

SUMMER BODIES ARE MADE IN THE WINTER!



Now the nights are cutting in doesn't mean you can eat what you want, then then kid yourself by hiding under bigger and thicker outfits. The attitude of, I will wait until next year and really go for it isn't the way forward. If you are looking to target some weight loss, you have to make some lifestyle changes which are more than a part time effort.

This country, especially the North East has the

highest number of obese and morbidly obese people ever. One in three children leave primary school overweight, these statistics are horrendous. Unfortunately, decades of bad habits have now been handed on to the next generation and things are not getting any better.

Personal responsibility comes high on the list of starting points in order to help yourself and your children. For most people this does not involve drastic adjustments in lifestyle, it usually means a few everyday changes that will soon form new habits:

Here are a few tips to help you rethink and get started:

- **Simple but effective** - where possible use the stairs not the lift.
- **Ditch white bread, pasta and rice** as they contain no nutritional value. Aim to replace them with brown bread, whole wheat pasta or brown rice instead.
- **Rather than** adding extra carbohydrate to dishes, add extra protein instead. This will fill you up, keep you fuller for longer and of course contain less calories
- **Eat fruits rather than drink them.** This smoothie craze can work in reverse unless you are careful. Adding a number of punnets of fruit to a drink when you wouldn't be able to manage them as raw food, is adding unnecessary calories.
- **Remove that treat** that may accompany

your coffee or tea. Be aware especially if it has become a daily occurrence, the calories will soon add up.

- **Make your own lunch.** Many supposedly healthy meals are often laden with fat or sugary sauces. Take your own healthy alternative therefore you know exactly what you are consuming. This daily change over a few weeks/months can make a huge difference to your calorie intake and therefore your waistline.
- **Drink more water** especially before a meal, this will keep you hydrated and feeling fuller, therefore helping you to avoid over eating.
- **Use a smaller plate** - Seeing a full plate, even if it's small, helps trick your brain into thinking you have eaten a substantial meal.
- **4 grams of sugar = 1 teaspoon.** With 28grams (7 teaspoons) an adults recommended daily allowance. Try checking labels and in many cases you will realise how much excess sugar you are consuming everyday.

These are just a few options you can look at within your daily routine, the more habits you implement, the more calories you will be saving. Continue this over weeks, months and years could be life changing!

DAVID'S SUMMING UP

Make changes now you will thank yourself when you feel and look good next summer.

www.davidfairlambfitness.co.uk