fitbits

burn babv burn

» energy to burn

ONE DOUBLE CHEESEBURGER

TO BURN off the extra energy the body receives from a double cheeseburger, you would need to:

- Argue for two hours and 32 minutes
- Play lawn bowls for an hour and 48 minutes
- Do 37 minutes of boxing
- Circuit train for 52 minutes
- Play cricket for an hour and 12 minutes

Source: fitness2live.com.au energy balancer



» rrp

\$80

THE cost of entering race two of the Xosize triathlon series.

The main race consists of a 500m swim, a 20km ride and a 5km run.

A shorter race of 200m swim, 10km ride and 2km run is also on offer, the entry for which is \$56.

Online entries close at noon on Thursday, or you can enter at the event on Saturday from 2pm to 4pm and on Sunday from 5.30am.

more > www.triseries.com.au

» weekly weight-loss tip

IF YOU have the choice of jogging for 20 minutes at a reasonable pace or walking for 60 minutes, make the smart choice and move those feet -jog.

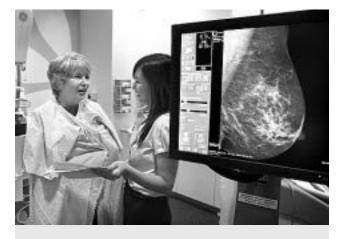
If you want to lose weight, you need to make sure you're doing enough cardiovascular exercise.



» what is

FLAVONIODS

FOUND in chocolate, they keep cholesterol from gathering in blood vessels. They also reduce the risk of blood clots and slow the immune responses that lead to clogged arteries.



» this just in

NEW research reveals overly sensitive screening processes for breast cancer may be resulting in unnecessary and sometimes life-changing treatment mastectomy - for Australian women.

The NSW-based study into the introduction of routine breast screening for older women found about a quarter of Australian women being treated for breast cancer had a tumour growing so slowly that it could have been safely

The study results correspond with a much higher than anticipated rate of cancer diagnoses.

Dr Stephen Morrell, from the University of Sydney's school of public health, says the rate of new cancers is well over the known background level of breast cancer in the community, even when accounting for rising risk factors such as obesity.

» weekly weight-loss tip

ANDREW JOBLING, HEALTH AND FITNESS EXPERT

QI eat well and exercise regularly, but I'm exhausted in the middle of the afternoon and I can't stop craving chocolate. What's wrong with me?

A You will be happy to know there is nothing wrong with you. There may be, however, a few simple little habits that you need to change, so that eating chocolate is a healthy choice and not a desperate craving.

Not knowing your specific situation I will have to be very general here and I'll assume that by and large you are happy in your life.

The most common reason why you are exhausted and craving in the afternoon is likely to be because your blood sugar levels

The most common causes of this are skipping meals, eating too much processed food and expending a lot of energy throughout the day.

You say you are eating well, but if you're not eating regularly enough, even eating good food will lead to lethargy and craving during the

The first thing I would look at is how frequently you are eating. Do you eat breakfast every day within 30 minutes of getting up? If you exercise in the morning, do you eat something, even if small, before exercise?

You need to look at the balance of all these things, but the bottom line is if you are lethargic and craving, you aren't putting enough quality fuel into your body at the right times.

You may also benefit from quality multivitamin and omega-3 supplements to ensure you are getting all the nutrients you need for optimal health and energy. Start small and choose one thing

you would be willing to change and focus on that for the next 30 days. Then choose another and continue the process until you have made the changes that will keep you healthy and energised throughout the day.

Also make sure, throughout this process, that you continue to enjoy your chocolate in moderation. Andrew Jobling, health and

more > www.andrewjobling.

fitness expert

• To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email extrawell@heraldsun.com.au

» 1190 The number of kilojoules in one cheeseburger

extrawell - directory

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