



Health Bits

Fit VS. Fat: New Research Sheds Light On Debate

January 22, 2010

Although proper nutrition alone can lead to weight loss, it doesn't necessarily equal true health or fitness, says a new study in the January issue of the official journal of the American College of Sports Medicine.

Enette Larson-Meyer, Ph.D., R.D., FACSM, directed 36 overweight (not obese) adults to participate in one of three programs during a six-month intervention: diet alone, diet plus exercise, or a weight-maintenance program (control group). The diet-only and weight maintenance groups were instructed not to change their physical activity regimens during the six-month period.

Although both the diet and diet-plus-exercise groups lost weight during the course of the study - around 10 percent of total body weight - only the exercising individuals improved their internal fitness in addition to their waistlines.

"We saw marked improvements in cardiovascular fitness, blood pressure, insulin sensitivity and cholesterol levels in the individuals who regularly exercised," Larson-Meyer said.

Source: <http://www.medicalnewstoday.com/articles/175289.php>

Upcoming Events:

Mark your calendars for the Upcoming [Healthy Living Series Sessions!](#)
Presented by the Registered Dietitians of the Health Department!

[February 25: Heart Healthy Nutrition in Action!](#)

[March 11: Hot Topics in Nutrition!](#)

[April 22: Meatless Meals in Minutes!](#)

[May 13: Topic TBA](#)



All sessions are free of charge and run from 12:15-12:45 in the HHS Auditorium. Additional details on events will be sent prior to each event.

The 24th Annual Winter Rec. Fest: January 20 - 31, 2010!

Sponsored by the City of La Crosse
Parks & Recreation Department.

For a complete listing of events
visit: www.cityoflacrosse.org or call
789-7533 for more information.



Lighted Sled Hill January 29 5:00pm-8:00pm Forest Hills Golf Course	Youth Ice Fishing Derby January 23 9:00am-11:00am Pettibone Park—Pettibone Lagoon Shelter Free bait provided, equipment available if needed
Fireworks Display January 29 7:00pm Forest Hills Golf Course	Snowflake Medallion Hunt January 20 Starts 12:00am City-wide
	Snowman Contest January 29 5:30pm-7:00pm Forest Hills Golf Course

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