

## Exercise myths busted



### 1 You can “spot reduce” fat with exercise

This long-standing myth is often promoted in the media. Quite simply, you will not get sculpted, fat free abs by doing crunches alone. Exercise will reduce total body fat, but there is no way to target specific areas.



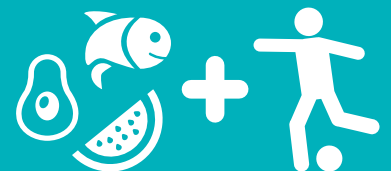
### 2 Exercise cancels out sedentary time

Surprisingly, sessions at the gym do not compensate for extended sitting. Sedentary behaviour is an independent risk factor for chronic disease. This means even if the recommended physical activity guidelines are met, we must also spend less time sitting to reduce health risks. You can reduce the amount of time spent sitting by encouraging walking meetings with colleagues and place a reminder in your calendar every hour to stand up and move for 2 minutes.



### 3 Dieting, not exercise, is the only way to weight loss

Exercise is an essential component in any weight management program. Weight loss is often achieved by a reduction of lean tissue as well as fat. Preserving lean tissue through exercise maintains the body's metabolism. Whilst significant fat reduction can be achieved through diet, those who exercise also gain additional benefits of insulin sensitivity and cardiorespiratory fitness improvements.



# Simple tips for healthy eyes

**Your eyes are an important part of your health. As the population in Australia ages, the number of people who are blind or have vision loss is expected to increase.**



The majority of vision loss is caused by five conditions, all of which become more common as we get older:

- ▶ age-related macular degeneration
- ▶ cataracts
- ▶ diabetic retinopathy
- ▶ glaucoma
- ▶ refractive error

The good news is around 90 per cent of vision loss is preventable or treatable. Follow these simple steps for maintaining healthy eyes.

**Have an eye exam.** Many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for an eye exam is the only way to really be sure.

**Know your family's eye health history.** Talk to your family members about their eye health history. It is important to know if anyone has been diagnosed with a disease or condition, since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

**Eat right to protect your sight.** Eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach and kale, is important for keeping your eyes healthy. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon and tuna.

**Wear protective eyewear at work and at home.** When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same. Also, be sure to wear protective eyewear when playing sports or doing activities around the home.

**Quit smoking or never start.** Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

**Wear sunglasses.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that meet the Australian Standard for eye protection (AS/NZS1067:2003). The Standard has five categories of sun protection – choose category 2 or higher. These lenses absorb more than 95% of UV radiation.

**Give your eyes a rest.** If you spend a lot of time at the computer your eyes can get fatigued. Try the 20-20-20 rule: every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

## Watermelon, mint & feta salad

**Perfect for warm weather, this refreshing salad can be on the table in five minutes.**

**Serves 4-6**

- ▶ 700g watermelon, cubed into 2cm pieces
- ▶ 1 small red onion, finely sliced
- ▶ 180g feta cheese
- ▶ 1 bunch fresh mint, torn
- ▶ Cracked black pepper
- ▶ 2 tablespoon extra-virgin olive oil
- ▶ 2 tablespoon lemon juice

**Method:**

Place watermelon and red onion in a large bowl and toss until well combined.

Crumble feta cheese over salad and scatter mint leaves on top.

Season with pepper, then drizzle with olive oil and lemon juice to serve.



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