



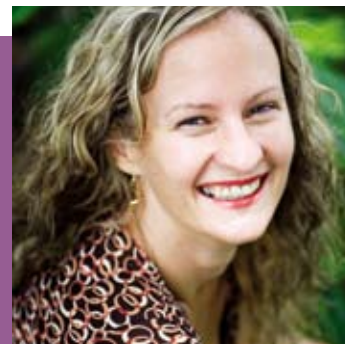
Meal Replacements v Real Food For Weight Loss

With the growing rate of overweight and obesity within our society, diets promoting quick and easy weight loss are becoming more popular. And it is not hard to see the appeal – wouldn't we all like to lose 10 kilograms in 10 days? Often this weight loss is achieved through highly restrictive diets using shakes or bars in replacement of meals. These meal replacement programs often sound too good to be true, and usually are. I see many people in the clinic who have previously tried meal replacement programs. While most people lose weight initially, this weight is quickly regained, with most people ending up heavier than when they started.

Meal replacement programs involve a very low calorie intake which will cause weight loss. This rapid weight loss is often required to reduce the risk of complications for morbidly obese people who are about to undergo surgery. However, for people looking to lose weight and keep the weight off long term, meal replacement programs are a recipe for disaster. While these programs will result in some fat loss due to the low calorie intake, ultimately people need to eat. On recommencing a normal diet, the body tends to store fat more readily, leading to weight gain. Combined with the general over-eating that is observed following an extremely restrictive diet, most people end up heavier than when they started.

So what is the best way to lose weight? The Australian Guide to Healthy Eating suggests eating a wide variety of foods, including plenty of fruits, vegetables and wholegrain breads and cereals. While this all sounds very simple, weight loss is not. In order to achieve long term weight loss, it is necessary to identify the causes of weight gain and develop lifestyle and dietary changes as appropriate. Weight loss is about finding the right balance between the foods you love, the foods your body needs, and your activity throughout the day. A dietitian can help you to find a balance that is right for you.

Dare To Love Your Body



There was a time where for many years I was consumed with thoughts about my body and whether it was good enough or not, what to eat and not to eat, how much exercise I needed to do each day, counting calories and comparing myself to others. It was a constant battle. Let me tell you – what a waste of time. By compulsively criticising my body, I missed out on life.

One day I finally learnt my body was not the problem – the real problem was fear. Fear of what? Dealing with emotions, therefore blaming my body was an escape. As soon as I learnt to love and accept my body and deal with emotions in a positive way, the sooner I could get on with my life and actually get excited about it.

Therefore I dare you to love your body so you can fall back in love with life again. Here's how:

1. Listen to your body. Instead of thinking, analysing and doing, observe your body. It will tell you everything as it provides you with messages as to what to do. It will tell you when to eat (hunger signals), exercise, sleep, move, let go of emotions, what your passion is and what decision to make. Ask yourself: "How is my body feeling? What is it telling me?"
2. Appreciate its magnificence. Your body is so much more than its looks and everything on it and in it has a function. Legs allow you to walk, kick and dance, eyes which allow you to see the beauty around you and arms that allow you to hug. Show gratitude and respect and you will feel great.
3. Change your opinions. Strip off and go stand in front of a mirror and look at your body and say: "This is my body. I live in my body. I love and respect my body".

Remember you have your body for life so enjoy it. You can get all the botox and lipo in the world, however if your mindset doesn't change you will still be unhappy with yourself. Love yourself and you will love your life.

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Three Tips To Finding The Right Training Experience

Today in Cairns an individual looking to get fit is inundated with choice as to where to go to get structured exercise. These include big gyms, little gyms, personal trainers in studios or outdoors, classes or even running their own routine.

To assist you as a trainee in selecting an option that works best for you I propose the following tips:

1. Know what you want and do a little research – if you are looking for classes and the gym you are considering doesn't offer them then don't be swayed by an efficient salesperson. If you think you would like to improve your cardio-respiratory

fitness then ensure the machines you want to use are available.

2. Remember that frequency is the key. National activity guidelines suggest 30 minutes daily so take steps to make sure this happens – select a gym close to work or home, or select a trainer who either gives homework or is affordable on a daily basis, maybe rope in a training buddy to increase your likelihood of exercise. Definitely set yourself achievable fitness-based goals to work towards.

3. Consider your individual situation – if you are getting physical activity from multiple sources

then casual visits or infrequent personal training sessions may be a good way to get a few more 30 minute exposures, however in most cases this is not the most affordable alternative.

Remember physical activity is essential for everyone but the customer is always right, take your time and don't let a bad experience deny you the opportunity to enjoy exercising. Find a club with a good environment and a fun atmosphere as this will increase your chances of sticking to your goals.