

# Jeni's Health & Fitness Tips

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Hi Everyone!

I am often told that some people have great difficulty losing weight. I can't remember how many times I've heard "I've tried everything, and nothing works". In fact anyone can achieve their goal weight but it involves a total lifestyle change not just a "diet".

The trouble with "diets" is they are only temporary. Any changes you make need to be permanent and therefore must be sustainable. It's no good deciding that you will run 10 miles a day and drink a litre of carrot juice for dinner because you would be unlikely to keep this up for the rest of your life; and it doesn't sound that enjoyable either!

Look at the time you can set aside for exercise and be realistic – no less than 3 sessions per week of 45 minutes. However this includes any walking, housework or gardening. Exercise can be done in short bursts and they all add up at the end of the day. Your choice of exercise needs to be enjoyable or you will be unlikely to maintain it. When first starting out exercise can be hard work but it does get easier as fitness level increases.

Look at your diet. Small changes in your cooking habits can make a significant difference in your total fat, sugar and fibre intake. For example, you can cut the oil in most recipes to 1/2 the original amount without changing the taste.

There are many ways to increase your metabolic rate such as:

- Keep well hydrated – drink 8 glasses of water a day.
- Eat 6 tiny meals rather than 3 big ones each day.
- Don't skip breakfast because breakfast kick starts your metabolism. If you miss any meal, dinner would be the preferred option.
- Aerobic exercise for 40 minutes keeps metabolism elevated for the whole day.
- Don't watch too much TV. For each hour of TV viewing each day, you have a 2% increased chance of becoming obese. Try taking one of those TV hours and doing something active instead.

Yours in health,

*Jeni*