



12 May

"Movement is a medicine for creating change in a person's physical, emotional, and mental states". (Carol Welch)

- eatfit clients were 107kg closer to a healthy weight in April!!

John, 60yrs: "more energy, less tired and tightening my trouser belt"



"At 60 years of age, overweight and diabetic I gave exercise my best shot. But after an intensive 10 weeks at the gym I was disappointed to see that I wasn't winning the battle of the bulge. Upon a recommendation from my Physiotherapist eatfit came on the scene. The advice and suggestions regarding foods and exercise that would help me to obtain a healthy weight were put to the test. The scales were soon telling me that something good was happening. Losing 10kg was now attainable! I was losing 1/2 kg a week and feeling much better all round - more energy, less tired and tightening my trouser belt."

"There are no radical diet changes, just making informed choices and asking the old question "Is it need or is it want?" Success begins at the supermarket."

Move Through Winter

As the temperature decreases and darkness sets in it is often the time when we feel like eating warm comforting foods. Winter can result in less movement and eating high calorie foods. For most people this results in weight gain over the winter.

By keeping active and choosing healthy foods it is easy to achieve a healthy weight. Darkness and cold are perceived barriers that can be overcome by turning your home into a movement arena. Movement is a great way of warming up and we are less inclined to eat high calorie foods when we are warm and comfortable. The following are seven ways to keep active on a budget and maintain your weight this winter.

1. Utilize the weekend, put aside time each weekend to go for a 1-2 hour walk. Include some hills and record how hard it was on a scale of 0-10. By the end of winter you will find it easy.
2. Use your steps at home. Put on music that makes you move and start with one song, three times a week. Set yourself a number of songs to step to continuously by the end of winter.

3. Boxing is a great way of burning calories, reducing stress and it can be done at home. Wrap tea towels around your fists for gloves and focus on one spot. Alternate punches high and low with each arm for 5mins, rest for one minute and start again. 45mins of boxing burns 500calories!!!
4. Keep active with your children. Exchange DVD's, movies and computer time for fitness DVD's, Nintendo Wii, or active games. Being a role model for your children/grandchildren will show them being active is healthy and fun.
5. Nordic Walking uses walking poles for a full body workout. It works the abdominals, upper body and legs which results in burning up more calories than standard walking. Winter is a great opportunity for this style of walking as the tracks can be wet and slippery.
6. Increase movement during the day. Use lunch breaks as an opportunity to move, if the weather is miserable use your workspace to increase movement such as the walking stairs instead of the lift, park your car further way from the door and walk the floor twice a day.
7. Try walking in water. Go to your nearest indoor pool. Water exercise uses different muscles than walking outside. Keep the body working by doing different types of exercises on different days during the week.

Be realistic and try one or two exercises for the first two weeks. Build up your programme so you can complete one of the exercises each day by the end of winter. Take a photo of yourself before you get started, then take another photo in three months. See how they compare.