

Diabetes Corner Gazette

Community Health Worker

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Exercise Myths and Facts

What is an exercise myth anyway? A myth is something that “everybody knows” but may not really be true. Share these myths and what’s really true with your patients.

Myth #1: Working out with weights builds bulky muscles!



Fact: Strength training is anything that makes your muscles work against gravity.

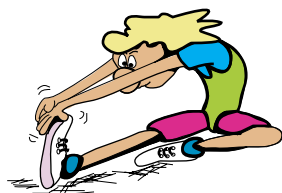
Gravity improves your muscle strength and mass. Only men can build the type of bulky muscles seen in weight lifting magazines.

Myth #2: Some people “just can’t lose weight” no matter what they do!

Fact: *Everyone* can lose weight...and exercise can really move you towards your weight loss and fitness goal.

Myth #3: Stretching is for sissies, not for fit People!

Fact: Regular stretching every day has these benefits: good posture (standing tall makes



you look 10 pounds thinner!), relaxes tense muscles, eases stress and anxiety, makes you less tired, and improves your blood flow and mental energy. People who stretch are less likely to injure themselves, find their working day to be easier and less stressful, and feel like their mind and body are in tune with each other.

Want some easy stretches? Log on to: www.goodhousekeepingseal.com/goodliving for ideas.

Myth #4: I live from the neck up, I don’t need to “get physical”.

Fact: People over 65 who exercise (as little as a 15 minute walk 3-4 times a week) are less likely to develop Alzheimer’s or other dementia.

This is a case where caring for your body keeps you from losing your mind! (study published in *Annals of Internal Medicine*).



Pack Your Pantry

Coffee and cinnamon have healing qualities (especially by helping to lower blood sugar) and taste great together. Try making this recipe and sharing it with patients at a monthly support group meeting. This recipe combines coffee, cinnamon and chocolate that will save money and add to patients’ nutrition bank account.

Mexican Coffee

2-3 cups dark roast coffee
1/4 tsp. Ground cinnamon
Splenda to taste (1- 1/2 pkt.)
1 tbsp. unsweetened cocoa
1/8 cup water



Over medium heat, boil all ingredients except brewed coffee for one minute, stirring frequently. Add to coffee and serve with whipped topping and additional splenda if desired. Per cup: Calories: 6 calories (15 if you use cool whip) and 1 gram of carb!



Medicine Safety

Heart Health and fitness go hand and hand. Share the healthy benefits of these favorite foods with your patients:

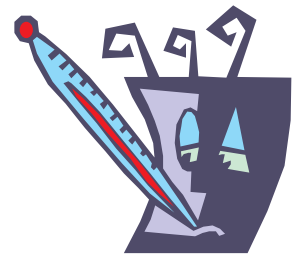
- *Blueberries*: prevent blood clots and reduce inflammation in the arteries. Great source of antioxidants that de-activate substances that contribute to heart disease.
- *Avocados*: High in monosaturated (good) fat . Avocados have chemicals that block some of the body's absorption of cholesterol from food and can protect against hypertension.
- *Chocolate*: Dark chocolate is rich in flavonols which can lower blood pressure and LDL (bad) cholesterol.
- *Nuts*: An ounce of nuts a day help lower LDL (the bad) cholesterol and keep artery walls healthy. The best nuts: peanuts, walnuts, pistachios, almonds, and pecans.



Frantic Feelings

Active people are happier people. Do you see people who complain of feeling sad, angry or frustrated?

- Urge them to go for a walk, get on a stationary bike or treadmill, head for the gym.
- Share that the heart and mind will feel better after doing something active. Problems don't go away when people exercise but attitudes about them will change.
- Offer to go walk with clients who are sad and stressed. Start an exercise-for-stress-relief group!



What's New?

Share these web sites with your patients.

- *Spinning*: an indoor exercise class on stationary bikes. This is a way to take a class with others, get a great workout led by an instructor, avoid bugs, weather and extreme temperatures, with no risk of bicycle or car accidents! For more information visit: www.spinning.com or www.schwinnfitness.com.
- *Choose to Move Program*: The American Heart Association has developed a FREE activity program for women. This 12 week program features tips and ideas for healthy eating, exercise for busy women, and ways to take time for yourself. Check out this site to see if it is a program you would like to do with one of your support groups. To sign up or learn more visit: www.americanheart.org.



This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2006.

