



TOWEL TALK

"Fitness Wellness" information at your fingertips!

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MYTHBUSTERS

MYTH - Carbs ARE addictive.

An addiction involves physical withdrawal -- carbs are not addictive. They do however, help your brain produce serotonin, a "feel good" chemical that enhances our mood. Many people crave carbs when they feel stressed, which leads them to believe they are 'addicted'. It's natural to crave carbs in order to make yourself feel better. Healthy carbs such as whole grains, fruits and vegetables, are an important part of our diet. We need them. They provide antioxidants, energy, fiber and vitamins. It's the processed carbs -- cake, candy, cookie, white bread and white rice, that we want to avoid. They have little nutrient value other than calories -- empty calories.

UPCOMING EVENTS AT THE KLARC

MULTICULTURAL MOVEMENT MONDAYS

Who says fitness has to involve a treadmill or weights? The newest offering from Recreation Services and Multicultural Student Services blends the boundaries between fitness and dance in ways you've never seen before! Created to showcase the different cultures represented here at Bucknell University through dance, each featured dance will be taught by a native or expert of that particular cultural dance. Participants will have the opportunity to learn the dance (s) and more about the culture through movement.

The last MMM of the semester: 11/ 12, Aerobics Studio (KLARC) at 7p—8:30p with Jessica Hess (Spanish Flamenco).

HOW 2 LUNCHEONS

Everyone's favorite lunchtime activity is back! During the month of October, bring your lunch down to the Fieldhouse Classroom (KLARC) for an enjoyable hour of food and fitness information. Luncheons begin October 17th!

10/17: "Where Do You Stand With Your Numbers?"

Calculating and interpreting Ideal Body Weight (IBW), Body Mass Index (BMI), number of calories needed/day and the subsequent conversion of those "calories" into real food choices and finally, setting up daily meal patterns. Participants will need calculators and scrap paper.

10/24, "Nutrition Myth Busters"

Hear the truth about today's most popular diet fixes: potions, lotions, pills, etc. Learn how to interpret right from wrong.

10/31, "Portion Distortion"

Examine portion sizes of the past and present as well as real live food models depicting the ADA recommended portion sizes.

All sessions are BYOL (Bring Your Own Lunch).

All sessions are led by Clinical Nutritionist, Tanya Williams, MS, RD, LDN

