



14 April

"Change is inevitable except from a vending machine!"

- eatfit clients were **103kg** lighter in March!!

Nadine, 35 - "More than just extra energy"



"eatfit showed me that if I was lighter my fitness would improve and I would move faster. The biggest change that eatfit helped me with was eating a proper breakfast. I used to eat two pieces of toast for breakfast but I would feel hungry again when I got to work. Now I eat a fantastic breakfast that fills me up for the day."

"I used to think that if I trained hard I could eat anything and it wouldn't affect my weight and performance. Now my eatfit routine helps maximize my performance and reduces the likelihood of overeating at dinner time from the post work out hunger. I have more energy and I am able to recover for my next training session."

"I can now fit into size 10 clothes. I have more energy, can wear nice clothes and it is definitely great to get regular compliments about the results I have achieved."

"Life these days is pretty good, I look better and feel better and my performance has improved infinitely. IT IS a lot easier to run when you are 10 kilos lighter!"

"I have recommended eatfit to several of my friends as they have been impressed with the lifestyle changes that I have made and they are also enjoying the long term results."

Change, Change, Change....

Change will always happen, however it is how we allow for change that will make the process enjoyable. The change in daylight brings upon change in routine, it provides less light for being active and for completing necessary tasks. As a result mood is lowered and lack of motivation occurs. Change in season doesn't need to be perceived as a negative external influence on weight management and activity levels. Change provides an opportunity for improvement and success.

- Write down a list of five things you would like to change
- Positive changes are best; they help motivate us to achieve them and pull us towards our desired outcomes. E.g. to lose 5kg or become 5kg lighter?
- Start with the small changes first! Once they have become part of routine address the next change on the list.

- Reward yourself! When you have achieved each change reward yourself with something non-associated with food or alcohol.

The following are five changes to help manage weight in the colder months and make the time enjoyable.

1. Warm lunches are satisfying and filling. Try this combination. 1/2 packet of Uncle Ben's Express Rice add 50g of protein (meat, low fat cheese or egg), finish with 1 cup of frozen vegetables and microwave on high for 3 minutes. Top off with your favorite low fat sauce (such as sweet chili).
2. Eat breakfast like a King! Breakfast should be the largest meal of the day. Cook half cup of porridge with milk, add 2-3 Tbsp of mixed frozen berries or banana and top of f with 3-4 Tbsp of berry or vanilla yoghurt.
3. Minimize adding fat when cooking. It is too easy to add cream to soups and pasta for flavour in colder weather. Instead use light sour cream in soup and Ricotta cheese in pasta. Top off with fresh or dry herbs and don't forget the garlic!!
4. Limit dessert to a certain day of the week in the colder months. Instead top yourself up with a hot drink. Try Jarrah choc-o-latte, make with mostly trim milk to help fill you up and satisfy the sweet tooth.
5. Eat low GI foods. Foods with a lower glycaemic index are long grain rice, whole grain breads and proteins. Add legumes and pulses to soups, gravies and sauces for added protein and a lower GI meal.