

## The **Healthy Hash**

aims to simplify and make practical points from a very busy and confusing hash of world health information.

Corey Slade



### Easy concepts to maximise energy in versus energy out – formula for fat loss

It's nothing new, but exercise is probably the most important predictor of whether you will succeed at long term fat loss & fat loss maintenance. In order for exercise to be helpful in fat loss, you should strive for a minimum of seven 60 minute session per week. The Australian exercise standard of seven 30 minute sessions per week or one per day is sufficient activity for someone already in good shape to maintain a healthy lifestyle. The good news is that research has shown that three 10 minute sessions in a day are as good as one 30 minute session. This helps many combating the old 'no time for exercise' excuse. Launching this week is a free community program, the 12 Week Lifestyle Challenge that does just that! If you are interested in registering for this program email me at the address below.

Recently a study of the top 10 diets in the USA based on results & adherence, revealed that the top three were in fact concept based diets rather than rigid/complex diets. This might suggest that diets that are simple & easy to remember & apply are the way to go. Here are some of the top performing diets;

- Eat smaller more regular meals daily. Breakfast is King, lunch is Prince, and dinner is the Pauper. Healthy snacks in between meals.
- Never eat in front of the TV!
- Eat a piece of fruit instead when craving sugary foods. Also replace deserts with fruit.
- Choose low GI foods to level out blood sugar levels more often
- Eat mainly whole foods & those high in bulk (fibre) & reduce your intake of processed foods
- Eat more slowly from a smaller plate size, even if others are eating from larger plates at your table
- Have a glass of water before every meal to help your sense of fullness
- Listen to your body & eat based on your need (stomach) rather than your head (taste or habit), or your heart (emotional)
- Reduce fatty foods, especially saturated fat & include healthy fat foods with Mono & Polyunsaturated (Omega) Fats
- Reduce alcohol, high sugar foods & even fruit juices
- Eat a small amount of low fat protein in every meal to reduce hunger. For example, lean cut meats, fish and yoghurt
- Apart from a structured exercise regime increase your incidental physical activity & choose more active recreational hobbies
- Learn to read & understand food labels
- Eat 5 & 2 Vegetables & fruit every day along with a balanced diet
- Eat a diverse variety of foods
- Focus on changing habits & attitude for LIFE!!

Aim for 50-60% of total energy intake from carbohydrates, 25-30% fat and 10-15% from protein. Change eating & exercise habits gradually & avoid crash dieting. Meal replacements, that is shakes & food bars, are only to be used in an emergency rather than 'normal' strategy for skipping meals. Remember that fat consumed is likely to be stored as fat in the body. Energy from carbohydrate rich foods will firstly be stored as glycogen & used by the body as fuel to work. The biggest glycogen users in the body are your muscles! When glycogen stores are full then any excess carbohydrates may be stored as fat in the body. So this is an excellent time to mention that maximising the amount of lean tissue, specifically muscle, in your body is a priority because the more muscle the less likely excess carbohydrates will be stored as fat. Additionally, more fat stores are likely to be used up in the metabolic processes if there is a slight caloric deficit whilst building & sustaining a higher percentage of muscle mass in the body. The best way to do this would be to include some type of resistance based training as part of your weekly training regime. Preferably 2-3 Strength/Toning sessions per week will see your body burning maximum energy outside of training time. On other days do cardio training to maximise energy out.

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In the next article – **What intensity level is required to succeed for those with different physical training goals?**