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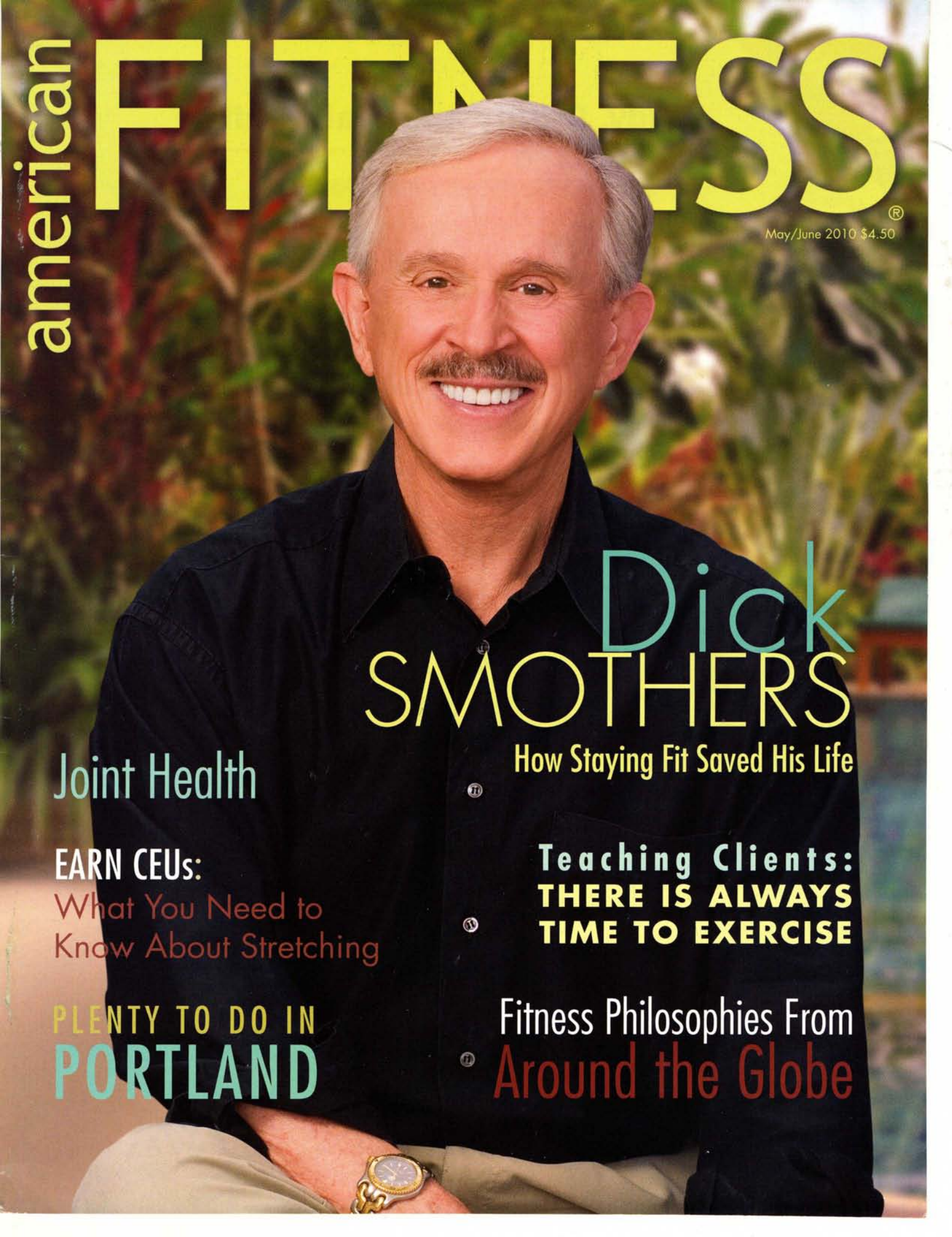
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AFQ & A

BY MATT BRZYCKI

Do people eat more of a food if they think that it's healthy?

In an effort to eat better, people tend to choose foods that they think are healthy. But because people think that a food is healthy, do they also think that it has fewer calories and, therefore, that they can eat more of it?

Researchers at the University of Toronto recruited 99 female undergraduate students to participate in a study. The subjects were told that the study was investigating new snack products and that they would taste and rate an oatmeal-and-raisin cookie.

The researchers randomly assigned the subjects to two experimental conditions. In one condition, the cookie was described as healthy; in the other, it was described as unhealthy. The subjects ate 35 percent more of the food—or about 56 more calories—when it was described as healthy compared to when it was described as unhealthy. Although 56 calories might not sound like much, do that every day for a year and it works out to 5.84 pounds.

Lesson learned: Your clients must understand that even though a food is healthy, eating more of it may result in an unintentional intake of more calories than usual and subsequent increase in weight.

Does eating an egg breakfast lead to greater weight loss?

It has been found that some foods increase satiety (fullness) which could help with weight loss. Is one of those foods the incredible, edible egg!

In one study, researchers randomly assigned 152 subjects into four groups: Two groups ate a “bagel breakfast” (which included cream cheese and yogurt) and two groups ate an “egg breakfast” (which included toast and jelly). One of the bagel groups and one of the egg groups were “suggested” a diet that reduced their intake by 1,000 calories per day. In comparison to the subjects who used the bagel diet, the subjects who used the egg diet had signifi-

cant decreases in their BMI, bodyweight and waist circumference.

The study had a major drawback, however. There's no telling how closely the assigned diets were followed since no dietary measurements were taken. Case in point: A deficit of 1,000 calories per day equates to a deficit of 7,000 calories per week; over the course of eight weeks, that's 16 pounds. Yet, the subjects on the egg diet lost about 5.8 pounds and the subjects on the bagel diet lost about 3.5 pounds.

It must be noted that the study was funded by the American Egg Board, an organization whose mission is “to increase demand for egg and egg products.”

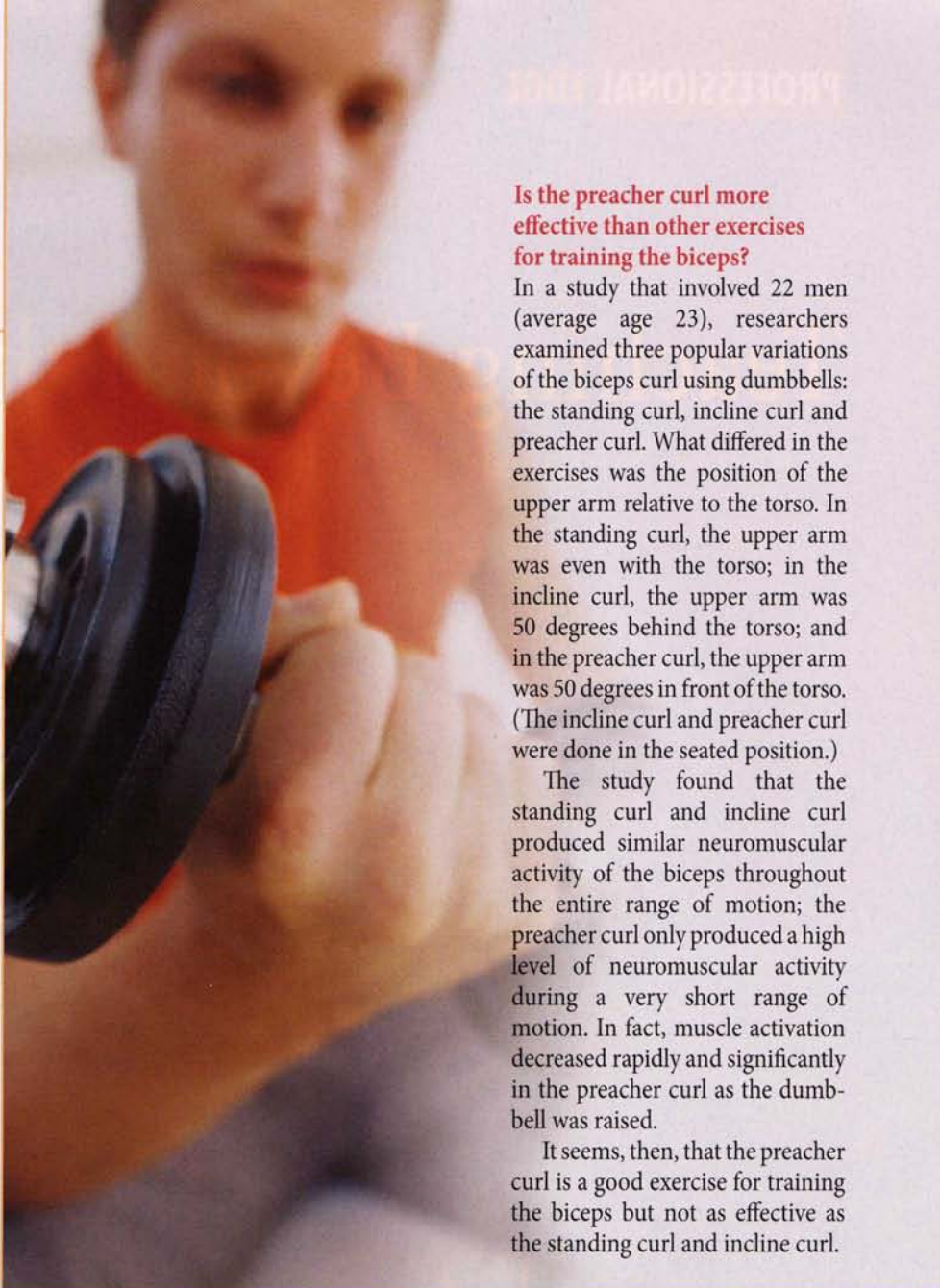
Bottom line: When it comes to losing

weight, the egg isn't all that it's cracked up to be.

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Is the preacher curl more effective than other exercises for training the biceps?

In a study that involved 22 men (average age 23), researchers examined three popular variations of the biceps curl using dumbbells: the standing curl, incline curl and preacher curl. What differed in the exercises was the position of the upper arm relative to the torso. In the standing curl, the upper arm was even with the torso; in the incline curl, the upper arm was 50 degrees behind the torso; and in the preacher curl, the upper arm was 50 degrees in front of the torso. (The incline curl and preacher curl were done in the seated position.)

The study found that the standing curl and incline curl produced similar neuromuscular activity of the biceps throughout the entire range of motion; the preacher curl only produced a high level of neuromuscular activity during a very short range of motion. In fact, muscle activation decreased rapidly and significantly in the preacher curl as the dumbbell was raised.

It seems, then, that the preacher curl is a good exercise for training the biceps but not as effective as the standing curl and incline curl.