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**Looking Good Feeling Great
Weekly Newsletter
Issue 31**

*Welcome valued clients to the 31st in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Can You Eat Healthy Food and Still Be Fat?

A common belief is that if you eat healthy foods, the results will automatically follow. But is this necessarily the case? In this article we examine the facts.

Calories calories calories. It's all you ever hear about with weight loss. Maybe it is possible to eat the right amount of calories just by eating a healthy diet. Consider the following meal:

1 cup chopped chicken breast 231 calories
1/2 avocado 128 calories
1 chopped tomato 27 calories
1 tablespoon pine nuts 51 calories
2 slices wholemeal bread sliced into croutons 170 calories
Tablespoon olive oil 159

Total: 766 calories

Considering the average woman is on a 1200 calorie diet plan to lose weight, this meal would equate to over half the calories for the day! But let's see how this compares in calories to a non healthy meal

Big Mac
Small Fries
Small Coke

Total: 836 calories

That's only 70 calories more than our healthy option! Which means that by eating only healthy foods, we have managed to eat almost as many calories as a McDonald's meal? Clearly it's easy to overeat when it comes to healthy food.

Am I suggesting that you eat Maccas, since it's all the same calorie wise? Not at all. The nutrients you receive from our healthy chicken salad are much better quality than you will receive from your big Mac meal.

Your body will run better on the chicken salads than it will on Maccas. But it all comes back to calories in vs. calories out. If you consume more calories than you use, the excess



will be converted to fat. And as our examples show, eating healthy food is not enough to ensure your calories stay below a certain limit. Even some vegetables can rack up the calories enormously.

What is the answer? The answer is to keep track of your calories.

“But I don’t want to be counting calories forever”, I hear you say. “I want to enjoy my life”. So do I! You don’t have to count calories for the rest of your life. After counting them for a couple of weeks, you’ll have developed a little internal encyclopedia of calories.

And if you’re like most people, you tend to eat similar meals week in, week out. It’s then easy to determine if you’ve eaten too much with your meals by consulting your “internal encyclopedia”.

Spot Reduction, Yet Again

Yes, I know we’ve covered this one a few times in previous newsletters, but I keep getting asked the same questions by people.

How do I lose the fat off my thighs?
How do I lose the rolls off my back?
How do I lose the fat off my lower abs?
Etc.

As previously mentioned, there is no way to target specific fat loss. That is, you can’t chose where the weight will come off.

Doing bicep curls will not burn fat off your biceps. Doing ab crunches will not burn the fat off your abs. Doing lat pull down will not burn the rolls off your back. The body decides where the fat comes off. You can’t effect it’s decision.

The most effective way to lose fat all over is to keep track of your calories. If you are burning more calories than you are eating, the fat will go from everywhere, thighs, back and abs!