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## Sometimes It's the Little Things....

Has your weight loss plateaued? Do those last 5 or 10kgs seem to be just out of your reach? Maybe you've recently gained a few kilos for no apparent reason? Sometimes it's the little things that are making all the difference, or the lack of them!

Sometimes there can be hidden calories in things we consume which have a negative affect our weight loss. Everything we eat or drink needs to be included in our total consumption for the day. Often people neglect to include some of the following which can make a huge difference in their weight loss crusade:



**WINE** - 2 or 3 standard drinks can have almost the same amount of calories as an entire meal. So you can see how easy it can be to slowly let some weight creep on after a few extra days of alcohol consumption in your week.



**LOW FAT PRODUCTS** - When fat is removed from a product, yoghurt for example, most of the protein is removed along with it. This leaves mainly carbohydrates (sugar), which causes a rise in blood sugar levels. This low fat product doesn't keep us satisfied for long. Our blood sugar soon drops to lower than before and we can often be even hungrier than before. Often, at the end of the day after this sort of eating, we can actually end up eating more calories. If we had chosen to eat a more natural snack or meal, balanced in fats, proteins and carbohydrates then this could be prevented.



**COFFEE** - Depending on the coffee, the amount of milk rather than water, foam or froth can make a huge difference. The size of the coffee, whether you order low fat or full fat milk or if you add sugar to your drink will make a huge difference. If you have hot chocolates then the calories can practically double as the amount of sugar used is massive. Consider these factors and work them into your calories for the day instead of drinking your hot drink with reckless abandonment!



**JUICES** - Even though fruit and vegetables juices are full of nutrients, depending on the type, they can have a negative affect for those trying to lose weight. Juiced fruit has had all its fibre removed and up to 4 pieces of fruit can be used to make a glass of juice. So even though juice seems natural, it is a very concentrated sugar and calorie hit, without the fibre (which was provided for you by nature!). Eat the fruit instead of drinking it!

Kylie Pogson

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

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## Ratatouille

### Ingredients : (Serves 4)

Olive Oil  
2 onions, sliced  
1 large eggplant, sliced  
1 red capsicum, sliced  
2 zucchini, sliced  
1 clove garlic, crushed  
1 can tomatoes  
Chopped parsley  
Dried herbs of choice  
1 small block feta cheese, chopped.  
1 large non-stick pot with lid  
Salt & pepper

### Method:

- 1) Tomato sauce: Simmer tomatoes with parsley and herbs until slightly mushy and thickened. Set aside and add feta.
- 2) Sauté onions in pot until soft.
- 3) Layer eggplant and capsicum on top of onions. Cover and cook on low for 10 mins. Do not stir.
- 4) Layer zucchini, then sprinkle garlic, spread tomato sauce.
- 5) Cover and simmer on low for at least 30 mins or until soft. Do not stir.
- 6) To serve, try to slice vertically like a cake. Allow to cool a little with lid off before serving.

**Note:** Don't worry about the onions burning—they won't. The moisture from the vegetables goes to the bottom and keeps the onions moist too.

Serve with your protein portion for that meal.

Paul Blackman

If you have any friends who don't train at Studio Glo but who you think may like to receive our newsletter then please leave their name and contact details at reception and we will add them to our mailing/email list.

# BENEFITS OF STRENGTH TRAINING

By Kylie Pogson & Andrew Dixon

*These days everyone knows that strength training is good for us, but most don't know just how good strength training actually is. If you study the evolution on man, you will learn that thousands of years ago humans spent their lives hunting and gathering to survive. Hunter/Gatherer populations had to squat, lunge, bend, push, pull, twist, walk and jog to stay alive. All these movements kept primal man strong and healthy.*

*Genealogists tell us that we are almost identical to primal man. We have not evolved into sedentary beings and must treat our bodies like the cave man treated theirs - with functional movements under load. Here are ten good reasons why **YOU** should train like a caveman:*

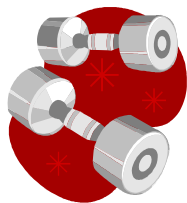


## 1) Avoid Muscle Loss

After the age of about 25 years, adults who do not strength train lose between 2.2 - 3.2kg of muscle mass per decade. Only strength training exercises maintain our muscle mass and strength throughout our lives.

## 2) Increase Your Resting Metabolic Rate

Muscle mass loss is accompanied by a reduction in your metabolic rate. Research shows that an average adult experiences a 2%-5% reduction in metabolic rate every decade. Regular strength training exercise prevents muscle mass loss, and the accompanying decrease in resting metabolic rate. This means that the more muscle you have, the more fat you burn while sitting on the couch.



## 3) Increases Muscle Mass

Research shows that a standard strength training program can increase muscle mass with 2-3 workouts per week. See numbers 1 & 2 for reasons this is a good thing.

## 4) Reduce Body Fat

A study in 1994 revealed that strength training produced 1.8kg of fat loss after 3 months of training, even though the subjects were eating 15% more calories each day. With increasing the metabolic rate, body fat is reduced as more calories are burnt, especially fat stored as energy.



## 5) Increase Bone Mineral Density

Progressive resistance training increases bone density and mineral content of the whole skeletal system. Osteoporosis can be prevented and even reversed if you combine strength training with good nutrition and lifestyle choices.

## 6) Improve Glucose Metabolism

Because poor glucose metabolism is associated with the onset of diabetes, improved glucose metabolism is an important benefit of regular strength training. Those with type 2 diabetes can use strength training to improve glucose level control.



## 7) Prevent or Reduce Lower Back Pain

Researchers have discovered that stronger lower back muscles are less likely to be injured than weaker back muscles. Strong back and abdominal muscles help combat lower back pain. Strengthening the entire body in a functional environment enables greater stability and greater range of movement.

## 8) Reduce Resting Blood Pressure

Strength training alone has shown to reduce resting blood pressure significantly. A 1995 study revealed that combining strength and aerobic training is an even more effective means of improving blood pressure.

## 9) Improves Blood Circulation

More blood flow to your muscles gives you a more active and efficient body. Oxygen and nutrients can be transported to all your cells, improving everything from repair and maintenance to your energy levels.

## 10) Do the Things You Love

If you keep your strength up, you reduce the chances of injury in all of your joints. If your exercise program is functional and specific for your needs you be able to play sport, climb mountains or just play with the kids well into your golden years.



## WHAT IS OSTEOPATHY?

Osteopathy is manual medicine or "hands on" therapy that aims to maintain the normal balance between all body systems by focusing on musculoskeletal components.

### What kind of problems do Osteopaths treat?

Osteopathy can help with;

- Back pain
- Neck pain
- Headaches, migraine, jaw pain
- Sports injuries
- Asthma
- Sciatica
- Problems associated with pregnancy & child birth

### How do Osteopaths treat?

Osteopathy has a gentle, soothing approach to restoring health and is therefore suitable for treating all age groups, including new-born infants and the elderly. Treatment involves a combination of gentle techniques, including;

- Massage
- Manipulation
- Stretching
- Core stability exercises



### Warrandyte Osteopathy

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