

W.O.W.

WAC ON WELLNESS

3 METABOLISM MYTHS BUSTED

MYTH: If weight loss is your goal, staying within the “fat-burning zone” is the way to go.

THE FACTS: You may burn a larger percentage of calories with this strategy, but the total number of calories you burn is more important in determining how much of your fat stores you will lose. Cardio and strength training are both important overall. Cardio training burns more calories in the moment, but strength training helps maintain more of your metabolically active lean muscle tissue. The more muscle you have, the more calories will be burned in all activities.

MYTH: Eating many small meals will help you lose weight.

THE FACTS: Changing the number of times you eat in a day will not significantly affect the number of calories burned if the calories consumed remain the same. Behaviorally it can make a big difference though. Eating more often can create more opportunities to overeat, or it can help to control hunger. See what works best for you, but in general no one does well with fewer than 3 meals a day. It is simply too hard to avoid having huge meals when hunger is not handled in a timely manner.

MYTH: Everyone should stop eating after 7pm (or 8pm or ??).

THE FACTS: There is no universal eating “stop time” for health and weight management. Common sense and self-knowledge will help guide you to set appropriate boundaries if this is a helpful strategy for you. Setting a cut-off time can be helpful if you tend to snack in the evening when you are not even hungry, but the time should fit with your schedule. Clearly a 7pm cutoff for someone who works 2nd or 3rd shift would not be practical.

NUTRITION CHALLENGE: Experiment with your eating schedule if it doesn't feel quite right for you. This is especially important for those who regularly struggle with excessive hunger at specific times of the day.



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Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
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