

**Looking Good Feeling Great
Weekly Newsletter
Issue 16**

*Welcome valued clients to the 16th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Weekend Relaxation

Most of us are by now in a routine of counting calories, keeping a food diary or in some way keeping track of our diet in one way or another. But this routine tends to be forgotten on weekends. And there's a perfectly good reason for this.

Weekdays tend to be the same. We eat the same type of meals day in, day out. It's easy to count calories when the food you ate today is exactly the same as it was yesterday. We are creatures of habit. It's relatively simple to stick to a healthy diet on weekdays.

Weekends are a different story. Rarely will a weekend be exactly the same as the one before. And it's for this reason that the food diary gets left in the car, at work or at the bottom of a bag. Weekends are seen as a time for relaxing in all ways, including calorically. But how would you feel if you knew you were undoing all your hard work in two days?

Caloric deficit in one week: 500 caloric deficit per day x 7 days = 3500 calories.

3500 calories is approximately 1 kg of bodyfat. That's right. By eating 500 calories less than the body requires per day, you can lose 1 kg in a week.

Now let's look at that equation if we factor in Friday and Saturday night drinkies:

1 schooner of beer = 162 calories.

Friday: 7 beers = 1134 calories

Saturday: 7 beers = 1134 calories

Total alcohol related calories consumed in 2 nights = 2268 calories.

That's a substantial amount of your weight loss caloric budget down the drain right there. Unless you failed to eat anything on Friday and Saturday (not recommended), you just consumed 2268 extra calories. Which means in one week you only lost around 300 grams. Was it worth it?

This isn't meant to scare you off alcohol altogether. Rather, be mindful of how weekend relaxation can take a toll on your goals.

I Deserve It!

“I've been under stress, I deserve a chocolate”

“I've been exercising every day, I deserve a beer”

“I’ve been eating really well, I deserve a coke”

How many times have we told ourselves this? I’m guilty of it too. But they’re lies. Conveniently placed lies. *What we deserve is to be fit and slim!*

Of course there is always room in our diets for the occasional chocolate or beer or coke. But they should be planned indulgences, not treats turned to at times of stress.

If you want a snickers, plan to have one at the end of your working week.

If you want a beer, plan to have one (one!) Saturday night.

And if you want that coke, plan to have that too.

By using planning and determination, there’s no reason why we shouldn’t have our cake and eat it too.

Portion Size:

The best way to control your caloric intake is to become aware of your portions. You do know about portion sizes don’t you? No? Correct portion sizes are surprisingly smaller than one might expect, especially compared to the quantity of food bought in fast food restaurants and steak houses.

Did you know...

1 portion of meat or poultry should be the size of your palm

1 portion of cheese is the size of your thumb

1 serving of almonds is only 10 almonds

1 serving of butter is the size of a 5 cent piece!

The last one is particularly surprising. How many serves of butter does the average person spread on their toast? I’d guarantee it’s more than one.

The problem is that when we receive a meal in a restaurant, we often receive two or three times more food than our body requires. And it’s human nature to eat everything on our plate, even if our stomach says “no more”.

Leaving food on a plate is a skill that has to be developed. But learning to recognise how many portions of particular foods are on your plate will help in determining how much to eat.

We hope you have enjoyed the information carried out in this issue. Here at ‘Looking Good and Feeling Great’ we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below: