



FITNESS RESEARCH BRIEFS

By Chad Clark, MSPT, CSCS

MORE FITNESS AND EXERCISE FACTS YOU SHOULD KNOW:

- 1** A proper eating plan that is simple and sensible can protect your health. A Mediterranean type diet consisting of a high consumption of vegetables, low sugar fruits, legumes, and nuts; mostly unrefined cereals; a high intake of olive oil intake; a low intake of saturated fats; a lot of fish; a low consumption of dairy products; a low intake of meat and poultry; and low to moderate intake of wine with meals; can be very protective to your body. This is definitely a good alternative to the popular fad and often-extreme diets.
- 2** Simple and brief resistance training programs can be just as beneficial as complicated strength-training routines. Multiple research articles show that a total body single set strength training routine can be as or more effective than multiple set and day routines. We all want the most “bang for the buck” when it comes to training. So when it comes to committing your valuable time to working out, wouldn’t be easier to train smart for half-an-hour than spend hours in the gym for the same results.
- 3** A modest level of fitness can protect your body from developing cancer, heart disease, and diabetes.
- 4** The association of aerobic capacity and premature death is similar in men and women. However, research shows that women may benefit slightly more than men.
- 5** Almost all supplements that are aggressively marketed in magazines with “too good to be true” scientific facts in reality provide little or no solid evidence. Don’t believe all the hype of these colorful, glamorized ads. There is no ‘Free Lunch’ for making good gains in your training.
- 6** On the other hand, there are some high quality supplements even though they do not make up for a low-quality eating plan. General recommendations for most people are to take a low potency multi-vitamin/mineral, B vitamins, Folic acid, calcium, magnesium, vitamin D, omega-3 fatty acids, and antioxidants.

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