

THIRTY WAYS TO *fight* FAT

Spring is just around the corner and now's the time to start thinking about your physical condition, shape and state of mind, reports SHARON EVANS.

Remember those broken promises you made this time last year and how you were paying the penalty even before summer was on the doorstep.

These days with the much higher profiles in fitness and healthy eating, you don't have to be a gym 'junkie' or self-made food critic to beat off the kilos and look good.

Quite often the path to successful weight loss and shaping is in your mind and, ultimately, your approach.

Therefore, your mental balance and control is just as important as what goes on your plate every day.

The latest technology is used at better weight loss centres research and computer analysis complements the physical conditioning side of getting in shape.

From an extensive library I've uncovered 30 simple tips to get your Spring health program off on the right foot.

1. Avoid 'crash' weight loss, or the yoyo syndrome as it's called. Over time it will do more harm than good and the pressure on your body to adapt can be too much. It will leave you far more prone to putting the weight back on. A controlled and systematic program is the only way to avoid the weight roller coaster.

2. Give up the idea that you will lose weight fast.

3. Remember, most people who adopt strict low-kilojoule diets do lose the weight they want, but eventually put it all back on again, and sometimes more.

4. Carbohydrates are vital because of the range of nutrients they provide. Breads, breakfast cereals, fruit, pasta and some vegetables, provide carbohydrates, plenty of dietary fibre and are relatively low in fat.

5. Avoid salt, there is enough in your daily foods to off-set what you may lose through sweat and exercise, and salt retains fluid.

6. Of course, keep fats in your diet, especially saturated (animal) fats, to

an absolute minimum. Lean meats and white meats like chicken and fish are essential. Eat fresh vegetables and fruits, and avoid organ meats such as kidney, brains and liver, and egg yolks.

7. Don't rebel against controlling what you eat. It has a negative effect, and usually makes you eat more, especially the fatty-type foods.

8. Remember, the type of foods you eat is more important than the amount.

9. Never go hungry.

10. Don't deprive yourself of too much, otherwise you will rebel against all your good intentions.

11. Listen to your stomach. Are you really hungry or are you eating because you're bored, tired, angry or depressed?

12. Don't be too critical of yourself. It will just make you feel anxious and guilty which can cause you to turn to food for comfort and security.

13. Don't binge eat, it's a vicious circle. You eat to feel better, then you instantly feel worse for bingeing, so you eat to feel better again, and so on.

14. Don't weigh yourself too often. This can sap your self-esteem and motivation, and make you over-conscious of food and weight loss.

15. When performing daily exercise, long sessions with a low intensity (45-65 per cent metabolic heart rate) is the best way to burn fat.

16. When trying to lose weight and get in shape, distance is more important than time. Concentrate on how far you will run or walk, not the time you do it in.

17. Because anaerobic exercise burns glucose and not fat and overweight people are usually only capable of this type of exercise, they may find it hard to burn fat, so low to mid intensity aerobic work is crucial.

18. In women, circuit training can produce a 15 per cent greater capacity of oxygen intake than fast walking



Health and exercise expert, Sharon Evans

and 38 per cent more than slow walking.

19. Always be happy to leave left-over food on your plate.

20. Don't look upon losing weight as a 'diet', rather think of it as new eating patterns which will make you look and feel better.

21. Only eat when you're hungry and stop as soon as you feel full.

22. Always check you're actually hungry and not thirsty. We should all drink 1-2 litres of water a day.

23. While tests conclude that aerobic training utilises more fat than resistance training, resistance work can decrease fat in older men.

24. Remember, the less energy supplied through foods, the more the body will call on the stored levels of fat, and so the faster the weight loss.

25. Never plan a meal as a 'one off'. Try and plan for the full day, a few days ahead or even for the entire

week. Results can be achieved more easily and are healthier.

26. Always try and avoid eating meals that have no color contrast. If this is a problem, use garnishes and light extras to color and decorate.

27. Avoid food additives. There are more than 2000 different types available today.

28. Remember, the body is quite capable of obtaining all its energy requirements from a diet low in sugar.

29. Too much salt can contribute to excessive hypertension leading to heart disease and stroke.

30. Remember, when you're physically working out, progression is the key, not speed or weight.

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