Myths Debunked

# Calorie Myth

A CALORIE IS A CALORIE

By this logic, merely decreasing the number of calories you take in and increasing the amount of calories you burn off should get you to your weight loss goals. It makes sense in a math equation, but we are complicated creatures living complex lives. Experiments performed in a lab are great and help lead us in the right direction. Only problem with that is we aren’t lab rats. We are all uniquely different and not one thing will work for everyone.

A calorie is not just a calorie. Food is fuel. Would you put low-grade gasoline in your high-performance Ferrari? God, I hope not! How much more important is your health and body than a car? Here’s a better question. What if I told you, you can have the body you want, the stamina you want, and be healthier than you are by choosing foods that fuel your performance and help you excel in your life? Would you choose to be a Ferrari? Or would you choose to be a 1975 Gremlin?

Some foods we eat are designed to make us hungrier. The food companies know how to make food addictive and keep you craving their products. They will have labels that read “healthy” or “all natural”. You will think you are making the right choices when, in reality, they are harming you. The sugar content is so high it causes insulin surges in your body to decrease the blood sugar. Soon your blood sugar falls and your body feels worried that it may fall too low and sends a signal for you to eat. The effects the fluctuations in blood sugar and insulin leave you feeling tired and hungry.

Food is meant to energize you, help you perform at your peak, make you stronger, and keep you healthy. What you eat becomes what you are. You should not feel a crash and need for a nap when you eat. You should feel strengthened and energized.

I hear “You work out all the time so you can eat whatever you want. NOPE!!! That logic would set anyone up to fail. I am 128 lb. My calorie intake at baseline is 1800-2000 a day. My favorite burger at a local chain is 900 calories, fries 240 calories, coke 150 calories. That would be 1290 in one meal. That’s over half of what I need for my day. Not to mention I will want a nap after this. To burn off this meal I would have to lift heavy weights for 6 ½ hours, run for 2 ½ hours, or bike for 4 hours. Who has time for that!? Diet is the BIGGEST component to your success.

**GET TO THE POINT, SELENA**

**Ok points for Calorie Myth**

Here are my recommendations for what to eat: Let’s keep this simple and easy:

* **EAT REAL FOOD** – don’t eat anything that has ingredients you can’t pronounce or with a longer shelf life than you. It is much harder to get yourself in a calorie surplus when you eat real food as opposed to you eating out.
* **STICK TO THE PERIMETER OF THE GROCERY STORE**- In the perimeter you find, milk, fruits, vegetables, meat, and dairy. In the middle of the store is where most of your options are processed foods.
* **COOK FOR YOURSELF**- Learn a few meals you really enjoy. When you cook it you know what is in it.
* **MEAL PREP-** Be prepared for the nights you come home too tired to cook for yourself. We have all been there. Come home from work tired and hungry so we order take out. Make it easy on yourself. Have something ready you can just heat up
* **HOLD YOURSELF ACCOUNTABLE-** There are many apps available to track the calories in food. I use MyFitnessPal. It has restaurants already loaded in, a scanner you can scan the bar code and it will enter all the nutrients and calories for you, and it’s portable on your cell. Look up what you want to eat before you eat it. Ask yourself, “Is this worth x amount of time in the gym?” and “Is this worth the set back?” Some days your answer will be “yes” even, “Hell, yes.” And that’s ok. We all need an indulgence from time to time, but too much will throw us way off track. You will notice the cleaner you eat, the better you feel, and the less you will need to splurge and how bad those foods actually made you feel.
* **FAMILY EVENTS-** Enjoy your family! You can bring your own food to parties and make enough for everyone to try. You can eat a half of a portion of what they are. Another thing I do, is I will put myself is a slight calorie deficit through the beginning of the week to earn the birthday cake or celebratory wine at the end of the week. What your calories are at the end of the week are just as important at the end of the day. So if you mess up, we all do, cut back a little the rest of the week to get back on track.
* **HUNGER-** As I have mentioned, food is fuel. If you fill your body up with nutrient dense foods it will fill you up. We were never meant to eat until it was painful to breathe. Our bodies are sophisticated. They will shut off the desire to eat once the nutrient requirements are meant. That is why eating a bunch of “empty calories” (Highly caloric food that has no nutritional value) leave you still starving. Your body is missing something it needs.

Myths Debunked

# Workout Myth

I don’t have time to work out or lifting weights turns women into bulky men. NOPE!

Let’s start with the first

**I don’t have time to work out.** I understand this feeling. I have worked overtime, been in grad school fulltime, travelled to see family, and had to finish my clinicals. I GET IT! Good news for you is you can work out throughout your day, not just at a gym, and you don’t need to spend hours in the gym every day. 20-30 minutes of increased activity a day elevates mood, increases dopamine, increases confidence, helps control diabetes, aids in weight loss, and increases stamina. Do something you enjoy! Wake up a little early to start off your day right.

**Lifting weights turn women into bulky men.** I know it’s a fear many women have, but ladies it’s not true. Muscles give us the curves we want. Another benefit to lifting is lean mass burns more calories at rest. THAT means the more muscle you have, the more you can eat without gaining back the weight you lost. Women do not NATURALLY produce the same amount of testosterone as men. It is not possible without taking testosterone or steroids to look like a dude. Lifting weight also helps prevent osteoporosis.

**Selena’s Tricks to Find Time**

* **Workout hard!!!!** When you are lifting lift HEAVY!!! This will be the most efficient use of your time. Lifting weights burns more calories through the day and you will feel hungry. Feed yourself to repair your muscles so they can grow.
* **HIIT-** High Intensity Interval Training! For those of us who hate running you will love this. HIIT is a form of cardio that has short bursts of intensely high intensity with breaks. For example, sprint as fast as you can for 30 seconds, then rest for 30. Repeat x 4. At first you may need to sprint for 15 seconds and rest 30. Work up to a 1:1 ratio of HIIT and rest.
* **Sprinkle your workout through your day.** Do 10 squats at every bathroom break, 10 pushups in the morning, 10 pushups before bed, and pull ups when you walk through a door frame. By the end of the day you did at least a 20 min all over body workout.
* **You do not have to drain yourself all year round-** I train in periods. I build muscle through the winter that allows me to eat a little more food and carbs to build my muscle. I train to maintain for the majority of the year, and lean out for summer by decreasing calories safely and adding more intensity and cardio.
* **Rest is just as important as working out-** By rest I mean if you are getting ill don’t overdo it will decrease your ability to resist an infection. Go slow or light those days. Or, just take the day off if you are too sick. Also, enjoy your family. They will want to be will you.

Myths Debunked

# Macro Myth

There is a set macro miracle equation that will get you to your peak physique.

There’s not. I hate to say it. Macros are protein, carbs, and fats. Each person has a different carb tolerance and a different amount of protein needed to build muscle mass. Listening to gurus that say follow this exactly will get you where you need will only frustrate you. LISTEN TO YOUR BODY. If you feel tired or sick after what your just ate, don’t eat it. That being said, I will say this. Each macro has a job. Carbs are for energy, protein builds muscles, and fat actually helps you maintain a stable blood sugar, allows nerves to communicate, and cells to perform basic functions. I eat to perform. Meaning if I am building muscle, I will eat more carbs and higher protein. I will time the majority of my carb intake before and after my workout and eat protein throughout the day.

**Selena’s Break Down on Macros**

* **Protein-** Builds muscle and repairs the damage to the muscle fibers from workout. It takes approximately 0.8- 1.2 g of protein per pound for building. Men who want mass can go up to 2g of protein per pound. Experiment with your diet and find where it is you find results you want.
* **Fats-** Fats are GOOD. Both protein and fat are more filling than carbs. By increasing your intake in healthy fats, your blood sugar will be more controlled and you will feel more full and not need to eat as much. Fats also coat your nerves and help the nerve to communicate to the rest of your body.
* **Carbs-** There are two kinds. Simple and complex.

**Simple carbs** are fast acting and does not last long in your system. People who have a low carb tolerance such as diabetics must use these sparingly and with caution, but they do have a purpose. When lifting heaving weights to achieve muscle building, new personal records, and for sprints, simple carbs can help achieve this by quickly getting in your muscles. Eat with a protein to slow the release of insulin.

**Examples of simple carbs:** Fruits, honey, sugary treats, syrups, jellies

**Complex carbs-** These carbs should be the majority of your carb intake. They are high in fiber, vitamins, minerals and are slower digesting. They will not cause surges in blood sugar.

**Examples of complex carbs:** vegetables, beans, legumes, rice, whole grains

Myths Debunked

# Weight Loss Myth

I can’t lose weight. It’s in my genes.

A gene has no power until it is expressed. You can be predisposed to diseases that you will never get. There are environmental factors that turn on a gene for expression, such as: food, toxins, smoke, sedentary lifestyle, etc. The one thing your genes may have given you is the ability to use carbs or a higher sensitivity to use carbs. People have different body types. Endomorph, ectomorph, and mesomorph. You may already know which you are. Knowing this will help you to know how to adjust your diet to see results.

**Ectomorphs** are naturally skinny. They have a hard time gaining weight. They can eat whatever they want and not change their physique much. Incredibly frustrating to a guy who wants to add muscle mass. These people tend to have a higher carb tolerance and can get away with more carbs in their diet.

**Mesomorphs** are naturally muscular. They are the ones who barely try and just seem to be gifted to a naturally lean muscular physique. They can put on muscle with ease. Mesomorphs can have a moderate amount of carbs and get away with a surplus at times.

**Endomorphs** are people who have always had trouble with weight. They are heavier than they would like to be and have a difficult time losing weight. Endomorphs do very well on lower carb diets. Sounds painful, but there are so many ways to make what you love low carb. Use vegetables instead of noodles for pastas, make your own breads and pizza crusts. There are many options online.

**Selina’s Tips to Succeed**

* **Track your progress-** Download an app that shows your nutrition and caloric intake. I use MyFitnessPal. For one week change nothing. See how much you are eating and see what you have been doing on a daily basis. Weigh yourself before you start, and weekly on the same day of the week.
* **Track your food-** Track every snack, condiment, food, drink, or anything else you consume.
* **Ectomorphs-** Try to keep your cabs under 200g per day, but if you want mass really increase your protein. Try for 1 to 2 grams per pound a day. Weigh in weekly. If you are gaining continue, if you are not, increase your protein and calories.
* **Mesomorphs-** Although you are gifted with a naturally muscular physique, try to keep carbs under 150g per day unless you are doing extreme activities such as during a marathon.
* **Endomorphs-** Start off by trying to keep your carbs under 100g a day to start. Weigh in weekly and try to keep your calories about the same. If you are seeing no progress in weight, decrease by 10g per day each week.

These are guide lines to help get you started. Listen to your body. Everyone is different.

Myths Debunked

# Cardio Myth

I hate running so I can’t do cardio or I don’t have the time to spend to run for miles like my friends do

Weight lifting may be all the cardio you need. If you hate cardio, it’s ok. SO DO I! Cardio doesn’t have to be a 6 -mile run. PLAY! Do something you enjoy. Do you like basketball? Join a team. Do you like golf. Go golfing, save money and don’t rent a cart walk it. Play with your kids. We all feel tired after that! Throw out what you think about cardio and let’s make it enjoyable and practical for a busy life.

There are people who love to run marathons and how I envy them. I wish I could enjoy running and I have yet to feel that runners high. Although cardio is good for you, it too can be done wrong. People who constantly run marathons, obstacle races all year-round without allowing their bodies enough time to recover have a high risk of cardio vascular problems. The constant stress placed on the body is comparable to smoking. For those of you who run. Keep going. Do what you love, but don’t forget to REST.

Here are some tips to include cardio without it being miserable.

**Selena’s Tips to Include Cardio**

* **Park a little further away-** Get your extra steps by parking a little further away from the entrance to the store, work, etc.
* **Play with the kids-** Dads are typically the rowdy ones, but that doesn’t mean mom, aunts, and uncles can’t play rough. Make a little obstacle course. Play the floor is lava.
* **Take the dog for a walk-** This is bonding time for you and your best pal. It relieves some stress for pup too and you will find you dog may start asking you to take him for walks. How can you resist those eyes?
* **HIIT-** High Intensity Interval Training! For those of us who hate running you will love this. HIIT is a form of cardio that has short bursts of intensely high intensity with breaks. For example, sprint as fast as you can for 30 seconds, then rest for 30. Repeat x 4. At first you may need to sprint for 15 seconds and rest 30. Work up to a 1:1 ratio of HIIT and rest.
* **Lift weights at a faster pace and decrease rest times-** decrease the rest time between reps to 30 seconds. Increase the tempo per rep and you will feel your heart racing. This is also considered a type of interval training. You will want to go a little lighter in your weights than normal so you can go faster.
* **HOUSE WORK!** We all have to do it. Run the vacuum faster. Move the furniture around if you are able. Do some lunges when you go from room to room.

Myths Debunked

# Diet and Chronic Disease Myth

I am going to include for you under the resource section the books and documentaries I have read for the information I have provided. I would encourage everyone to do their own research and find their own path as everyone is different. If you have a chronic disease, please consult your doctor before changing your diet and exercise regimen. When you do start to changing your diet, and increasing your activity, please check your pulse, blood sugar, and blood pressure more often than normal. Your doctor may need to adjust your medication while you lose weight and are becoming a healthier you.

Many people suffer from chronic diseases. How many people do you know over 60 who don’t have at least. The biggest ones are diabetes, high blood pressure, and heart disease. Lower carb, low sugar diets, and adding exercise have been successful in helping to control these diseases, if not completely reverse them. Both diet and exercise help reduce weight which in turn reduced the risks and effects of these conditions. Here is how:

**Selina’s Facts on Exercise and Chronic Disease**

* **High Blood Pressure-** increasing physical activity regularly can lower your systolic blood pressure (top number) by an average of 4-9 mm HG. The more you move the stronger your heart gets and it will not have to work as hard at rest, thus showing a reduction of blood pressure. 30 minute about 5 times a week is what is recommended by the American Heart Association. Again it doesn’t have to be all at once. Exercise improves circulation.
* **Diabetes-** Exercise naturally lowers your blood sugar by using the stored glucose and pushing it to the muscle to be used. Exercise also improves sensitivity to insulin. Which helps the insulin to do its job better.
* **Heart Disese-** Exercise improves circulation. It makes the heart stronger. When the heart is strong, it pumps more effectively and there is less stress on the heart.

**Selina’s Facts on Diet and Chronic Disease**

* **High Blood Pressure-** Reduce SALT!!!! Food made in a restaurant or that are prepackaged are high in sodium to increase shelf life, but also makes you retain fluid and increases your blood pressure. People who have trouble controlling their blood pressure may need to reduce their salt intake to 1500 mg a day or lower. Just look at the label of a frozen meal. Caffeine is a vasoconstrictor and increases blood pressure. Limit caffeine.
* **Diabetes-** Sugar is a no brainer. A diabetic cannot process sugar. Eating healthy fats (nuts, avocados, nut butters) help stabilize blood sugar. It takes longer for the body to process. Once your body learns it can use fat for fuel it will! The benefit of that is losing fat! Low carb higher fat diets work well for diabetics.
* **Heart Disease-** Eating nuts, colorful fruits, and vegetables have healthful anti-inflammatory properties. Inflammation is a major trigger in chronic diseases. Uncontrolled blood sugar, low fiber, processed junk food, and hydrogenated fats all cause inflammation.