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## Keep your company informed with important health information

This e-newsletter is designed to benefit you and your employees, so please feel free to forward it to family, friends and co-workers!

As always, we hope you enjoy this edition and would like to hear from you with any questions, concerns, or suggestions. Send us an email at [news@alliantservices.com](mailto:news@alliantservices.com).

## **Five Fitness and Nutrition Myths Busted**

More and more people are jumping on the fitness band wagon, but one problem. They are armed with a lot of bad information.

**Myth One.** If you want to lose weight, exercise and eat low carb. "What happens if you don't eat enough carbohydrates is your body actually burns up your lean muscle tissue for energy," said Jana Milam, a registered dietitian at Baptist Medical Center.

She has a whole list of misconceptions about nutrition and fitness. **Myth Two.** Energy drinks will give you an edge in your work out. "Basically what they're taking in with an energy drink is a lot of caffeine and a lot of sugar and often a lot of calories and other things we're not totally sure about," Milam said.

The best thing to drink during your work out is water. "Water is the best thing you can drink for your muscles and to sustain you through a work-out."

**Myth Number Three.** You can't get enough cardio and aerobic exercise. "What really happens, they're not taking in enough calories to sustain that exercise and so the body tends to hold on to fat stores because it feels like its starving," Milam said.

Diet sodas have never lost popularity despite concerns about Nutra Sweet. So **Myth Four.** Diet sodas must be a good no calorie beverage choice. Wrong. "Particularly for women. Diet drinks are full of phosphorus, which depletes bone density. If you're taking in more than a couple of diet drinks a day, you can run the risk of losing bone density," explained Milam.

Finally, **Myth Number Five.** Eating at night will make you fat. "What really matters is your total calorie intake throughout the day. You want to eat and drink calories that are going to sustain your weight through the day, but there's really no cut off time. What you eat at night is part of that total calorie intake for the day." So go ahead and enjoy that late night snack as long as you've reserved the calorie count.

Alliant's Health e-Newsletter is published monthly for our clients and their employees.

Your comments, story ideas, and suggestions are welcome. Please email them to:

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## 10 Ways Your Can Protect Your Joints

Osteoarthritis (OA) is the most common form of arthritis, with nearly 27 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, or injury and overuse. Find more resources for managing OA at the end of this article.

While you may not be able to control a genetic trait or knock knees, there are some definite actions you can take to protect your joints and help prevent OA.

**1. Maintain your ideal body weight.** The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.

**2. Move your body.** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage. We can help you get started on an exercise program that works for you.

**3. Stand up straight.** Good posture protects the joints in your neck, back, hips and knees.

**4. Use the big joints.** When lifting or carrying, use the largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.

**5. Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.

**6. Listen to your body.** If you are in pain, don't ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.

**7. Don't be static.** Changing positions regularly will decrease the stiffness in your muscles and joints.

**8. Forget the weekend warrior.** Don't engage in activities for which your body isn't prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

**9. Wear proper safety equipment.** Don't leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

**10. Ask for help.** Don't try to do a job that is too big for you to handle. Get another pair of hands to help out.

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