



David Fairlamb THE FIT FACTOR

NUTRITION CORNER

White bread and white pasta are filled with refined carbohydrates, which means you're essentially eating empty calories that convert into sugar. They carry no nutritional value and will leave you craving more. Try to eat whole grains or carbohydrates that come from vegetables or legumes.



Don't miss David's tips every Saturday in your Journal

LAST weekend saw the first blast of summer and for many it was the perfect excuse to have a barbecue, eat ice cream and drink alcohol. Of course every individual makes their own choice but if you are trying to look after your waistline and lose weight, these days/weekends become more difficult to keep your self discipline.

Here are a few tips on how to enjoy your summer weekends, with one eye still on your weight:

- Start your weekend with some exercise, knowing you have a good workout under your belt will make you feel better before going out. Our Friday Outdoor Gym session or Saturday morning Beach Bootcamp (pictured) will set you up perfectly for the weekend.

- Remember the whole weekend does not have to be unhealthy. Be good before and after you have been out with cut your calorie intake down.

- Nibbles such as crisps are a real temptation while food is being barbecued. Arriving hun-

gry is not a good option, therefore, eat accordingly before you go.

- Reach for protein such as lean meats at the BBQ eg chicken or steak this will help fill you up.

- Avoid the bread such as white buns, which have no nutritional value and are seen as empty calories, add salad to your plate to compliment the protein instead.

- Squeezing a big serving of sauce eg brown or red will add calories and are full of sugar. Leave the sauce or use it sparingly.

- If there is fresh lime or lemon squeeze some on your salad to add moisture rather than adding

unhealthy sauces.

- White pasta is a bit like the white bread, full of empty calories which means they are refined and will convert to sugar making you more hungry, rather than filling you up.

- Having a decent amount of lean meat/fish and salad is natural food therefore leaves you satisfied with no cravings.

- Add a little self discipline and avoid the desert this could save you hundreds of calories.

- Beer, cider and cocktails are packed with calories. If you are going to drink, wine is a good option or a spirit with a slimline tonic plus lots of ice.

- Of course if it is a hot day you will be losing moisture and become naturally thirsty, try to drink as much water as possible. If you are drinking alcohol try to drink water between or alternatively add more ice to your drinks.

These few tips should make you look forward to your day rather than worry about how it will impact on your weight.

Don't limit your challenges. Challenge your limits

Motivational quote of the day



FITNESS TIP

If you have a big night out over a weekend, make sure you get a fitness session under your belt early. This will make you feel good and leave you in a positive frame of mind to enjoy your night.