



8 September

"Behind every success is a succession of failures." (Rick Beneteau)

In August eatfit clients became **81.6kg** closer to their healthy weights.

Good for the Heart or Good for the Hips?



The heart foundation's tick of approval is for heart health rather than weight management. The heart tick is designed to inform shoppers of the healthy choice within a food category. Any food when eaten in excess can compromise a healthy body weight. Food products that display the tick are lower in salt and lower in saturated fat (the type of fat that increases risk of heart disease).

Healthy heart choices that are lower in saturated fat and salt can still be calorie dense. Red wine can promote heart health and is high in antioxidants. Eating fresh fruit and vegetables can also increase antioxidant levels and contain other health benefits. Avocados are promoted as good fats for the heart but are calorie dense and should be consumed in moderation. They are a better alternative to butter and margarine when eating a low calorie diet. A small handful of nuts are great but still contain 50% fat. So as always eat in moderation when shrinking the waistline rather than seeing the Heart Tick as a cue to open the gates!

- Choose foods that are less than 5% fat, more than 5% fibre and lowest in calories
- One 125ml glass of red wine is good for heart when drunk in moderation but equals 4 km walking
- Avoid using butter and margarine, instead use low fat spreads or avocado sparingly
- Include whole grains, fruit and vegetables

Russell, 79. "It's never too late to start!"



I damaged my back ten months ago. The effect was a complete change of life style. No more golf, fishing, travelling or outside activities. I lost any fitness I had and I was piling on the weight. Life was at a very low ebb.

Then I had the back operation, the pain had gone and I had a chance to start my life again. I felt I owed it to myself and to those who helped me through this difficult period, to do something about it. With the guidance of a physiotherapist I started three days a week at the gym, but I couldn't shift the weight. The next move was to put myself in the hands of an eatfit nutritionist and exercise consultant.

After four months I am fitter than I have been in years. I have lost a stone in weight (8 kilos to date) and I am becoming more active by the day. I am playing golf again and plan to do some serious fishing next season.

I am off to the Australian outback in a couple of weeks and if anyone had told me at 79 I would be going to the gym and seeing a nutritionist I would have told them they were nuts!! No matter how old you are keeping fit and what you eat makes life worth living. It's never too late to start.