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**Looking Good Feeling Great  
Weekly Newsletter  
Issue 18**

*Welcome valued clients to the 18<sup>th</sup> in our series of weekly newsletters.  
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

**The Little Things Add Up**

*"I don't know why I'm not losing weight, I'm so careful with what I eat!"*

I've heard this more than once. When people say this, in one sense they're right. The food they put on their plate for breakfast, lunch and dinner IS healthy, low calorie food. But the little things add up.

Let's examine a few ways the sneaky snack calories add up.

- 1.) The tea and coffee. These may be mostly water, but the milk and sugar can add up. Your average teaspoon of sugar is 20 calories. Two teaspoons of sugar in your tea is 40 calories. Add on another 10 calories for your milk. 50 calories in a cup of tea or coffee! Have 4 cups of tea or coffee throughout the day and you've just slurped down 200 calories! A snickers is only 294 calories....
- 2.) Biscuits. Have a scotchfinger biscuit with your tea? Say hello to another 90 calories. 4 cups of tea with a scotchfinger each time? That's 360 calories just for the bikkies! That is the caloric equivalent of a meal!
- 3.) The "not on my plate so it doesn't count food". Ever been out for a meal with someone watching their weight? They order a salad or similar. You order a standard meal. Suddenly they're snaffling a handful of your chips! Listen folks, just because it doesn't touch your plate doesn't mean the body can't tell.
- 4.) The "standing while eating" food. You know the ones! Whilst leaving the house or the office, you grab something tasty from the counter. Just because you're leaving the scene of the crime doesn't mean your body won't digest it.
- 5.) Fruit Juice. Juice has long been seen as the healthy alternative. And certainly when compared to soft drink, it is! But when you consider that 1 cup of orange juice is 138 cal, it's easy to see how it adds up.

The food from breakfast, lunch and dinner may only total 1200 calories, but 4 cups of tea, 4 bikkies and a glass of juice can add an extra 698 calories. The scary part is that we tend not to realise how many of the sneaky calories get by us without our notice.



The only way to keep track is to write down food in a food diary. Keep at it and you'll never be cheated from achieving your goals by a biscuit!

### **Vitamin C Cuts Cancer Growth!**

Researchers have found that high levels of vitamin C injected into mice almost halved the tumor growth. The mice, who had brain, ovarian and pancreatic cancer all showed significant improvement. Although no tests on humans have been done as of yet, this is a huge incentive to keep up our intake of vitamin C in our diets.

Using vitamin C to treat cancer was first considered in the 1970's by the Nobel chemistry prize winning scientist Linus Pauling.

It has also been suspected that a highly processed diet increases the severity of behavioural conditions in children.

These two pieces of information clearly suggest:

**The easiest way to stay healthy is to eat healthy.**

### **Walking with Hand Weights? No Weigh(t)!**

You've seen them, you may even own them. The little 0.5kg aerobic hand weights that are held while people walk. The concept is that by holding an extra 1kg you will tone the arm muscles and burn extra calories.

In reality, the extra calories burnt will be negligible. As will be the toning effects on the upper body. But all is not lost! Walking with extra weight can still be beneficial, if correctly employed.

Walking wearing a moderate to heavy backpack WILL burn extra calories, while working the muscles of your core, as well as your glutes, hamstrings, quads and calves!

As with all exercise, it's best to build up gradually. A few water bottles and books will be enough at the beginning. On each consecutive walk, you can add in an extra book or bottle, or even those pink hand weights...

In past issues we have discussed the increase in bone density as a result of weight bearing exercise. But did you know that walking with a heavy pack also increases bone density? Since one in three women and one in four men will develop osteoporosis, there's even more reason to don a weighted backpack. **Become strong, not a statistic!**



*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:*