



14 July

***"No person can be wise on an empty stomach." (George Eliot)***

In June eatfit clients became **97kg** closer to their healthy weight.

### Trevor, 47 : "I jump out of bed each morning...."

"In October 2007 my weight was just under 150kg. I was feeling tired and lethargic so made the decision to do something about it.

A good friend put me in touch with eatfit and i decided to change my lifestyle to get me where I wanted to be. I started out eating 4 to 5 smaller meals a day and choosing lower fat options. Drinking water was an effort as i had never enjoyed drinking water.

I stopped drinking alcohol and started drinking soda water with lime. I was able to drink up to 8 glasses a day, which was quite an achievement. I then increased exercise to five times a week and chose to eat healthy foods. It wasn't easy to modify my eating habits because I loved food but the results motivated me to stick to it.

I have now lost 25 kg and I feel fitter and full of energy. I jump out of bed each morning and bike 25 minutes into the gym where I can now do 50 minutes of exercise and also bike home again before going to work. I am set for the day and am eating 3 main meals. Breakfast is important so I make sure I don't miss it each day and eat fruit for any snacks.

My advice to anyone is to be determined, have a goal and work towards it. I have a target and each day I think I am a little closer to that target. All advice and support is a welcome addition to determination."

### Diet - A four letter word

It is a fact that diets don't work. A diet could be described as a set of rules relating to food that you could not live healthily by for the rest of your life. They promise fast weight loss and may involve counting calories or avoiding certain groups of foods.

One consistent finding is that the faster the weight is lost, the faster it returns. There is no one way of eating for everyone, it is all dependant on your lifestyle. If you have to suffer hunger - that is not something you can do for the rest of your life. It is important to feel full and satisfied from the foods that are eaten right throughout the day.

The following are four facts Dr Caroline Horworth of University of Otago discovered when studying

225 overweight and obese women for 10 weeks on a non-dieting intervention programme.

- "Within five years, many dieters regain any weight they lose and often end up heavier than when they began."
- "They also tend to develop very unhealthy attitudes towards food and to lose their natural ability to recognise when they are hungry or full."
- "Many overweight women have a fearful and guilt-ridden relationship with food, and their eating was often emotionally triggered"

Here are three areas to reflect on regarding your food choices:

1. **List.** Write down a list of enjoyable foods.
2. **Reflect.** How filling are these foods, how long do they satisfy you for?
3. **Create.** Modify chosen foods by decreasing fat, adding protein and increasing fibre.