



19 March

- eatfit clients were **102kg** lighter in February!!

### Judith, 38 yrs, 26kg "...not only my weight barrier, but some psychological hurdles as well."



"Making a lifestyle change is much like replacing shoes when they are past their best. The shoes are completely worn out, yet I delay buying a new pair. Then I ask myself why did I put off changing to new ones? I marvel at how wonderful decent shoes are – comfortable, functional and smart."

"My excess weight was secretly distressing me mentally, my joints where starting to show the strain, my physical appearance was tatty –yet I was loath to give up on a body that I considered I was "comfortable" with. So when my GP recommended I discuss my weight issues with eatfit, I felt torn."

"When eatfit suggested that some positive changes could be accomplished I was skeptical. Only three months had passed before I conceded that my comprehensive, personalised programme had broken through not only my weight barrier, but some psychological hurdles as well. With eatfit's guidance I was able to make better choices regarding food, and adapt my existing exercise plan to be more challenging and far more rewarding mentally and physically. Also, eatfit worked with me to set goals and challenges that were measurable and much broader in scope than targets ruled by the scales."

"In the past I would have avoided some social and physical activities, knowing that being overweight would negate my enjoyment. Even though I am still on the journey, already I have the confidence to try new sports i.e. surfing and sky diving. Also (dare I say it) – my personality has sweetened!"

"If you need support, a fresh perspective on your goals, or help to see your potential I would encourage you to contact the eatfit team. Acting now can release you from the old into the new as it did for me – roll on 2008!"

### 'Choc-a-full' of temptation.....

Convenient chocolate, hoards of Hot Cross buns and four days holiday often hinder a balanced healthy eating routine. Easter provides easy access to an abundance of high calorie foods. Chocolate is loaded with sugar and fat, providing excess calories that can be stored as fat. Extra holidays can break a regular routine and often give us the feeling of stress and panic in regards to a healthy weight. The best way to manage the Easter panic is planning and management.

- Management is easier than avoidance.
- Create long term goals to keep focused and manage temptation.

- Goals need to be simple, measurable, achievable, realistic and achieved in within a set time frame.
- When challenges arise along the way to our destination planning and management can insure we are confident with the food choices we make.
- It is okay to eat and enjoy chocolate over Easter but decide in advance to set yourself up for success with a realistic goal of maintaining weight rather than decreasing.

The following guide gives you ideas on how to plan and manage weight this Easter:

1. Focus on the non-chocolate. Eat marshmallow eggs and hot cross buns instead of chocolate eggs.
2. Stay active. Encourage family members to do a daily activity together like an Easter hunt that involves finding tokens. The winner of the most tokens wins a prize.
3. Take responsibility for the foods you eat by consuming a filling meal before entering a situation you know will be tempting. If you know a particular meal is going to be higher in calories, then control the quantity - take a smaller a portion.
4. Take snacks with you. Fruit and low calorie bars can easily fit in a handbag or a pocket. Be prepared and take snacks on holiday with you.
5. Stay hydrated. Sipping water throughout the day and at main meals can help promote the feeling of fullness and decreases the total daily calorie intake.

	Hollow Egg	vs.	The Marshmallow Egg
Weight	65g		25g
Total Energy	1469kJ		393kJ
Total Fat	20g		2g
Total Sugar	35g		14.5g
Kilometres to burn	16.5km		4.4km
Walking Distance:	Hagley to Orana Park		North Hagley Park

- eatfit recommendation for total fat is <5g fat/100g.
- eatfit recommendation for kilojoules per snack <650kJ.