

MYTH BUSTERS

MYTH: Exercise is not fun.

It's fun to be good at something and being good can make you feel better. Scoring a basket, hitting a home run, or perfecting a tumbling routine can put you in a good mood. When you exercise, your brain releases biochemical compounds called endorphins, which can make you feel happier. It feels great to have a strong, flexible body that can do all the activities you enjoy like running, jumping, and playing with your friends.

MYTH: It's "in" to be thin.

It can be unhealthy to be too thin. If you are eating less food than your body needs or drinking less than you need, you can become weak or sick.

TV shows, movies, and magazines show pictures of people who are thin. Does that mean being thin is best? Not necessarily. People come in all different shapes and sizes, and the best weight for you is one that is healthy and strong for your individual body type and size.

MYTH: To get fit, you need to join a gym.

You can exercise almost anywhere and almost all the time. You can even get fit or stay fit without even thinking of it. Stay active when you are outside by running. Delivering Girl Scout Cookies or playing kickball at school, counts as exercise. What else counts as exercise? Walking, dancing, playing sports, and even reaching down to touch your toes counts! When you exercise, you're helping build a strong body so be active every day and your body will thank you later!

MYTH: It is OK to skip breakfast if you are not a "morning person.'

A healthy breakfast refuels your body and jump-starts your day so don't miss this important meal. According to the American Dietetic Association, kids who eat a healthy breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. You may also be more alert, creative and less likely to miss days of school. So move breakfast up on your morning to-do list!

MYTH: It is not smart to snack.

You don't need to avoid snacks because a lot of snacks can fit into a healthy diet. So don't skip the good snacks. Plan them with variety, moderation and balance in mind. Snacking on nutritious food can keep your energy level high and your mind alert without taking up a lot of your time.

MYTH: You should only drink bottled water because it is better for you.

Drinking bottled water is not much different from drinking water from the faucet.

MYTH: If you swallow your gum, it will stay in your stomach for seven years.

Gum will not stay in your stomach for seven years. It will pass through your system at the same rate that other food does, about 12 to 24 hours.