

High vs low

Which option do I go?

Losing Weight?

Then eat great

Which foods to choose

Portion Distortion

Are you eating for two?

How You Doin'?

6 signs of maximum results

Your Ultimate

Challenge

Medicine ball workouts
that get you results

Xmas Proof Your Fitness

Guide to stay fit and healthy throughout this festive season

Xmas Proof Your Fitness



By Penny Gallanos
Lifestyle Fitness Director

A practical guide to help you keep exercising through the holiday period and keep the weight off

I love Christmas. Good company, good food and gifts. It's also a very busy time. Sydney speeds up in the lead up to Christmas which is no easy task considering we usually run at breakneck speed on any other given day. Once the shopping is all done, the gifts are all given, and Xmas lunch is over, we just sit back and relax. The aftermath of Christmas is so relaxing, which is great, but not so good if you are trying to keep up an exercise routine or trying to lose weight. Studies show that on an average we can gain up to 2 kilos during this 4 week period. Ahhhhhhhh! It doesn't have to be so scary. In this article I will give you some practical tips on how to get through the holidays with minimum damage.

Plan your exercise

Unless you are a hard core athlete and training for a specific event, it is important to acknowledge that this is one of the busiest times of the year and schedule yourself some breaks over the 2 to 4 week holiday period. The all or nothing approach to exercise is a little old school and any good routine will schedule space for fun and relaxation. Just make sure the fun doesn't last for 2 months and "Mark on the calendar" when you "intend" to get back on the wagon.

Just get it done

Will I or wont I? This is the mental game your mind plays when trying to decide if you should exercise. Don't let it happen. If you give your mind enough time to ponder this thought it is inevitable that it will convince you not to exercise. Until your brain learns to love exercise (and this does happen) it will choose the easy way out. So don't think. Just get it done. No excuses.

It's too hot!

Oh yes it is! Its summer, of course it's hot. That is no excuse to not exercise. Head to the gym. I am obviously a gym goer myself ☺ but its good advice anyway. The gym is air-conditioned, safe and comfortable. Check the Christmas trading hours and incorporate that into your plan. You can run, walk, cycle, pump iron, be sociable (or not) in Group fitness classes and just get it done. One more excuse gone!

I missed a workout = guilt – NOT!

So you have your plan, and yet you still managed to miss a workout. Sometimes even the most well thought out plans experience a hiccup here and there. This is where your mind usually starts to feel guilty. STOP IT! You're human, life happens. Take it in your stride and move on. Chances are you will make it up somewhere along the line. Work out a little harder next time. Throw in an extra workout when things ease up. It's not the end of the world, it's a missed workout. Just don't make it a habit.

Try and eat well

Christmas parties, Christmas lunch, dinner etcTempting food are everywhere. Ask yourself, is it practical to expect to lose weight over the holiday period? I would say, than losing it. So eat sensibly. And following on from the tip above- give yourself a break and bin the guilt. Before you eat, ask yourself if you really want that extra serving of potatoes or that chocolate. If you do, then eat it. And don't beat yourself up about it. Enjoy! Just keep the extras to a minimum, and make sure you follow your exercise plan.

Merry Fit-mas

HIGH / LOW

High intensity versus low intensity is a debate that has been battled for many years in the fitness industry. There are benefits to doing both. This article is a short examination of both methodologies with a slight slant towards one side, as you will discover.



How They Both Work to Help You Burn Fat

When you perform an aerobic activity such as running, cycling, rowing, swimming etc. at a continuous pace you burn calories at an increased rate from that of at rest. These calories come from two sources, the first being glucose or glycogen, the second is fat. This is what we want when trying to lose or maintain body weight, fat burning.

The greatest percentage of energy comes from fat when performing at this rate. This is why many people believe that low intensity cardiovascular training is the only real way to burn fat. This is not true, however it is one method that does indeed work.

Low intensity exercise at a continuous pace causes adaptations to the body's systems. These adaptations include increased fat burning efficiency through the creation of extra mitochondria and an increase in size of the same. Mitochondria are like tiny fat burning factories within a muscle cell designed to metabolise fat for use

as fuel, hence increasing capacity for greater endurance performance and decreasing body fat at the same time. There are other adaptations but this is a primary one.

High intensity exercise such as intervals, strength training, high intensity circuits, fartlek training etc. is a little different in its fat burning mechanism. When you perform this form of training you burn calories from both sources; however the number of calories it takes is much greater than for that of low intensity, continuous exercise. The greatest percentage of fuel for high intensity training is sourced from glucose or glycogen, which are essentially carbohydrates.

During a high intensity session the body will actually burn more overall calories. Although a higher percentage comes from carbohydrate, the body will still utilise more fat due to the large difference in caloric expenditure. So essentially it is more time efficient for short term fat loss.

So which should I do?

High intensity versus low intensity for fat loss is a hard decision to make. They both work, they just work in different ways; try a mixture of both with a focus on leaning towards the high intensity side.

Low intensity is slow, steady and continuous. An effective aerobic training session would generally be at least 30-40 minutes and needs to be done very frequently to have any real benefit. This form of training works and can create great adaptations such as increased number and size of mitochondria. This results in the efficient use of fat as a fuel source, giving you a body that literally burns up fat even while at rest. However the downside is that endurance training can cause a loss of muscle mass. This loss of muscle mass will generally lead to decreased strength, speed, power, balance etc.

High intensity training can be kept to very brief sessions, 20 minutes or less. This form of training is practical for most people because training frequency is decreased and the large volume needed to create a noticeable increase in mitochondria density during aerobic work becomes void. It promotes maintenance and often increases in lean muscle mass, even if what you're doing is not strength training.



Decision

For most people high intensity makes a lot more sense, at least a program that contains at least some of it. High intensity intervals will promote a laboured recovery, which burns calories. Further, high intensity training generally includes building a certain amount of lean muscle tissue. This helps with more immediate increases in metabolism and the capacity to fit more work into a shorter time period.

Fix your exercise injuries

The InTouch guide to identifying and treating exercise injuries

Athletes aren't the only ones who end up with sprains and herniated discs (just hearing "herniated" makes us feel sore). An Australian study found more than 45,000 people were hospitalised for an exercise-related injury in a year, with soccer, water sports and cycling following AFL as the most common injury-inducing sports. Seek treatment if you've had a sudden trauma like a fall, the pain keeps you up at night or it lasts longer than two weeks. Otherwise, you may have one of these injuries...

OW! MY...	WHAT IT COULD BE	HOW IT HAPPENED	DIY TREATMENT	SEE THE DOC IF...
LOWER BACK (OR UPPER BOTTOM)	Piriformis syndrome (a tight bum muscle) or a herniated disc (some are worse than others). Both injuries put pressure on the sciatic nerve in your back.	The jury's out on what causes piriformis syndrome, but a herniated disc is often the result of improper lifting form or sports that involve rotating.	Take a paracetamol, and move around rather than resting up. The more you keep moving when you've got back pain, the faster it'll get better.	... The pain is acute. Or if you also have a fever, leg weakness or bladder changes, since these symptoms may signal an infection or nerve compression
ANKLE	A sprain, which happens when the ligaments are stretched beyond normal range.	You rolled your ankle while sprinting or playing an outdoor game.	Do the RICE method: rest; ice for 20 minutes three times a day; compress with an elastic bandage; and elevate your foot above heart level as much as possible for 48 hours.	... You can't put any weight on the injured foot or if it's still swollen and painful after three days
SHIN	Medial tibial stress syndrome (better known as shin splints).	Too exercise much, too soon, too often, too fast, too hard are usually to blame.	Switch to a non-weight-bearing exercise such as swimming or biking for two weeks, and ice the area for 20 minutes after each session.	... Pain is localised on the outer edge of the shinbone. You may have a stress fracture
HEEL	Plantar fasciitis – inflammation of the connective tissue at the bottom of the foot, which helps support your arch.	The usual suspects include overtraining, running on hard surfaces and wearing worn-out running shoes	Gel heel inserts may help reduce pain and swelling, and street runners may feel relief by switching to a treadmill or trail.	It become unbearable to even flex your feet



how YOU doin'?

Six signs that you're sweating your way to maximum results

Few things in life – besides chocolate and money – provide instant gratification. But you can add exercise to that list if you're doing it right. These seven signs mean you're burning fat and maximising strength and endurance. It may take a few weeks, but look for these clues to tell, within 24 hours of a workout, if you're exercising smart.

1 You feel like Rocky

No, you're not slurring words (that's a bad sign), but you feel strong. What used to be a 30-minute treadmill death march now flies by, and you can do a pull-up for the first time in, well, ever. Need numerical proof of progress? Rate your "perceived exertion" – how challenging the workout feels – using a scale of 1 to 10, where 10 means you don't have enough breath to chat. If you're training properly, the number should drop every few weeks. When you dip below 5, up the intensity



2 You're on fire

Burning sensations during a wax: bad. Burning sensations while training: good. Burning muscles indicate you're challenging your threshold – your body isn't producing enough oxygen for your muscles. Muscles should heat up during the last third of your reps (or during speed bursts if you're doing a cardio workout). If you're lifting with little exertion, add weight. If you're running or cycling, add one-minute sprints every five minutes.

3 You recover fast

As your fitness improves, your heart's stroke volume increases – this is the amount of blood it moves out in a contraction. When your heart doesn't have to pump as often, your heart rate decreases. Take your pulse before and after your workout. It should return to its pre-workout rate within 5 minutes. If it takes longer, scale back your workout to avoid burnout and injury.

4 You're an addict

Exercise is the most effective over-the-counter happy pill available. Physical activity increases the neurotransmitters that are used by your neurons to communicate with each other and can influence your mood and your response to stress. If you don't feel euphoric, it means you should go harder or you're doing too many high-intensity days. Overtraining can also lead to moodiness.



5 You look buff

There's a reason models do push-ups before photo shoots – it makes them look more chiselled. When you lift a dumbbell, your muscles contract and put pressure on the blood vessels, temporarily impeding the normal flow of oxygen and blood to the muscles. When you're done, blood rushes in and pumps you up. The effect lasts about half an hour. If you don't notice growth, you may not be targeting the muscle properly. Have a certified trainer OK your form. If all's well there, challenge the muscle with more weight.



6 You don't run from gym to fridge

If you're hungry after a workout, you took it too easy. A number of studies show exercise suppresses hunger in the short term, the higher the exercise intensity, the more noticeable the effect. The workout-induced appetite occurs because the area of the brain that regulates hunger – the appetat – decreases when you're hot. Exercise also stimulates a hunger suppressing hormone. Although you shouldn't feel hungry for 1 to 2 hours after a workout, eat a snack like a handful of nuts within 20 minutes to speed recovery, and so that you don't feel ravenous later.

Variety is the key

Get the body you want with the moves you love. Switch up your sets to get more from your strength workouts

Adding variety to your workout doesn't mean you have to master a million new moves. Instead, reorganise the ones you know according to this guide.

If you want: a total-body warm up

Try Circuit sets

What are they? a series of exercises (usually six) that you complete one after another without rest, though you can do up to 30 seconds of cardio (such as jumping rope) between exercises.

How to use it: for a warm up, choose six moves and do them without any weight. Because a circuit stresses the entire body, it's more effective than a treadmill jog, which primes only your lower body.



If you want: to save time

Try CrossFit

What are they? a strength and conditioning program that builds strength and increases endurance while working on your weaknesses using functional movements combined into a 30min high intensity, varied workouts.

How to use it: insert a CrossFit workout anywhere in your workout. Focusing on strength and metabolic

conditioning, Crossfit uses a combination of weightlifting, gymnastics, and cardiovascular exercises. You will master core lifts: presses, squats, deadlifts, swings, cleans and snatches. As well as basic gymnastics such as: pull-ups, dips, push-ups, sit-ups, etc. You can also add rope jumping, running, and rowing, kettlebells, medicine balls, and more.

If you want: to look toned

Try Drop sets

What are they? three or four sets of one exercise performed without rest using less weight for each successive set. Drop sets fatigue your muscles very quickly, which gets your heart thumping big-time and fills your muscles with blood-giving you an impressive post-workout pump.

How to use it: start with a warm up of 10 reps with 50 per cent of the weight you expect to use in your first set. For that, use the heaviest weight you'd use for 8 repetitions of your exercise of choice but do as many reps as you can. Drop the weight by 10 to 20 per cent and go again. Continue to reduce the weight and repeat the move, always trying to complete the same number of reps (even though you won't be able to), until your muscles fail.

ultimate Medicine Ball



Squat Wall Throws



1. Stand about 1.5m from a solid wall. Your feet should be shoulder-width apart. Hold the ball in front of your chest.
2. Lower into a deep squat and look at the point on the wall you're planning to hit when you throw the ball.
3. Start to throw the ball towards the wall as soon as you begin to rise.
4. Catch the ball, bringing it back to chest height before repeating the move.

Bosu medicine-ball Squat



1. Stand on the flat side of a Bosu with a slight bend in your knees and hips
2. Hold a medicine ball at your chest. This is the starting position.
3. Keeping your hips forward and using your core, thighs and glutes, slowly squat so your knees are at 90 degrees.
4. Return to the starting position.

Pull Over Sit Up



1. Lie on your back, knees bent, and hold the ball over your head at full arm extension
2. Bring the ball over your head while raising your trunk 90 degrees
3. Lower to the starting position in one fluid motion with the ball and your head touching the floor at the same time



Instructed by Don Daher
PT at Erskinville

EAT, DRINK and STILL SHRINK

You can't see the results of your belly-flattening efforts if they're hidden under a layer of fat. Fortunately, there are plenty of proven strategies for melting off excess ab flab.

Eliminate Added Sugar

The average Australian eats about 43 kg of sugar per year in the form of processed foods such as soft drinks, baked goods, breakfast cereals, fruit drink, and even flavoured yoghurt—about 688,000 empty kJ's worth! Plus, all that sugar increases insulin production, which slows metabolism.



Pump Up Your Protein Intake

Substituting meat, fish, dairy and nuts for carbohydrates can reduce the amount of fat you have around your waist region. Researchers in Canada assessed the diets of 617 people and discovered that when they switched carbs in favour of an equal amount of protein, they reduced overall belly fat.

Smart Happy Hour

Replace your kilojoule-packed margarita with a glass of wine. Research shows that beer drinkers, in particular, have the most belly fat. A US study found that binge drinkers (people who typically down more than three or four drinks at a time) have more ab fat than people who sip the same quantity of alcohol over several days.

Don't Fear Fat

Research shows that diets containing more than 50 per cent fat are just as effective for weight loss as those that are low in fat. "Fat is filling and adds flavour to food—both of which help prevent you from feeling deprived, so you'll be less likely to overeat," says nutritionist Alan Aragon. Eat foods rich in mono-unsaturated fats, such as nuts and avocados which are shown to aid in weight loss.

Beat the Bloat

No matter how much ab fat you lose or muscle you tone, if you're bloated, you won't look (or feel!) your best.

Carbonated beverages and even good-for-you foods such as beans and broccoli can make your stomach swell. Nutritionists suggest you keep your daily sodium

(salt) intake to less than 1,900 milligrams—considerably less than the 6,000 milligrams most of us ingest per day—so that you don't retain excess fluids.



PORTION DISTORTION

Who says you have to finish off your plate? One of the keys to living with diabetes or managing your weight is decreasing the size of your food portions.

It's not always easy - we're surrounded by 'jumbo' and "Upsize for \$1" deals, fast food chains, buffet-style restaurants with 'all-you-can-eat' menus. When people get used to larger restaurant portions, they start serving similarly sized meals at home.

The bottom line: the big portion trend has changed our notion of reasonable-sized portions and affected our health. But we have some tips for reversing the trend. Try following these simple tips to help you maintain portion control.



When you get home from the grocery store:

- Immediately divide meat, chicken and fish into portions.

When dining at home:

- Divide cooked food into portions in the kitchen and serve them on individual plates. Refrigerate the remaining food straight away so you won't be tempted to take more.
- Don't forget that ingredients matter. Choose low-fat alternatives whenever possible.

When dining out:

- Eat half the food on your plate and take the rest home for another meal. Or share an entree with a friend.
- Try and pass on the entrees if you are going to have a main. This will make you not overeat.
- Don't be fooled by over-sized 'healthy' salads that turn out to be filled with high-fat ingredients covered in high-calorie dressings.
- When ordering a salad or anything that has a sauce or dressing ask if they can put it on the side. Most of the dressings and sauces are high in sodium which results in body fluid retention.

You can also use these 'handy' measuring tips to estimate appropriate portions if you don't own any measuring utensils.

- Fist = 1 cup (one serving of raw vegetables)
- Thumb = 30g (a piece of cheese)
- Handful = 30g snack food (1 serving nuts or 1/2 serving pretzels)
- Thumb tip = spread serving (mayonnaise or margarine)
 - Palm = 90g (one serving of cooked meat)





When you're trying to lose weight, a growling tummy is like a best man's speech: the longer it lasts, the more dangerous it gets. But hormones, not your gut, are to blame for binges, and preventing them from going haywire is the key to reining in kilojoules without feeling ravenous. So dig in – we're giving you 22 ways to fill up.

1. **Choose surf over turf** - Fish is more satisfying, per kilojoule, than beef or chicken
2. **Turn up the heat** – The cooler the room, the more people tend to eat – which is why restaurants often keep thermostats low.
3. **Can the juice** - Whole fruit contains fibre that makes you feel fuller than juice.
4. **Bulk up**- Fibre tends to make you feel full, so make sure you get your RDI of 30g.
5. **Love your bread** - Dodge the wonder white and go for wholemeal – it's 5½ times more filling.
6. **Pass on diet labels** - A study found that after eating full-fat muffins, subjects ate less in the next 24 hours than after a fat-free version.
7. **Hold your nose** - Just smelling a fresh-baked cupcake can induce insulin secretion that makes you think you're hungry. Bet you're not.
8. **Munch raw carrots** - Carrots are more filling when they're raw. Get crunching!
9. **Down vitamins** - Your body may compensate for a lack of nutrients by increasing your appetite so you'll eat more.
10. **Be pro protein** - A study found people ate 1846 less kilojoules a day on a 30 per cent protein diet versus a 15 per cent protein diet.
11. **Get nutty**- Nosh on pine nuts – they have the most protein of any nut or seed
12. **Don't eat by candlelight** - Dim light can spark overeating
13. **Bag dried fruit** - Go for 2 cups of grapes over ¼ cup raisins – both are 420kJ, but the grapes' water content makes them feel more filling.
14. **Slurp a smoothie** - Make it with low-fat yoghurt and fruit for a satiety trifecta: protein (to decrease hunger), fibre (to fill you up without many kilojoules), and calcium (to help burn fat).
15. **Whey smoothie** - Add 1 to 2 tablespoons of whey powder which will make you feel fuller.
16. **Be antisocial** - People who eat with one other person consume about 35 per cent more than when they dine alone
17. **Go blue** - Studies show blue to be an appetite suppressant. Use blue plates, napkins and placemats.
18. **Bean there** - High-fibre beans cause glucose to release slowly into the bloodstream, preventing sudden slumps that cause hunger spikes.
19. **Pop culture** - It's mostly air, so popcorn's twice as filling as chocolate, with fewer kilojoules.
20. **A pack-a-day** - Chewing gum suppresses your sweet tooth.
21. **Trade your corkscrew for a stubbie holder** - Participants in a study ate more while drinking wine than while drinking beer.
22. **Watch horror films** - Nausea is responsible for a lack of appetite.

Losing Weight, Eating Great

You know it's healthier to choose wholemeal bread over white when putting together a ham and cheese sandwich. But what if the choice is between multigrain bread and wholemeal?



APPLE VS BANANA

HEALTHIER CHOICE: Apple

The apple is like a phytochemical cocktail – a single food that's full of health-promoting chemicals. These chemicals have been shown to fight cancer and reduce the risk of heart disease. Both fruits pack hearty doses of fibre and vitamin A, and the monkey pleaser is tops in potassium and folate. But we crown the apple the winner because piece for piece, it packs up to 210kJ less than its rival.



MULTIGRAIN VS SOURDOUGH

HEALTHIER CHOICE: Multigrain

Both loaves have about 330kJ, negligible fat, and 3g of protein per slice, but the multigrain delivers about twice as much fibre than the sourdough. It's also less processed than sourdough, therefore more complete with more nutrients. Look for brands with whole rye, whole oats, oatmeal, bulgur, brown rice and wild rice at the top of the ingredient list.



WHOLEMEAL PASTA VS BROWN RICE

HEALTHIER CHOICE: Brown rice

Both of these browns pack almost 4g of fibre per serving. But unlike pasta, rice is rich in phytosterols, which help prevent heart disease and diabetes. If linguine cravings get the better of you, wholewheat pasta is better than white: one cup contains nearly half of the daily recommended serving of selenium, a mineral that's been shown to reduce rates of cancer.



MARGARINE VS BUTTER

HEALTHIER CHOICE: Margarine

Nutritionists have long flip-flopped over which of these is the better option, but recent research shows that margarine is the winner as it can reduce levels of bad cholesterol and the risk of heart disease. Butter is high in saturated fat that pushes up your cholesterol level. Look for margarine made from safflower, sunflower, corn or soybean oil, rather than hydrogenated vegetable oils



COFFEE VS TEA

HEALTHIER CHOICE: Tea

Research has shown that coffee can ward off colon cancer and reduce your risk of Parkinson's disease. But tea does even more. Both the black and green varieties have been shown to lower cholesterol and improve artery function. And green – the superhero tea – is thought to fight off a variety of cancers and offer protection against some autoimmune diseases.



CUPCAKE VS COOKIE

HEALTHIER CHOICE: Cookie

To treat yourself, treat yourself right: your standard sugary biscuit has 670 fewer kilojoules than your average cupcake and seven fewer grams of fat. And that's without the icing. When going the cookie route, look for ingredients that up the health quotient, like oats, sultanas, nuts, peanut butter and even choc chips.

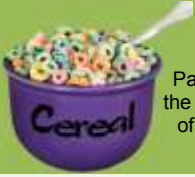


CHICKEN VS PORK

HEALTHIER CHOICE: Chicken

A chicken breast has 25 per cent less fat and half the kilojoules of a pork chop. The bird also has nearly triple the amount of vitamin A which may help ward off Alzheimer's disease. But if you dig pig, go for the tenderloin. With four grams of fat, it's the leanest cut.





PORRIDGE VS CEREAL **HEALTHIER CHOICE: Porridge**

Packed with cholesterol-lowering soluble fibre and digestion-aiding insoluble fibre, the oat gives you the healthiest jump on your day. Just half a cup oats contains 5.4g of fibre – that's 22 per cent of your recommended daily intake – and 5.1g protein.



EGG WHITES VS WHOLE EGG **HEALTHIER CHOICE: Whole eggs**

Super-skinny Hollywoodistas may brunch on egg white omelettes like they're going out of style, but those A-listers are missing out on the best part, the yolk, which is the part that's bursting with all the nutrients. Yolks are high in cholesterol, but not the kind that clogs your arteries; it's also low in saturated fat.



PROTEIN BAR VS MUESLI BAR **HEALTHIER CHOICE: Muesli bar**

Both delicious but one's better for you. The muesli bar is made of nuts, sultanas, rice, rolled oats, honey and vegetable oil – a bar made with natural ingredients is better for you than a protein bar. Protein bars are often higher in sugar and contain ingredients like caramel (along with the protein) – that's why they taste so good.



COS VS RED LEAF **HEALTHIER CHOICE: Cos**

Both cos and red leaf kick butt with hearty supplies of beta-carotene, which keeps your eyes sharp. But cos triumphs because it's packed with eight times as much vitamin C and almost four times as much folate, which can help ward off birth defects.



VODKA VS RED WINE **HEALTHIER CHOICE: Wine**

A small glass of wine and a shot of vodka have about the same amount of alcohol. But unlike vodka, wine contains phytochemicals, which may provide additional protection against certain cancers and heart disease. Wine (both white and red) has also been shown to ward off dementia and improve lung health.



TOMATO SAUCE VS MUSTARD **HEALTHIER CHOICE: Mustard**

Mustard has more protein, fibre, calcium, magnesium, potassium, zinc, iron, copper, manganese, selenium, and B vitamins, and less sugar than tomato sauce.



FETTA VS GOAT'S CHEESE **HEALTHIER CHOICE: Goat's cheese**

These white cheeses both carry nearly the same amount of kilojoules (315kJ per 30g) and fat (6g per 30g). But the goat trounces the feta with nearly half the cholesterol and a third of the sodium per 30g. Consuming too much sodium can raise blood pressure and put you at increased risk for a heart attack.



TUNA VS SALMON **HEALTHIER CHOICE: Salmon**

They have a similar protein/amino-acid profile. Fish is probably the worst out of the both as it has higher mercury levels which lead to nervous system defects if eaten regularly. Salmon in particular is very high in omega-3, has less mercury and boosts muscles and recovery time quicker than tuna.



8 most common questions answered

Q1. I eat well during the day, and then overeat at night. How can I stop this madness?

Are you eating breakfast? It kick starts your day and prevents hunger later in the day. Or try having six small meals a day – you can lose weight with three or six meals a day, as long as the total kilojoules you eat are less than what you burn off. Eating a healthy snack can be great for warding off extreme hunger, so it prevents you overeating at your next meal

Q2 Why does my healthy eating and exercise go bizarre during my period?

During the follicular phase (pre-ovulation) you have slower gastric emptying, which means when you eat something it stays in your stomach longer. So you're fuller for longer, you have lower insulin levels and lower hunger. But everything changes in the second half of your menstrual cycle (the luteal phase) leading up to your period. Studies on gastric emptying confirm that it's faster, resulting in the appetite changes up to and during your period

Q3. What's the best heart rate for burning fat? Is it true that if it's too high you burn muscle instead of fat?

There is no such thing as an absolute 'fat burning zone'. If you're a beginner, take it easy and keep a low heart rate so you can train for longer. If you're experienced try to get your heart rate up as high as possible for 30 to 60 seconds, then jog/walk for 30 to 90 seconds to recover. Keep doing this for as long as you can manage and you'll burn up to three times more fat than jogging at the same pace

Q4. Does having hot water and lemon juice in the morning really boost your metabolism?

No. Only a few substances will boost your metabolism – and they're only available from your doctor. There's nothing wrong with hot water and lemon in the morning, but at best I'd say that it's a great way to get some fluids in after a night's sleep. There's also evidence to suggest hot water first thing in the morning gets your bowels moving

Q5. I have 2 squares of chocolate, but I just want to scoff the lot. How can I get my cravings under control?

Eating is a sensory experience and you'll get more feedback going to the appetite centre of the brain if you've engaged all your senses. Savour the flavour, the smell and the texture rather than just gulping it down. Scull a cold glass of water before you feel a crave coming on, this will make you feel fuller and hopefully de-crave that feeling.

Q6. Summer is just around the corner. What kind of exercises should I do to get in shape for the summer?

Cardio. You want to do exercises like walking, jogging, biking, swimming, jumping rope, etc. and including interval training is highly recommended. And lastly for definition you should include some type of resistance (e.g. weights, bands, ball) exercise for every major muscle group.

Q7. I know you can't spot-reduce weight loss, but are there any foods that will help me lose my gut?

The quickest way to avoid belly fat is to take steps to lose weight everywhere. The quickest way to do this is simply avoid three things: drinking kilojoules (vitamin waters, energy drinks, soft drinks), trans fats (found at your local kebab shop) and sugars. Include high protein foods like fish and poultry, plenty of unsaturated fats from nuts and oily fish

Q8. Is it bad for your body to workout some of the same muscle groups daily?

There's not an absolute answer to that question because it depends on how hard you are working the muscles, what exercises you are doing, etc. But, in general it's best to allow your muscle groups about 48 hours to rest and recover before working them again.

CHRISTMAS appetizers



Mini smoked salmon and crème fraiche pikelets

With the Christmas party season upon us, take a few shortcuts with some supermarket finds and let our creative touches make them special!

Makes

24

Ingredients

- ◆ 200ml crème fraiche
- ◆ 2 tsp horseradish cream
 - ◆ Dash of Tabasco
 - ◆ 1 tbs lemon juice
- ◆ 2 packets mini pikelets
- ◆ 120g smoked salmon, sliced into ribbons
 - ◆ Mustard cress, to serve

Method

Mix together crème fraiche, horseradish, Tabasco and juice. Spoon a little on each pikelet, top with salmon and garnish with cress. Serve with drinks.

A LIFESTYLE FESTIVAL

Lifestyle Fitness Australia proudly supported the 2011 Earlwood Festival November as well as the 2011 Newtown Festival 20th November.

Marrickville and Erskineville team were also stationed at a stall within the festival, giving away some healthy snacks and providing some great health and exercise advice to the members of our community.

We would like to applaud the Earlwood and Newtown local community for their attendance and the organizers for providing a day full of fun and excitement. We would also like to thank our staff for providing their time for such great community events.

NEWTOWN



EARLWOOD



\$149

Gift Certificate

This certificate entitles the bearer to \$149 off any half yearly or annual membership program*

*Applies to Direct Debit memberships ONLY

To: _____

Carlton: 9588 6488 Erskineville: 9557 7199 Marrickville: 9559 7599
290 Railway Parade 672 King Street 258 - 272 Illawarra Road

Give The Gift Of Fitness This Christmas.

Lifestyle Fitness is giving our members access to a FREE Gift Certificate for their loved ones who may need a bit of a push to combat that holiday indulgence. Limited to only 200 per club, please ask at reception TODAY so you don't miss out.

 **lifestyle**
fitness australia



*Have A Merry Christmas &
A Healthy New Year!*

*From Paul & your friends at
Lifestyle Fitness Australia*