

Good Food is a Choice...YOUR Choice...

Water, diet soft drink, fresh fruit juice	or	No water, alcohol, soft drinks
A regular exercise activity you enjoy	or	Sleep in, find excuses, don't find the time to exercise, "Too busy"
Fresh fruit and veggies everyday	or	The "No time" excuse, or "It's easier to grab a take-away"
A low fat, nutritious breakfast everyday	or	The "No time" excuse, or "I can't eat breakfast", or "This doughnut will do", or "But I really enjoy bacon and eggs for breakfast!!"
Wholegrain breads and cereals	or	White bread and processed, high sugar cereal
Skip the butter on the sandwich or use a lower fat more nutritious spread like avocado, low fat Philly cheese or a scraping of olive oil	or	"I just have to have butter on my bread" or "just this little bit won't hurt"
Cook with a non-stick fry pan, BBQ, grill, microwave or stir-fry your meals	or	Deep-fry, add oil, add butter
Use the reduced fat versions of cheese, milk, yogurt etc	or	"I just can't handle the taste of low fat stuff!!"
Fresh fruit or fruit salad, lower fat ice-cream for dessert or share a dessert with a friend	or	Cake, ice-cream, big dessert or, "Bring on the dessert-it's Christmas"
Dried fruit, pretzels, low fat dips and veggie strips for nibbles	or	Chips, nuts, cheese and bickies for nibbles or Bring on the nibbles-it's party-time!!
Walk the stairs, walk to the shop, walk while you are on the mobile phone, move your body as often as you can!!	or	Take the lift or the escalator, drive to the shop, sit down and avoid as much movement as possible??

STOP PRESS!

Fat Fallacy

Slow Down To Burn Fat Faster

The theory of the "Fat-Burning Zone" is exactly right. Exercise at a lower intensity and the percentage of fat you will burn will be higher!! However...You will actually be burning less fat and slower than if you were to exercise harder!!

...Please Explain...

When we exercise harder the percentage of fat burnt will go down to as low as 30% .The percentage of carbohydrate may go up to 70%. However, the actual number of calories we are burning when we increase the intensity of the exercise increases by the following...

Brisk walking burns calories 4 times faster than resting

Slow Jogging burns calories 8 times faster than resting

Fast running up to 16 times as fast as resting

A 30 minute run will burn approximately 300 Calories with about 30% of those calories coming from fat – that is **100 Calories from fat**

A 30 minute walk will burn approximately 150 Calories with about 50% of those calories coming from fat – that is **75 Calories from fat**

100 fat calories vs. 75. The percentage of fat burnt is higher but the actual amount of fat burnt is less.

The amount of we fat burn is very important, calories do still count. Notice that exercising at a higher intensity simply burns more calories.

The most important factor of all...Fit people burn fat faster. Both during exercise and at rest. How do we get fit? Aim to work a little harder each time we exercise

The answer for the best results quickly for whatever "Huffy Puffy" exercise you choose...

- **Work as hard as you can in the time period you have got.**
- **Always aim to improve on your last work-out.**
- **Aim to do the same distance in a quicker time or a longer distance in the same time.**

Quick Tip

"Gentle Exercise... Produces Gentle Results"