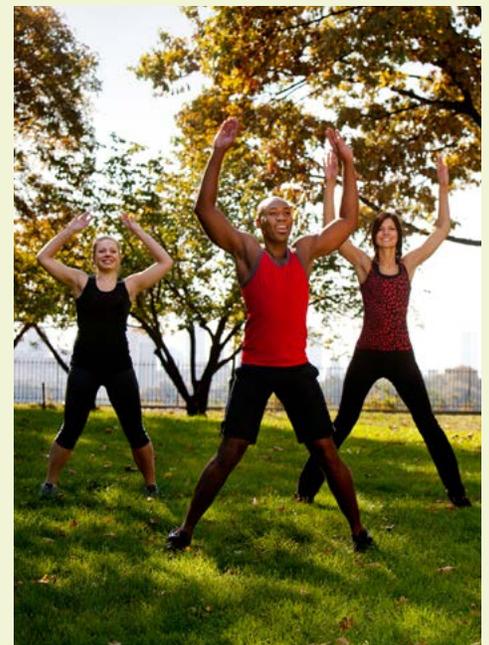
- Take the stairs instead of the elevator
- Walk during a lunch break
- Organize social activities or family time around physical activity
- Walk the dog
- Set up or encourage a walking meeting at work
- Physically deliver a message to a co-worker instead of using email or the telephone
- Park farther away from facilities
- While watching TV, be physically active during commercials (e.g., step in place, perform push-ups, curl-ups, dumbbell exercises, and/or jumping jacks)
- Walk or pace instead of sitting while talking on the telephone
- When traveling, walk around the airport while waiting to depart
- While attending a child's recreational event, walk around during breaks
- Choose the more active option when performing outdoor chores (e.g., use a broom or rake instead of a leaf blower)
- If you have to sit for long periods of time, use

a “take an activity break” reminder—set an alarm to go off at regular intervals or place a reminder note where you’ll see it often

The active lifestyle approach is a good way to break up long periods of sedentary time. Reducing the amount of time spent in sedentary behaviors is important because those whose daily routines have prolonged periods of inactivity are at increased risk of adverse health conditions.

Setting goals and tracking your progress may help motivate you to maintain a physically active lifestyle. Identifying specific and achievable goals will give you outcomes to strive toward, help you stay focused on engaging in regular physical activity, and guide your selection of physical activity strategies. Using supportive tools such as a smartphone application, traditional physical activity log or pedometer to track your progress towards your goals can serve as reinforcement to stay active on a daily basis. The wide variety of apps for computers, smartphones and tablets can be fun and motivating ways to track your progress, and some even allow you to engage in electronic communities for encouragement. Look for tools that are easy to use and fit the type of activities you enjoy.

Leading a physically active lifestyle shouldn't seem like an insurmountable task. A number of strategies – including traditional exercise and building activity into your daily routine – can help you reach the suggested physical activity levels. The investment you make in becoming more active is sure to yield important health benefits.



# Fun for the Whole Family

Jennifer Flynn



## Key Messages:

- Time spent being active as a family is a great way to meet physical activity recommendations while improving family relationships, bonding, and cohesion.
- Low-cost activities, such as using public parks, or those that require minimal equipment, such as body weight exercises, will help in developing healthy habits.
- Evaluating your family's routine may identify new opportunities for making simple changes to accumulate increased daily activity.

Physical activity is essential to good health. Risk of cardiovascular disease and diabetes, as well as symptoms of depression and anxiety, are lower in physically active individuals regardless of their age. Furthermore, the activity level and disease risk of a child is heavily predicted by his/her parent's activity and disease risk. Being a parental role model for a healthy lifestyle is one of the most effective ways to help your children develop good habits while increasing your own physical activity levels.

Unfortunately, over half of adults and children fail to meet the national physical activity guidelines. (To learn more about the Physical Activity Guidelines for Americans, see: <http://www.health.gov/paguidelines/guidelines/default.aspx>) A lack of time is one of the primary reasons that individuals report being inactive. Parenthood can limit an adult's physical activity participation due to time demands at home and work. Since parents play a large role in influencing the activity levels of children, active

parents often have active kids. Engaging in physical activity together can be an excellent way to help your family adopt healthy lifestyles, spend more time together, and have fun. Quality family time is critical for the emotional and cognitive health of parents and children and enhances family cohesion and bonding. Finding time to be active together doesn't have to be difficult. There are many ways to incorporate physical activity in to your family's schedule to make sure everyone stays healthy and happy.

It may sound like too big of a challenge to become more active, but small changes can make a big difference. When setting activity goals it is important to remember that national physical activity guidelines recommend adults engage in a minimum of 150 minutes per week of moderate intensity activity and children accumulate at least 60 minutes a day of moderate-to-vigorous activity. Additionally, the American Academy of Pediatrics suggests that children spend less than two hours a day engaged in sedentary, media-related behaviors. Simple differences like swapping time playing with electronic gadgets for kicking around a soccer ball can help your entire family meet the recommended levels of activity for health.

## Get Outside and Play

It has been suggested that people are spending more and more time indoors. Being outdoors and engaging in nature have been shown to be beneficial across all ages. In addition, outdoor activities can be one of the most cost-effective strategies for physical activity and are fun for everyone. Consider the following:

- Local parks provide space for tossing a Frisbee and, often, playground equipment.
- A hike can provide a wonderful way to introduce children to local wildlife or plants.
- Greenways provide a great space for a family bike ride.
- Create your own space for outdoor fun by planting a garden or cleaning up the back yard together.

## Strong Bones and Muscles

Cardiovascular health isn't the only important benefit of activity. Bone and muscle strength are critical for all ages. National physical activity guidelines encourage adults and children to engage in muscle- and bone-strengthening activities on two or more days a week. Here are some examples of activities you might try:

- Body-weight exercises (i.e., push-ups, sit-ups, pull-ups) are a great way for parents and children to engage in muscle strengthening activities together. Build these into playful times depending on the age and capabilities of your children.
- Jumping rope offer bone-strengthening benefits for parents and children alike.
- Basketball and tennis courts are common. They create opportunities for friendly, family

competition and bone/muscle-related benefits through jumping, hopping and running.

## Be Encouraging

Parental encouragement and support are linked to children's physical activity level. Helping your children enjoy active play will help them develop an appreciation for living a healthy lifestyle.

- Let your kids show off their newly learned skills or games.
- Be motivating and encouraging through words and gestures. Smiles and high fives are rewarding at any age!
- Both you and your child will have more fun when you participate in activities together.

## Make Time

There is no question that families are busy, but a close examination of your weekly schedule will likely reveal some opportunities for spending active time together. This may take some planning, so use these tips as you get started:

- Get a calendar or white board to plan out family events. Scheduling activities can help ensure they happen.
- Ask all family members what activities they enjoy or want to try. Be sure that everyone feels they have a voice in the choices made.
- Replace activities. Skipping a television show in favor of 30 minutes of tag in the back yard or walking the dog can become a family routine.

## Take-Home Message

A positive, physically active family environment will influence your children's health and increase their likelihood of adopting a healthy lifestyle. The "fun factor" is important, so plan activities the entire family enjoys to provide years of rewarding physical activity participation for everyone.



# Physical Activity Throughout the Lifespan

By: Jennifer Moxley, M.S.



## Key Messages:

- Physical activity is an essential part of a healthy lifestyle for individuals of all ages.
- When designing a physical activity plan, it is important to include all components of physical fitness and to keep in mind the specific recommendations for individuals in different age groups.

Physical activity is an integral part of a healthy lifestyle throughout the lifespan. Although the physiological characteristics of each age group are unique, the benefits that physical activity can provide for individuals in childhood, adulthood, and older adulthood are quite similar. Some physical benefits include maintenance of a healthy body weight and composition, lowered blood pressure, heart rate, cholesterol, and blood glucose levels. In order to gain the maximum benefit, each component of physical fitness – cardiovascular endurance, muscular strength, muscular endurance, body composition, and flexibility—should be addressed when creating an effective activity plan. Also, it is important to keep in mind any special considerations specific to each age group that may require modification of certain components of the activity plan.

During childhood, children enjoy learning how their bodies move and are developing gross motor skills like running and jumping. Many children are naturally active which makes this an opportune time to establish physical activity

as something fun and enjoyable. Simple things like taking a walk or playing at the local playground allow both children and parents to be active together. During adolescence, children are becoming more proficient in specific skills associated with the large motor activities they learned in early childhood. Participation in organized sports is a great way for adolescents to achieve daily physical activity, to improve physical skills and to provide opportunities for social interactions.

It is recommended that children and adolescents participate in sixty minutes of physical activity every day. The majority of this time should be while engaging in moderate or vigorous aerobic activity. Additionally, children should engage in muscle-strengthening and bone-strengthening exercise at least three days per week. Choosing a variety of activities that are enjoyable and skill-appropriate is key in attaining these recommendations. An excellent resource for ideas about appropriate physical activity for children and adolescents is the 2008 Physical Activity Guidelines for Americans (<http://www.health.gov/paguidelines/guidelines/default.aspx>). This freely available resource provides information on the amount of physical activity appropriate for children, and gives examples of age-appropriate activities and games. An important consideration: Keep exercise fun! Children are much more likely to choose to be physically active if they find it enjoyable. It is critically important that children's caretakers provide opportunities for regular physical activity and give praise and encouragement to children when they are active. Children need a supportive and safe environment in which to exercise.

As individuals reach adulthood, many factors such as work and family responsibilities can put physical activity on the back burner. However, the positive effects of exercise in adulthood are critical in reducing the risk of obesity, cardiovascular disease, high cholesterol, high blood pressure, Type 2 Diabetes and depression. Even if an individual is already diagnosed with a chronic health condition, exercise can often minimize the symptoms associated with the disease. The Physical Activity Guidelines for Americans (see link above) also provides information on physical activity for adults. According to these guidelines, adults should accumulate at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity, or some combination of these, each week. This activity should be done in bouts of 10 minutes or longer. Additionally, adults should engage in at least two days per week of muscle-strengthening exercise focus on all major muscle groups. While the health benefits of doing range of motion exercises (flexibility training) are difficult to document, certainly maintaining a good range of motion in

joints makes everyday tasks easier. Thus, range of motion activities are important in an overall fitness plan.

Another important point to understand is that exercise levels indicated above are minimal levels for substantial health benefits. Additional exercise will yield greater benefits. This is particularly true when it comes to weight control. If you are currently inactive, begin to set goals to gradually move you toward the minimal recommendations. Once you achieve these levels, you may find that doing more is possible.

As adults reach the stage of older adulthood (65 years and older), it is important to keep in mind that maintaining an active lifestyle is a vital part of healthy aging. The same benefits individuals experienced in earlier years still apply in older adulthood. There are additional benefits, especially important to this age group, which physical activity can provide. For example, physical activity can help individuals continue activities of daily living with ease, reduce falls and improve cognitive functioning, and can alleviate symptoms of certain musculoskeletal conditions such as arthritis and osteoporosis.

The physical activity guidelines for adults, outlined above, also apply to older adults, and some additional points of emphasis are included. Older adults have a wide variety of abilities, so each individual should perform the amount and intensity of activity that contributes positively to his/her health. It is important to keep in mind that some older adults may not be able to tolerate continuous activity. Therefore, performing several short bouts of exercise may be more effective in those who are deconditioned or have other health issues. It is critical that older adults engage in activities that will reduce the risk of falls. Fall prevention exercises can include balance activities, range of motion activities and strengthening exercises. Yoga and tai chi are examples of popular exercises that can help to improve these important components of fitness.

It is important for individuals of all ages to find ways to be physically active. Avoiding extended periods of sedentary activity and building in daily physical activity are critical for good health, regardless of age. There are also benefits that come from finding ways to be active with those in one's family. Be sure to read the article in this issue by Jennifer Flynn to learn more about family-based activity.

# Loafing Around: Bread & Athletes

by Nancy Clark, M.S., RD



In this age of low-carbohydrate diets, bread is getting a bad rap as being fattening. Yet, carbs are not fattening; rather, excess calories are fattening. Bread and other grain foods are rightfully re-establishing themselves as the foundation of each meal.

The government's dietary guidelines encourage us to eat 6 to 11 servings of breads and grain foods each day—of which at least half should be made from whole grains (i.e., whole wheat, rye, oats, corn). Enjoying this many servings of grain foods is an easy task for hungry athletes who commonly devour 6 servings at breakfast alone, such as a hefty bowl of cereal (4 servings) with an English muffin (2 servings).

Yet, confusion abounds regarding the role of bread in a sports diet. Some weight-conscious athletes still fear bread as a fattening enemy. They ask, "Can I really eat toast at breakfast and a sandwich at lunch—and not get fat?" Other athletes wonder if bread made from refined white flour is "evil." The purpose of this article is to dispel some of the myths and misconceptions regarding bread and other grain foods and offer a "grain" of truth.

## Myth #1. White bread is worthless; it has no nutritional value.

False. Although the refined white flour used to make bread may have been stripped of fiber, magnesium, zinc and several other nutrients, at least five nutrients have been added back by enriching the flour with B vitamins (thiamin, niacin, riboflavin, folic acid) and iron. Some white breads offer more of these vitamins than whole wheat breads. But not all the lost nutrients are replaced, so the optimal sports

diet includes primarily whole grain breads and cereals.

When reading the label on the bread wrapper, be forewarned that wheat flour is synonymous with refined white flour. Only breads labeled as "100% whole wheat" are indeed made from all whole wheat flour. Most breads are white-flour based, with a dash of whole wheat (or other grain) added. The listed fiber content offers a tipoff: look for breads with at least 2 grams of fiber per slice.

Eating white bread will not hurt your health unless your whole diet focuses on refined white flour products (i.e., too many white bagels and pasta meals). You'd be wise to eat a variety of grain foods and consume a variety of nutrients. Hence, if you eat a bagel made from white flour at breakfast, choose rye bread at lunch and popcorn for a snack. Or, if you prefer white bread for a sandwich, enjoy whole-grain cereal or oatmeal for breakfast and corn for dinner. So go ahead and enjoy the traditional leftover Thanksgiving turkey on white bread, if you so desire. And don't feel guilty if you really prefer white bread for your favorite peanut butter and jelly sandwich.

The key to an optimal diet is to balance out the highly processed foods with more wholesome products the rest of the day. No one food—not even white bread—can be classified as bad. It can be integrated into an overall good diet.

## Comparing Nutrients in Breads

White breads are enriched with B-vitamins to replace those lost during the refining process. However, white breads lack fiber as well as many other vitamins and minerals that are not replaced. Below is a comparison of nutrients that come from 1 slice of different kinds of bread.

	Fiber (gm)	Iron	Folic Acid	B-1
White Bread	--	6%	6%	6%
Whole Wheat, not enriched	2	6%	2%	4%
Whole Wheat, enriched	2	10%	8%	15%

## Myth #2: Whole grain bread is a nutritional powerhouse.

False. Although whole wheat bread may have slightly more nutritional value than does white bread, it is still not a "nutrition powerhouse." Bread provides only the foundation of a healthy diet; the nutrient-dense fruits, vegetables, lean meats and low-fat dairy foods eaten alongside bread are the stronger sources of vitamins and minerals. For example, two slices of bread (two ounces) has far less protein, calcium, riboflavin, potassium, Vitamin D and other vitamins and minerals than two slices of (American) cheese.

While bread is only a fair source of vitamins and minerals, it is an excellent source of carbohydrate (starch). These carbohydrates

## Comparing Calories in White Breads

The more bread you eat, the more calories you consume.

Bread	Weight	Calories
Wonder bread, 1 slice	1 oz	70
Pepperidge Farm, 1 slice	1.3 oz	95
English Muffin, Thomas'	2 oz	130
Bagel, Lenders small	2 oz	150
Bagel, Lenders Big'n crusty	3 oz	210
Pita, 6" round	2 oz	
Pita, 8" round	3 oz	240
Hotdog roll	1.5 oz	110
Hamburger roll	1.5 oz	110
Bulkie roll	2 oz	150

are important for fueling muscles and helping enhance athletic performance. Your sports diet should get 55% to 65% of its calories from carbohydrates; bread offers 65% to 75% of its calories from carbohydrates.

## Myth #3. Bread is fattening.

False. Plain bread is not fattening. Most of bread's calories are from carbohydrates. Your body preferentially burns carbohydrates during exercise rather than storing them as body fat. However, bread can become fattening if you smother it with lots of butter, margarine or mayonnaise. The fatty spreads that commonly adorn bread are, indeed, fattening.

If you are watching your weight, you can enjoy bread and bread products at each meal as long as you stay within a calorie budget that's appropriate for attaining your weight goals. Most sports-active people can reduce body fat by eating 600 to 700 calories per meal (1,800-2,100 calories per day). Bread, with 70 to 100 calories per slice, can certainly fit within that budget. However, the pat of butter (50 calories) or tablespoon of mayonnaise (100 calories) spread on the bread quickly boosts calorie intake.

## Myth #4. Diet bread helps with weight loss.

False. Diet bread is filled with extra air and sometimes additional fiber. The slices are thinner than standard bread. All this results in a lower-calorie product. Most diet breads have about 40 calories per slice, as compared to regular breads that tend to have 70 to 100 calories per slice. (One ounce of bread is generally 70 to 80 calories, whether it comes in the shape of a bagel, pita pocket, slice, wrap or sub roll.) The more bread, the more calories. Although dieters can save a few calories by eating diet bread, the real key to weight reduction is to reduce calories from fats, not from carbs. Weight-conscious athletes are better off skipping butter, but loafing around with the bread.

**Q&A (continued from page 2)**

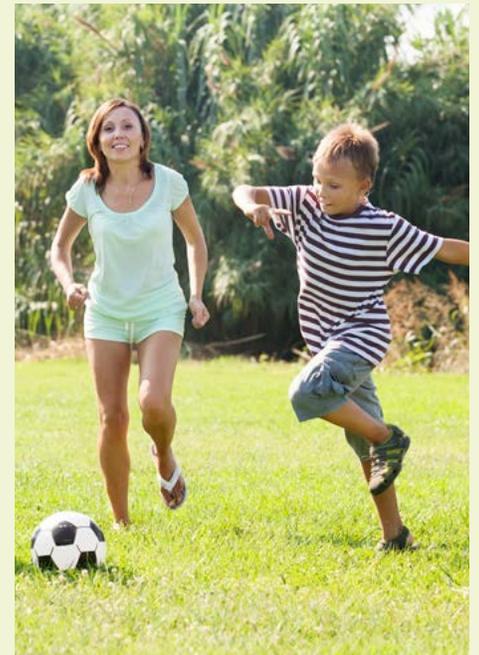
- Have your children come to your sports events and cheer for you
- Celebrate special occasions like birthdays with something active, such as a hike, a volleyball game, a dance contest, or a Frisbee™ match
- Train together for a charity walk or run

*(Re-printed from the National Heart, Lung, and Blood Institute)*

**Q: My energy level is low. I'm a senior and in reasonably good health. I haven't exercised in a while and I'd like to try again. What can I do?**

**A:** Exercise is important at any age, and is certainly critical for older individuals. Positive benefits are clear for gaining strength, endurance and mental sharpness with physical activity. Physical activity can improve quality of life and improve physical and mental health in both senior men and women exercising at ANY level.

The best way to get started is to talk to your primary care physician or local sports medicine specialist. Co-morbidities and physical function limitations prevalent among middle-aged and older adults can impact your ability to exercise. Effective lifestyle interventions should accommodate physical function limitations. Osteoarthritis, diabetes, cardiac disease, balance issues and others are all conditions that need to be considered if exercising regularly. It's great to get a plan together then you can follow up with your doctor to monitor your progress. Remember: Exercise is Medicine®! Additionally, read the articles in this issue to get more tips about building physical activity into your daily life.



## Distinctive auto insurance—just because you belong.

Did you know that as a member of ACSM, you could **save up to \$427.96 or more** on Liberty Mutual Auto Insurance?<sup>1</sup> You could save even more if you also insure your home with us. Plus, you'll receive quality coverage from a partner you can trust, with features and options that can include Accident Forgiveness<sup>2</sup>, New Car Replacement<sup>3</sup>, and Lifetime Repair Guarantee.<sup>4</sup>

**CONTACT US TODAY TO START SAVING**

800-524-9400

CLIENT # 114664

[LIBERTYMUTUAL.COM/ACSM](http://LIBERTYMUTUAL.COM/ACSM)

VISIT YOUR LOCAL OFFICE



**Liberty Mutual**

INSURANCE

AUTO | HOME

This organization receives financial support for allowing Liberty Mutual to offer this auto and home insurance program.  
<sup>1</sup>Discounts are available where state laws and regulations allow, and may vary by state. Figure reflects average national savings for customers who switched to Liberty Mutual's group auto and home program. Based on data collected between 1/1/2012 and 6/30/2012. Individual premiums and savings will vary. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. <sup>2</sup>For qualifying customers only. Subject to terms and conditions of Liberty Mutual's underwriting guidelines. Not available in CA and may vary by state. <sup>3</sup>Applies to a covered total loss. Your car must be less than one year old, have fewer than 15,000 miles and have had no previous owner. Does not apply to leased vehicles or motorcycles. Subject to applicable deductible. Not available in NC or WY. <sup>4</sup>Loss must be covered by your policy. Not available in AK. Coverage provided and underwritten by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA. ©2013 Liberty Mutual Insurance