

# fitbits



» burn baby burn

## » energy to burn

### ONE SERVE OF MASHED POTATO MADE WITH BUTTER

TO BURN off the extra energy the body receives from one serve of mashed potato made with butter, you would need to:

- Play lawn bowls for 37 minutes
- Play netball for 19 minutes
- Do 15 minutes of rock climbing
- Walk at less than 3km/h for 49 minutes
- Vacuum for a little more than an hour

Source: [fitness2live.com.au](http://fitness2live.com.au) energy balancer

## » expert

AUTHOR ANDREW JOBLING

**Q** Summer is fast approaching and, as always, I put on weight during winter. What is the quickest and safest way for me to lose it so I can get back to feeling good about myself?

**A** Isn't winter a bummer? Don't you hate how easily the weight just seems to slide on in the colder months? It sounds as though this is a recurring problem for you so I suggest you try a different approach this year.

Rather than getting to spring, then trying to lose weight quickly for summer, spend some time creating good habits you enjoy and can maintain forever.

This may take a bit longer to get to where you want to be, but if you do it the right way, with the right mindset, you should be able to maintain it forever.

The first step is to change the way you think. Get rid of the quick-fix mindset and think about creating habits you can maintain.

The second step is to understand that your past doesn't equal your future. In other words, it doesn't matter how many attempts you have made to get in shape, you can do it and maintain it this time.

The third step is to develop some simple exercise and eating habits. Start with one or two new ones each month and spend the next 12 months developing some great habits that will last and help you develop a metabolism that works for you and that continues to provide health, energy, enjoyment and fat loss.

Being lean is not about eating less and exercising more. It's about eating small, regular meals to keep your energy levels high and your metabolism burning. It's also about eating fresh, natural nutrient-rich foods to keep your immune system strong.

And it's about enjoying indulgence in moderation, and moving your body on a regular basis.

If you enjoy it and can maintain it, you will get results that last. You will look and feel great every summer and not have to go through the same stress every year.

Enjoy.

• To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email [extrawell@heraldsun.com.au](mailto:extrawell@heraldsun.com.au)

## » this just in

SPOUSES of rafter-rattling snorers may occasionally think murderous thoughts, but snoring is seldom fatal.

But when snoring is a sign of sleep apnoea, a condition that causes breathing to be interrupted repeatedly during the night because of airway obstructions, it can have dire consequences.

Researchers are certain obesity is a significant contributor to sleep apnoea, but studies have also found that the condition leads to high blood pressure, stroke, heart disease and diabetes, among other problems.

A report in the journal Diabetes Care in June noted that of 306 obese patients with type-2 diabetes, testing found 87 per cent also had obstructive sleep apnoea, though most did not know it.



## » weekly weight-loss tip

STEER clear of those extra-large coffees. Depending on the size and how you have your coffee, they can pack up to 3000kJ in one large cup.

## » rrp

### WOLVERINE BELLA MARY-JANE SHOES, \$190

THESE shoes by Wolverine feature the company's iCS system, which allows you to choose a comfort setting that's right for you. Depending on what setting you choose, Wolverine says iCS technology can increase energy return, restore natural walking motion, increase stability and maximise shock absorption.

more > [www.wolverine.com](http://www.wolverine.com)



## » 42.195km The length of the marathon, held yesterday in Melbourne

# » extrawell - directory

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To reach 1 in 3 Victorians who use alternative health services,

Phone: 8804 7011  
Fax: 9292 2062

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Source: \*Roy Morgan, 2007