



## Timing Is Everything

When we eat, what we eat and how we eat are all factors that can either have a positive or negative affect on how we function throughout our day.



If you're a breakfast skipper then you are falling into the biggest trap of all. People who usually don't eat breakfast say they have no appetite. "It's too early to eat", "I've never eaten breakfast" and "I just couldn't stomach a thing" are common excuses for putting off the first meal of the day. I think some people believe they are doing themselves a favour by skipping breakfast, thinking it may actually help them lose weight.

The reality is that this habit does more harm than good. If you haven't eaten breakfast by mid morning or lunch time your blood sugar will be so low you will probably eat anything that is put in your reach. All rational thinking goes out the window at this point and that will power that was so strong in the morning as you left the house is suddenly gone. You've had nothing to eat since your dinner last night. So if that was at 7pm or 8pm, then you haven't had anything to eat for almost 15 hours! No wonder your body and mind feels wrong. I don't know any 'healthy' individual that can function optimally mentally or physically with no food for a significant amount of time. And if it is done on a daily basis then problems can start to set in fairly quickly.

If you're a busy person who skips breakfast, picks on small amounts of food all day then has their biggest meal of the day at dinner time then you are falling into a similar trap. The majority of your calories are being consumed

when you don't need them, towards the end of the day, or at night. Calorie restriction all day hinders weight loss as it forces your body to slow its metabolism down to preserve as much energy as possible. Your body doesn't know what you have in store for it, its just going into conservation mode.

Finish eating 3 hours before you go to bed. You don't want food in your stomach when you are asleep. It should be in your digestive tract by this stage. If you go to bed on a full stomach then you usually won't sleep as well. When we sleep digestion is slowed down. If there's food in our stomach when we sleep then we will probably wake up not hungry, prompting us to skip breakfast again.

We need a certain amount of calories to function and this is different for everyone due to their gender, age, activity levels and weight. If you don't provide this to your body in sufficient quantities and quality then you will inevitably end up eating all the wrong things at the wrong times of the day. Exactly what you don't want or need.



What you eat also plays a big part in hunger, or hunger prevention. Have you ever noticed that people who eat a lot of processed foods tend to need to eat more? This is thought to be because they're actually craving nutrients, vitamins and minerals, which are very lacking in manufactured foods. So they have cravings, and hunger as they're body is seeking balance. It's a vicious cycle because the person usually just eats another meal of processed, nutrient void food again, not realising what they're body is actually needing.

I like to think of our bodies like a fire which needs good wood (food) to burn hot and bright for hours at a time. If we throw a piece of paper on a fire it burns up really quickly and we need to put more on almost instantly or the fire will go out. This is what sugar is like in our bodies. We burn through it really quickly and if we don't eat more of it we will inevitably have a blood sugar crash, making us feel tired, sleepy, irritable and hungry. It really is a vicious cycle isn't it? So if you put redgum wood on your fire then it is going to burn hot for a long time which can be compared to meals which are balanced nutritionally with clean proteins, fats and carbohydrates. Your body has no choice but to respond favourably when you feed it the right nutrients at the right times of the day in sufficient amounts.



So always eat breakfast, lunch and dinner, snacking only if necessary. Evenly distribute your meals in relation to time and nutrients, ideally eating more at the start of the day and smaller amounts towards dinner.

\* For more information ask your trainer for a copy of Studio Glo's Dietary and Lifestyle Guidelines handout.

Kylie

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.

# Alleviate Back Pain Permanently

The back is made up of bone, muscles, fascia, nerves, ligaments and tendons. It is a very complex structure which needs to be treated with care. It seems that most people have experienced back pain at some stage of their lives. It is a common problem but the good news is that it can be alleviated.



For some, their pain is ongoing. For others it can be periodical; coming and going for no apparent reason. Some people wake up stiff and sore every morning, where the pain slowly disappears after a few hours. Others, who sit at a desk or in their car for most of their day, can experience the niggling of back pain all day. Then there is the muscle pain experienced after a workout. Try not to just sit around being still, waiting for the pain to go away. Usually it will take longer to disappear so you should take the appropriate steps to alleviate your back pain, for whatever reason it may be occurring.



Bad work stations, poor posture, incorrect movement and tight muscles are the most common reasons for experiencing back pain. Often, the site of pain is not the source of the problem. The pain felt can be 'referral pain' from somewhere else in the body. Arthritis, degeneration, and injuries can be reasons for back pain and should be treated by a specialist. Strengthening your core stabiliser muscles and postural muscles can often better equip your body to deal with its issues. Don't be afraid to work on these muscles with the help of your trainer.

If you don't like to stretch it probably means that you need to. Get to know your body. Stretch those muscles which you know are tight. Don't stretch the loose ones; this will lead to further imbalances. When a muscle becomes tight, it shortens and the

opposite muscle will often become weak and long, creating greater imbalances. When the body is warmer, say after exercise or a shower, then things are more likely to feel more comfortable and stretching is then easier.

If you are experiencing pain, begin each workout with relevant stretches or preferably, start every day this way. Tight muscles pull on our whole structure. This can create muscular imbalance, bad movement patterns and can lead to pain. When stretching to alleviate back pain you must include the muscles of the legs and hips, every muscle that is tight. The stretch should be a little uncomfortable, but it will get easier. If you are consistent then after a period you should be able to lessen the amount and duration of stretches for maintenance.



Lifestyle is the other factor which needs to be considered. If you don't feed your body the right nutrients it will struggle to maintain a balance. Foods which are processed, high in sugar, preservatives and artificial ingredients can be quite toxic and are quite acidic as are alcohol, coffee, tea, soft drinks and dairy products. An excess of any of these things can cause problems with digestion, absorption of nutrients and can lead to muscle aches and pains and it is thought, joint degeneration.



So if back pain is an issue for you please take the effort to stretch daily and begin exercising to strengthen your entire body, not just your back. Drink as much water as you can and make sensible food choices daily. The time you commit will pay off. Wouldn't it be worth it if you could alleviate your pain permanently and save a fortune visiting specialists in the meantime?

Kylie

## Salmon Burgers on Veggie Spaghetti

**Ingredients :** (Serves 4)

### **Burgers**

500g fresh salmon filets  
2 spring onions, finely chopped  
1 tsp fresh dill, chopped  
1 tsp lemon juice  
1 egg  
2 tablespoon cottage cheese  
Salt & pepper

### **Vegetables**

2 carrots  
2 parsnips  
1 leek  
Handful of chives (20 shoots)  
1 teas butter  
4 teas light sour cream

### **Method—burgers:**

- 1) Remove skin & bones from fish and dice finely.
- 2) Combine with remaining burger ingredients, mix well. Shape into 4 patties and refrigerate.

### **Method—vegies:**

- 3) Cut all vegies into 4 inch long, fine strips. This is called Julienne. Careful to use only tender part of leek, and careful to wash leek well.

### **Final preparation:**

- 4) Fry patties in olive oil. Cook to your preference—these patties will taste nicest slightly undercooked.
- 5) Boil vegies quickly, about 3 mins (blanching), and strain. Return to pan and stir with butter.
- 6) To serve: stack burgers on top of vegies, add spoon of sour cream.

Happy cooking, Paul

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