



Monday, August 6, 2007

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Turn off the TV at dinner

Families are encouraged to eat dinner together, but they're discouraged from watching television at the same time. A study published in the April issue of the Journal of the American Dietetic Association found that the positive effect of eating together as a family tends to be negated by watching television at the same time.

Many American families hardly spend time together in this day and age, and mealtimes in the evenings need to be precious times, the American Dietetic Association's spokeswoman said.

The research corroborated previous findings that preschoolers who spend more time watching television have worse diets

while families that dine together have better eating habits.

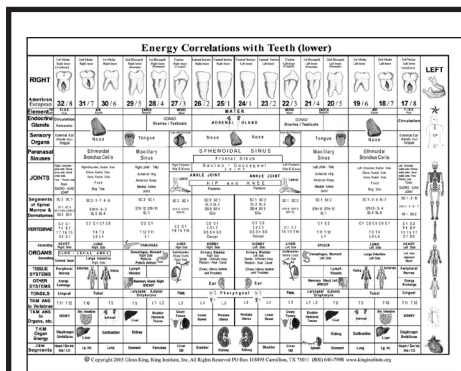
When television is introduced into the mix, people and especially children often don't pay attention to other things around them, including family members. They also don't pay attention to how much food they intake, which can lead to overeating. That combined with lack of physical activity can lead to problems such as childhood obesity.

Mealtimes together are important social interaction times for adults, too. People generally talk to one another while they eat, opening the way for vital communication. Parents with busy work schedules and children with multiple extracurricular

activities often have difficulty finding common time to connect, resulting in distance in relationships and possibly even depression.

Another study mentioned in the KIMA Journal Issue 12 showed that fathers experience paternal postpartum depression when they spend little to no time with their newborn infants. Parents who don't interact with their children regularly at any age tend to experience the same stresses.

For this study, more than 1,300 parents or guardians of children participating in New York's Special Supplemental Nutrition Program for Women, Infants and Children were surveyed on how many days a week the family ate together as well as when the TV was turned on during dinner and how often fruits and vegetables were served. The researchers found that more fruits and



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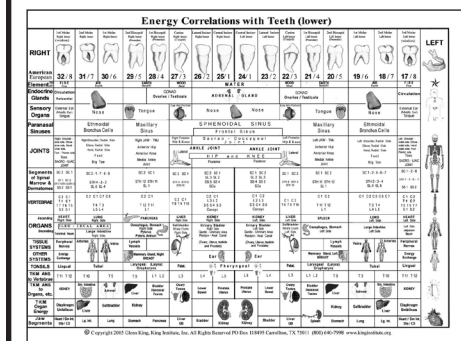
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Date: November 9-10

Location: Westminister, MA
Instructor: Derenda Pitzele
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Date: November 2-19

Location: The Philippines
Instructor: Dr. Glenn King, PhD
Tuition: Call 800-640-7998

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Date: December 7-8

Location: Carrollton, TX
Instructor: Dr. Glenn King, PhD
Tuition: \$300 Deposit: \$150

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Date: January 11-12, 2008

Location: Seattle, WA
Instructor: Linda Kane, ND
Tuition: \$300 Deposit: \$150

vegetables were served on the days the television was turned off.

The study also found that Hispanic and black parents reported having the television on during dinner more often than white parents. Hispanic and white families tended to eat together more often than black families. And, the television was turned on more often in families in which the parent had less than a high school education.

Also, certain television viewings can affect digestion while eating. Anything with extremes, especially violence, suspense and comedies, that illicit tension can put more stress on a busy digestive system.

Overall, TV diners miss out on precious interaction time with family members and should consider turning off the television during meal times. 📺

Study: workout breaks may burn fat faster

People are encouraged to exercise more, but a new study is suggesting that breaks in between and during workouts can make exercise more effective.

A team of Japanese and Danish scientists found that when men exercised for two 30 minute stretches with a 20 minute rest in between, they burned more fat than when they exercised for 60 minutes straight and then rested afterward.

For the study, which was published in the Journal of Applied Physiology, researchers had seven healthy men complete one long workout on exercise bikes and then two shorter workouts with a break in between.

When the men performed the shorter exercise sessions, their blood levels of free fatty acids and other substances rose during the break, indicating greater fat metabolism. These levels were also higher during an hour rest period after the second of the exercise sessions, and both times their fat metabolism was greater than during the rest period after the hour-long exercise session.

The total amount of calories burned did not differ between the two workouts. But the fat represented nearly 77 percent of calories burned after the two-part exercise, compared to about 56 percent after the longer workout.

People tend to exercise for a single prolonged workout in response to a physician's advice to exercise more. However, the researchers concluded that the workouts were more effective with breaks taken in between. 📺

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