

SOME HELPFUL INFO!!

If your new to exercise, or haven't done any for a few months or more, then the most important thing is simply to get moving.

All the stuff you probably already know is important to now put into place, like walking to work, parking further away from the supermarket, taking the stairs etc. Every little bit counts a lot!

Doing Mini Workouts throughout the day can help a lot as well, raising metabolism and burning fat for a long time after you've done them.

What's a mini-workout? 30 seconds of activity that use lots of muscles, like going up stairs, doing pushups, lunges or squats. Anything that gets your heart rate up is great.

Aim to do a full 30 second mini workout in the morning, afternoon and in the evening and you'll be racing towards success faster than you imagined.

Time needed - 1.5 minutes!

Hot tip: the best body fat burners are compound movements that use lots of muscles and cardio-vascular exercises that get you huffing and puffing.

- **THINK POSITIVE :** Having positive thoughts and informative reading material around is essential to help keep you "on track". If you were trying to learn another language you'd go to Spanish classes, get books and tapes to help you out and you'd probably practice what you'd learnt every day. Well 'learning' health and fitness is not much different, so throw away your Car Magazines, New Ideas and Cleo's for a while and exchange them for these helpful, educational publications. **Fitness Life Magazine** Filled with wonderful snippets of all things healthy.
- **Healthy Food Guide:** Available from supermarket or book store: fantastic little book full of recipes, food makeovers etc.
- **Positive, affirming statements** that address your barriers, i.e. if you think losing weight is really hard work and you'll never get to the 76kg you really want to be, write down something like "it's so easy to be 76kg" and stick it on your bathroom mirror, and if you don't think that will help, ask yourself whether it will do any harm, then do it anyway.

Carrots are a goldmine when it comes to nutrition, providing an excellent source of vitamins B and C as well an extraordinary pectin fibre that has been found to have cholesterol-lowering properties. Containing about 87% water, they are rich in mineral salts and vitamins. Carrots also contain, in smaller amounts, essential oils, carbohydrates and nitrogenous composites. They are well-known for their sweetening, anti-anaemic, healing, diuretic, re-mineralizing and sedative properties.

For a truly healthy snack or as an addition to your lunch, grate 3 carrots, add ¼ cup cottage cheese, 2 tablespoons of sunflower seeds and 2 tablespoons of raisins.



Sugar facts

3 heaped teaspoons of sugar contains about 75 calories.

Cutting out just this much sugar from your daily diet saves about 20,000 calories, per year.

It would take 31 minutes of walking to burn off the calories you'd get from 1 x 12oz glass of beer and about 17 min of jogging at good pace.

The Heart Foundation recommends just 2 servings of sugar for people with low kilojoule needs. That's equivalent to about 2 tablespoons of Jam or Honey or 1 small muffin per day!

Apparently Americans eat 20 tps of added sugar a day.

To cut down on sugar look for food items with less than 10g per 100g, particularly in breakfast cereals.

Decreasing sugar intake, whilst helping to control weight, helps to prevent diabetes and a range of other health issues. It also helps to keep energy levels high, the exact opposite of what you might expect

Look, Feel, Live Life Younger!