

# New Mexico State University

Health Talks (brown bag luncheon)

Diet Fads and Myths,

About Carbs, Fats and Proteins

October 26, 2006 (Thursday) 12:00-12:50 pm

The Brown Bag Health Talks are an informal and interactive way to provide practical information on health issues that may affect you or a member of your family.

On October 26, 2006, Dr. J.M. Berning, Director of the Exercise Physiology Lab, Physical Education, Recreation & Dance, will discuss this topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

Many myths exist about carbs, fats and proteins and diets. We will discuss how these food sources are used physiologically by the body and why fad diets are not successful over the long term. Come join us and learn the truth about why you function as you do. This short presentation will discuss the common myths and recent fads about dieting (don't forget your lunch).

The Brown Bag Health Talks are a monthly event designed for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour. Whether you exercise routinely or don't exercise at all, these sessions are for you. We highly encourage everyone, to come with fellow employees and participate.. For more information on these topics and a location map, check the Safety News section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

**Live, Learn and Thrive.**

