ONLY
3
WEEKS
Until Spring Break!

Avoid the “Bikini Binge” & the “Cut-up Cram”

Escape the negative consequences of over exercising and unhealthy eating choices.

Get fit the right way!

**Exercise Tip of the Week**

**Critical Mistake:** Using too much resistance typically results in poor form which increases the risk of injury and decreases the effectiveness of the exercise. Examples of improper technique include:

- Rebounding the bar off the chest in the bench press
- Bouncing at the bottom of the squat
- Using hip/back extension to initiate barbell curls
- Bending backward under barbell presses
- Using momentum or fast training speeds.

**Diet Tip of the Week**

**Myth:** Most low-fat foods are also low in calories.

**Reality:** Foods naturally low in fat (e.g., fruits, vegetables, and grains) tend to be low in calories. However, foods that are manufactured to be low in fat (e.g., reduced fat snacks and desserts) can be relatively high in calories. During the process of removing fat, some of the taste and texture of food items is lost. In an effort to add taste and texture, food manufacturers often add carbohydrates and protein, thus adding calories.

For more information and tips on diet and exercise go to: campusrecreation.binghamton.edu