



Twelve Tips to Finding a Healthier New You!

Losing weight is hard – we all know it! But if you're motivated, if you're supported and if you are ready to make the changes you need for a healthier life, getting into the right body weight for you is one of the best things you can do for your health today and for the future. Not convinced? Here are some factors why you should consider losing those clinging extra kilos!

- 1. Get into the zone.** Extra kilos can be hard to shift. But if you're determined to do it, you're more likely to be successful. So if you really want to lose weight for you or you want to help a loved one to be healthier and happier, get ready to commit!
- 2. Because buddies are best!** Being around like-minded people helps you to get healthier yourself. So, surrounding yourself with positive people can lift you to success. As well as gaining support, your positivity will help others reach their health goals too – truly a win-win situation!
- 3. Every little bit helps.** Whatever your long-term goal, it's going to be much more attainable if you chop it up into smaller goals. So, if you want to manage your weight, shifting just 10 per cent of your body weight if you're overweight or obese brings enormous health benefits. It can reduce the strain on your heart (which has to work harder to carry excess weight around) for example, by improving how your heart works and reducing raised blood pressure. Healthier eating and exercise can help to cut the levels of blood-vessel-clogging cholesterol and other fats. So aim to lose five per cent or ten per cent of your starting weight.
- And when you reach your goal – celebrate your achievements!
- 4. You'll reduce your risk of type 2 diabetes.** The most common type of diabetes worldwide, this condition reduces your body's ability to control blood glucose. It's also a major cause of other serious conditions, from heart disease and stroke, to kidney disease and even blindness. According to Diabetes Australia, if you're overweight, you're twice as likely to develop type 2 diabetes. Again, by committing to lose even a little weight can boost your health – a lot!
- 5. It increases your chances of a healthy pregnancy.** If you're a woman of childbearing years, you want to have a baby and you're overweight, you may have difficulty conceiving. And, if you're having fertility treatment, it may not be as effective if you're carrying around more kilos than are healthy. Being overweight or obese can also reduce your chances of an uncomplicated pregnancy; a BMI of more than 30 increases the risk of a range of health problems for you. Getting to within a normal, healthy weight range for your height helps boost your chances of a healthy baby, too.



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6. Being overweight is linked with several types of cancer. For women these include cancers of the breast, colon uterus, cervix, and gallbladder. Overweight men are more likely to develop colon, rectum and prostate cancers. Getting into a healthy weight range helps to improve your chances of better health.

7. Carrying too much weight stresses your joints. This is especially true for the weight-bearing joints like the hips and the knees. Being overweight long-term increases your risk of developing osteoarthritis. Getting to within a healthy weight range for your height cuts this added pressure and may improve pain and symptoms associated with osteoarthritis, too. In fact, according to Sydney-based Professor David Hunter, if you're overweight, losing just 5kg can help to reduce the pressure on weight-bearing joints and the risk of osteoarthritic symptoms.

8. Weight tends to creep up slowly. Just one month of overeating and being less active can have weight-gain effects that last for years. Researchers writing in the journal Nutrition and Metabolism, asked volunteers to eat more than usual and limit their exercise for just four weeks. The scientists expected them to put on weight but then return to their normal weight at the end of the study. Yet nearly three years later, participants were still over 3kg heavier than when the study began. Nutrition Australia agrees saying that weight just creeps up-and-up over the years because few of us tackle it immediately.

9. Healthy eating habits rub off. So set a great example for those around you and especially for your precious children. Scientists from Glasgow University found that just nine per cent of children of normal-weight parents were obese, compared with a massive

one in four children whose parents were overweight or obese. Women were more likely to grow up to have a similar weight to their mother, which experts suggest could be due to mothers passing on their cooking skills and/or food choices – not just genetics. Better eating habits, regular physical exercise and having time to relax will help your children enjoy a lifetime of good health.

10. Keep on top of your progress. But don't overdo it – once a week weigh-ins can help to keep you positive and focussed. Plot your progress with a weekly photo and measure your chest, waist and hips to see how well you're going every week. Above all, get involved; congratulate yourself and look forward to healthier living.

11. Make exercise part of your life. One in three Australians puts themselves at risk of serious disease by not getting enough exercise according to a recent international study. Results show that around 38 per cent of Australian adults don't get around to doing the recommended 30 minutes of exercise at least five times a week. But moving more can bring huge benefits – it can cut your risk of developing heart disease, diabetes and even some cancers.

12. Opt for walking. Or yoga, tai chi, step aerobics, cycling, aquatic exercise or any other form of low-impact exercise. Do something that you enjoy and you'll be more likely to stick with it. Walking is a good start. Walking regularly (about two to three hours a week) can help you keep your weight in a healthy range. Or go for high impact sports if you like. If you have a medical condition, talk with your doctor before starting an exercise program to ensure that it's right for you. Get ready to reset your health!



***Get started today
and discover a
healthier new YOU!***