



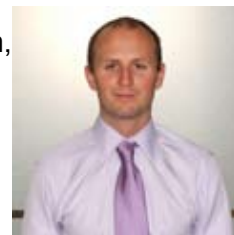
Welcome to FitSense Australia's first Wellness Newsletter. It is aimed at providing you with relevant, up-to-date information on health and wellness topics. In this issue the feature article examines common weight loss and nutrition myths that continue to circulate. We also have fast facts for summer, 10 tips to get you moving, and a delicious recipe for those warm summer afternoons, plus more!

We would also like to take this opportunity to invite you to our Corporate Wellness Showcase in early 2008. The showcase will provide interested organisations with a demonstration of how FitSense Australia approaches corporate wellness to maximise organisational and individual benefits. Read on for more information.

FitSense Australia's Wellness Newsletter will be produced every 2 months and is free for organisations to distribute among their staff, so please feel free to forward it on.

If we can assist you with your wellness program, please feel free to contact us.

Ben Wisbey
Managing Director



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Weight Loss and Nutrition Myths

Summer is upon us and as many people come out of hibernation so too do the dieting myths that promise the world. How much do you really know? Test your diet and nutrition savvy with the following myth busting facts!

Myth: Fad diets work for permanent weight loss.

Fact: Fad diets are not the best way to lose weight and keep it off. These eating plans often promise to help you lose a lot of weight quickly, or tell you to cut certain foods out of your diet to lose weight. Although you may lose weight at first while on these kinds of diets, they can be detrimental to your health because they often keep you from getting all the nutrients that your body needs. Also, because some fad diets may seriously limit or forbid certain types of food, many people quickly get tired of them and regain their lost weight.

Research suggests that losing 0.5 to 1.0 kg a week by eating a sensible controlled diet and increasing your activity levels / exercise is the best way to lose weight and keep it off. By improving your eating and exercise habits, you will be investing in a healthier lifestyle, with the benefits being numerous, including helping to control your weight and reducing your chances of developing heart disease, high blood pressure, and diabetes.

Myth: Skipping meals is a good way to lose weight.

Fact: Your body needs a certain amount of calories and nutrients each day in order to work properly. If you skip meals during the day, you will be more likely to make up for those missed calories by snacking or eating more at the next meal. Studies show that people who skip breakfast tend to be heavier than those who eat a nutritious breakfast. A healthier way to lose weight is to eat small meals throughout the day that include a variety of nutritious, low-fat, and low-calorie foods.

Myth: Eating the 'Low Fat' or 'Lite' food options will lead to weight loss.

Fact: Eating the 'low fat' or 'lite' options where available can often assist in losing weight. However, it is also important to note that these foods can often contain more sugars, and therefore more kilojoules, than 'full fat' options. For this reason it is important to read the nutritional labels on foods before purchasing them. Also, low fat foods will often lull you into a false sense of security by making you feel as though you can afford to have a second helping.

Myth: Eating less than 30g of fat per day will result in weight loss.

Fact: While a low fat consumption will assist with weight loss, counting fat grams may result in obsessing over food. Assessing a food solely on its fat content is also likely to result in reduced intake of good fats such as fatty acids, fat soluble vitamins and omega-3, many of which are essential requirements. The main reasons that low fat diets have been recommended over the past 15-20 years are:

- Fat has more than double the energy of carbohydrate or protein;
- Dietary fat is easily converted to body fat;
- Fat is less satisfying than carbohydrate and protein meaning you are more likely to eat more of it.



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Myth: “I can lose weight while eating anything I want.”

Fact: It is possible to eat any kind of food you want and lose weight. But you still need to limit the number of calories that you eat every day, usually by eating smaller amounts of food. When trying to lose weight, you can eat your favourite foods, as long as you pay attention to the total amount of food that you eat. You need to use more calories than you eat to lose weight.



Myth: Eating after 8 p.m. causes weight gain.

Fact: It doesn't matter what time of day you eat. It's how much you eat during the whole day and how much exercise you get that make you gain or lose weight. No matter when you eat your meals, your body will store extra calories as fat. If you want to have a snack before bedtime, make sure you first think about how many calories you have already eaten that day. Try not to snack while doing other things like watching television or using the computer. If you eat meals and snacks in the kitchen or dining room, you are less likely to be distracted and more likely to be aware of what and how much you are eating.

You may want to limit the amount of carbohydrate you eat at night, but not for the reason you probably think. We often hear that going to bed on a full stomach is a bad idea because digestion slows down when we sleep. The result - more calories absorbed. Wrong! The muscular movements of our intestine for digesting food keep on working at the same rate when we shut our eyes. The carbs at night story is all about what your blood sugars and fats are doing. In various studies on night shift workers, researchers discovered that blood glucose and triglyceride levels tend to be higher after a meal consumed at night than when eaten earlier in the day. It appears that insulin, the hormone responsible for storing carbohydrate as muscle glycogen, follows a circadian rhythm, with higher levels after dark. If you load up on carbs late at night, it is possible to store more carbohydrate as body fat and also find it more difficult to burn off existing body fat. So, don't be concerned about a sluggish metabolism at night, but do consider avoiding overloading on carbs after dark so as not to feed your body's major fat-storage hormone, insulin.



Effective Weight Loss Tips

Weight management is about a balance between what you eat (energy intake) and how much you exercise (energy expenditure). You have the control!

Dietary fat contains twice as many kilojoules as carbohydrate. Eat carbohydrate to fuel your muscles and it will keep you feeling full for longer too.

Exercising regularly will increase your energy expenditure and this combined with a controlled energy intake is the best equation for a healthy, sustainable weight loss.



Fast Facts for Summer

Beverages

Choose water as your preferred drink. Fruit juices have the same kilojoules as regular beer. If you are trying to reach a healthy weight, drinking fruit juice regularly may not help you.

Alcoholic drinks provide kilojoules but no important nutrients. Keep your alcoholic drinks small and alternate with low kilojoule drinks like water, plain mineral water or diet soft drinks.

Exercise

The Heart Foundation and other leading authorities recommend at least 30 minutes of moderate intensity physical activity, such as brisk walking, on most days of the week. The good news is that the 30 minutes doesn't have to be done all at once, but can be accumulated in bouts of ten minutes or more, if this suits your lifestyle better.

Make sure you slip, slop, slap and wrap before heading out into the sun. The periods of lower UV risk are early in the morning (up to 11am) or later in the evening (5pm onwards).



10 Tips to Start and Stay Moving this Summer

STAND UP! It sounds easy but how many times have you not been bothered to get up from your desk and take a walk at lunch? Even ten minutes of light activity regularly can improve general health and wellbeing.

MOVE SMART Not all activities suit all people. Choose activities that you like and which won't aggravate previous or current injuries. Consult a health professional or exercise physiologist if you have concerns or want an exercise program that takes medical conditions into account. Otherwise ... just move.

GET A BUDDY A training partner will help you train consistently and together you can make each other work harder.

SET GOALS By setting realistic goals you will set yourself up for success. Goals allow you to chart out where you want to be in a certain period of time. It is important to have realistic short-term goals and a longer-term goal.

MONITOR YOURSELF How do you know if you're training at the right level of intensity to reach your fitness goals? Try using a heart rate monitor. It can tell you to speed up or slow down, and some will also give readouts of calorie expenditure and time spent in your target training zone (eg, base model - Polar FS1 RRP \$109.00). It is also important to listen to your body. If you feel flat then take it easy.

HYDRATE It's hot outside! Physiologically your body will respond differently when training in the heat (increased heart rate and sweating). Therefore exercise can be a lot more taxing, and during vigorous exercise you can lose up to 1L of sweat every hour. Drink before, during, and after exercise to ensure you maintain good hydration.

NUTRITION Make sure you monitor what you are eating. Complex carbohydrates are the best energy source for physical activity. Also remember your energy balance. One easy 20 minute walk will burn the same calories as about one glass of wine.

REWARD YOURSELF If you work hard you deserve a reward. Go and do something you like. Just remember not to undo all your good work by eating and drinking too much.

CHALLENGE YOURSELF After a period of time your body will adapt to the training you are doing. Then it is time to mix it up. This can be done by changing the activity, intensity or duration of your training to take you to the next level.



HAVE FUN If you are not having fun then it is harder to keep training. Explore fun fitness options to keep you keen.

Delicious and Healthy Couscous Salad

Preparation Time

15 minutes

Cooking Time

10 minutes

Ingredients (serves 8)

250ml (1 cup) chicken stock	190g (1 cup) couscous
2 tsp olive oil	1 red onion, halved, thinly sliced
1 garlic clove, crushed	1 tsp ground cumin
1/4 tsp ground cinnamon	1/4 tsp ground turmeric
2 tbs fresh lemon juice	Freshly ground black pepper
2 large (about 280g) ripe tomatoes, finely chopped	
1 x 400g can chickpeas, rinsed, drained	
1/5 cup firmly packed coarsely chopped fresh coriander	

Method

Place the stock in a medium saucepan and bring to the boil over high heat. Remove from heat. Add the couscous and stir with a fork until combined. Cover and set aside for 5 minutes or until all the liquid is absorbed. Stir with a fork to separate the grains.

Meanwhile, heat the oil in a non-stick frying pan over medium heat. Add the onion and cook, stirring, for 2-3 minutes or until onion softens. Add the garlic, cumin, cinnamon and turmeric and cook, stirring, for 30 seconds or until fragrant. Add the tomato and chickpeas and cook, stirring, for 1-2 minutes or until heated through. Remove from heat.

Add onion mixture, coriander and lemon juice to the couscous and toss to combine. Taste and season with pepper. Serve as is or add grilled chicken to top it off.

Source: Australian Good Taste - April 2005 , Page 120



Another Reminder of the need to exercise and eat well ...

- Heart, stroke and vascular diseases kill more Australians than any other disease group—50,294 deaths (37.6% of all deaths) in 2002.
- Around 3.67 million Australians are affected by heart, stroke and vascular diseases.
- 1.10 million Australians are disabled long-term by heart, stroke and vascular diseases.
- The prevalence of heart, stroke and vascular conditions increased by 18.2% over the last decade.
- The total burden of heart, stroke and vascular diseases is expected to increase over the coming decades due to the growing number of elderly Australians, among whom these diseases are most common.

Regular exercise and a balanced diet helps to prevent cardiovascular disease.

Coming Up @ FitSense

FitSense Corporate Wellness Showcase

10am-12pm

Tuesday 8 April 2008

Crowne Plaza, Binara St, Civic

FitSense Australia's demonstration of corporate wellness services.

Come along and see how FitSense can tailor corporate wellness services to suit your organisation.

Listen to the evidence that effective corporate wellness programs can improve the health and wellbeing of employees, and increase productivity.

To register phone (02) 6161 0810 or email: info@fitsense.com.au



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