

## Vegan, Vegetarian.... What's the Difference?

There is a lot of confusion and misunderstanding when describing oneself as a vegan or vegetarian as there are many different types of vegetarians.

A lacto-vegetarian eats a plant based diet, while still having dairy products such as milk, yogurt, and cheese. Lacto-ovo vegetarian is very similar to a lacto-vegetarian with the simple addition of eggs to their diet. Ovo-vegetarian's include eggs in their diet but no other animal products.

A pescatarian abstains from eating meat, poultry and dairy while still having fish in their diet.

A vegan eats only plant based foods and avoids all animal products and by-products such as meat, poultry, fish, milk, cheese, and any foods containing gelatin.

A raw vegan diet consists of unprocessed vegan foods that have not been heated above 115 degrees Fahrenheit (46 degrees Celsius). "Raw foodists" believe that foods cooked above this temperature have lost a significant amount of their nutritional value and are harmful to the body.

To learn more about introducing plant based foods into your daily life join our upcoming vegan challenge Veganology 101, which starts September 18, 2011.

Reference: [vegetarian.about.com](http://vegetarian.about.com)

## Spotlight Exercise

### Abdominal Plank

The plank exercise ranked number 10 in the ACE (American Council On Exercise) study of the most effective abdominal exercises and is a great way to build endurance in both the abdominals, back, and stabilizer muscles. This move is also great for building strength for push up's, which is an exercise that requires quite a bit of core strength. Here's how to do the plank:

1. Lie face down on a mat resting on the forearms, palms flat on the floor or fingers clasped.
2. Push your hips off the floor, raise up onto toes; resting on the elbows and forearms.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis towards the ground and contract your abdominals to prevent your glutes from sticking up in the air or sagging in the middle.

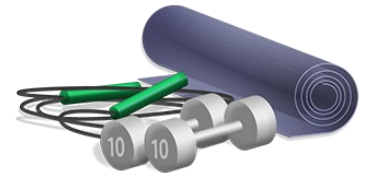
Hold for 20 to 60 seconds, lower and repeat for 3-5 repetitions.

Reference: [www.acefitness.org](http://www.acefitness.org)



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### News

Veganology 101 is 3 weeks away! Have you signed up yet for this 7-day challenge yet?

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SEPTEMBER 18 - 24, 2011

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