**Foundations of Personal Fitness**

**Chapter 6, Section 3**

**What You Will Do**

* **Explain associated with physical activity and nutrition.**
* **Identify and risky weight-loss strategies.**
* **Evaluate consumer issues related to the safety of dietary .**

**Terms to Know**

* **fad diets**

**Nutrition Myths and Fad Diets**

**There are common myths associated with physical activity, nutrition, and weight loss strategies.**

**Many people lack the appropriate and expertise to separate myth from reality.**

**Myths About Nutrition**

 **: *It is best to eat only one or two meals per day to control body weight and composition.***

 **: *It is best to eat several (3 to 5) smaller meals and snacks per day to control body weight and composition.***

 **: *It is reasonable to lose 10 to 20 pounds in one week.***

 **: *People who do this usually lose mostly water weight, causing severe dehydration and putting people at risk for major health problems because they are not eating enough calories or are exercising too much.***

 ***: Consuming large amounts of protein and lifting weights are the best ways to increase the size of your muscles and your muscular strength.***

 ***: Lifting weights is an excellent activity to help you increase the size of your muscles. However, extra protein is not needed in your diet to increase the size of your muscles or your muscular strength.***

 ***: Consuming extra vitamins and minerals will help you feel better and perform better during exercise.***

 ***: Vitamins and minerals cannot give you extra energy because they do not supply your body with calories. Consuming large amounts can cause health risks.***

 ***: Vegetarianism is much healthier and better for exercise performance than a diet that includes animal sources.***

 ***: Even though vegetarianism is a healthy choice, those who decide to become vegetarians may not get all the nutrients, vitamins, and minerals they need unless they eat a variety of foods.***

 ***: The best way to control your weight and body composition is by adjusting your exercise levels***

 ***: It is healthiest to combine exercise with a healthful eating plan for long-term weight control.***

 ***: It is easy to lose one pound of fat by burning 3,500 calories through exercise.***

 ***: A reasonable goal is to burn 400-600 calories in an hour by performing moderate-to-vigorous physical activity.***

 ***: Foods high in sugar, like candy bars and sodas, are good sources for quick energy if eaten 30 minutes before exercise.***

 ***: The energy you need for exercise comes from pre-event meals you have consumed the day or days before. Foods high in sugar consumed right before exercise can lower your glucose levels and leave you feeling tired.***

 ***: The best fluid you can drink after exercise to replace fluids you have lost by sweating is water***

 ***: Sometimes sports drinks may actually be better than water for fast rehydration.***

**Fad Diets**

**Many common misconceptions about nutrition and weight come from**

 **Be aware of weight-loss plans or products that:**

1. **center on eating one food.**
2. **claim you can eat whatever you want**
3. **require the purchase of a weight-loss aid**
4. **do not include making changes to behavior and habits**

**Following a high protein diet can have a negative impact on your physical performance. Such diets:**

* **increase the risk of .**
* **increase the risk of calcium loss from bone over time, which can lead to**

 **.**

* **will not provide an adequate amount of carbohydrates, including**

**Science has yet to devise a diet pill that is both and**

**Some people try to get all of the appropriate nutrients and vitamins from dietary**

 **.**

**However, a person needs a healthful plan to meet the body’s demand for**