

What's New, What's True

The Lowdown on Eggs

- **One egg per day** does *not* increase heart disease risk in healthy individuals and can be part of a healthy diet.
- Omega-3 eggs have a higher level of unsaturated fat, omega-3 fatty acids but the *same amount of fat*. There is slightly less cholesterol and added Vitamin E.
- Egg substitutes are good for those who have high cholesterol or high levels of fat.
- One large egg = 186mg cholesterol

You can achieve omega-3 recommendations by eating six omega-3 eggs or two fish meals per week. 1 omega-3 egg = 1/4 to 1/3 of the recommended intake of omega-3s.

Recommended daily value of cholesterol:

- **Healthy individuals:** <300mg/day
- **Cardiovascular disease, diabetes, high LDL:** <200mg/day

Added Sugar

Tips to cut back:

- ✓ **Toss the table sugar** (white and brown), syrup, honey and molasses.
- ✓ **Swap out the soda.** Water is always the best choice!
- ✓ **Eat fresh fruits or fruits canned in water or natural juice.**
- ✓ **Add fruit** instead of sugar to cereal or oatmeal.
- ✓ **Cut the serving back.** When baking cut the sugar by one-third to one-half.
- ✓ **Try extracts.** Try extracts like almond, vanilla, orange or lemon instead of sugar.
- ✓ **Replace it completely.** Try ginger, allspice, cinnamon or nutmeg.
- ✓ **Substitute.** Switch out sugar with unsweetened applesauce in recipes (use equal amounts).

Recommended Sugar Intake:

Maximum of **25% or less** of energy from added sugars or **less than 12 tsp per day**.

High Intensity Interval Training (HIIT)

What is HIIT?

Repeated bouts of *short* exercise (10 sec – 5 min) at an intensity *greater than anaerobic threshold*. Bouts are separated by brief periods that do *not* allow a full recovery (Laursen & Jenkins, 2002).

What is its purpose?

To repeatedly stress the cardiovascular system to a **GREATER** extent than what is actually required during endurance exercise. In sedentary and recreationally active individuals, HIIT **improves endurance performance to a greater extent than continuous submaximal training alone** (ex. jogging).

Is it for me?

HIIT is suitable for most people, even those who have not exercised in a long time, to athletes. Talk to your doctor first! Ask your consultant for some HIIT ideas.

Whole Body Vibration (WBV)

WBV delivers vibration to the whole body via oscillating plates using vertical displacements on the left and right side of a fulcrum and the whole plate oscillating up and down.

- It is effective in reducing the results of the *ageing* process (Cardinale, M., & Wakeling, J, 2005).



- Studies have shown improvements in bone density, circulation and muscle stimulation for those who cannot do conventional exercise
- It is safe to stand on WBV plates for a **relatively short time** with knees slightly bent (limits vibration waves to the head). There can be negative effects if the frequency is too high or when used for prolonged time.

Bottom Line: More research is needed. At this point, not enough to say WBV can replace conventional exercise and there is no solid evidence saying it can help you lose weight or impact cellulite.

Barefoot Running

Becoming a barefoot runner

- Consult a physician if you want to try!
- Start slow. If you've been a heel/rear-foot striker most of your life, the transition will be very slow and will take lots of time.
- If you want minimal shoes, look for
 - no built up heel (if the heel is too large, you'll overpoint your toes which may cause pain/damage)
 - a flexible sole and no arch support. A stiff sole and arch support will prevent the natural flattening of the arch, preventing the muscles and ligaments of the foot from functioning as they were meant to. If you can't easily twist and bend the sole of the shoe, then it is probably too stiff.



Advantages to Minimalist Running or Forefoot Striking

- Strengthens foot muscles especially arch
- Uses less energy
- May feel great!

Disadvantages to Minimalist Running or Forefoot Striking

- Shoes are protective
- Very hard to transition from heel striking ...risk of achilles tendonitis

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