

Newsletter: Tuesday, 19 July 2011

Q: “My GP has advised that I lose weight for better heart health and to avoid other complications. What are the benefits of weight loss? What are the types of foods I should focus on?”

A: The benefit of losing weight means less stress on the heart which may assist in reducing blood pressure.

In addition, losing weight can improve insulin sensitivity therefore reducing blood glucose levels and the risk of diabetes and other related conditions such as kidney disease, retinopathy, neuropathy and stroke. As we all know, weight loss can be achieved by eating a healthier diet combined with an increase in physical activity.

A focus on a balanced and consistent diet by consuming low GI foods such as wholegrain cereals, breads, vegetables, fruits, low fat milk and yoghurt is a great starting point. In addition, healthy sources of protein include lean meats, nuts, seeds and legumes.

Red meat is great source of iron. Fish and shellfish offer B vitamins and niacin with some rich in omega-3 fatty acids to assist in lowering LDL and Triglycerides (bad cholesterol). Legumes, nuts and seeds are great sources of fibre that not only provide vitamins and minerals but also are low in saturated fat and sodium.

Wholegrain breads and breakfast cereals, low in fat and sugar and high in fibre, provide energy to keep us going and to keep us fuller for longer. They also provide insoluble fibre to keep us regular.

Aiming for a minimum of 5 serves of vegetables per day will assist in providing essential vitamins and minerals such as beta-carotene, vitamin C, B vitamins, folate, calcium, potassium, iron and fibre.

These vitamins and minerals assist with health for your skin, eyes, bones, immune system, and provide antioxidants to assist in the prevention of cardiovascular disease and cancer. Vegetables are also low in kilojoules which means we can fill up on vegetables and receive the health benefits without the calories.

Aiming for 2 serves of fruit per day will provide a healthy snack option and a great source of fibre. In addition fruit is

rich in vitamins and minerals, especially vitamin C and potassium. The soluble fibre provided by fruit and vegetables assists in lowering cholesterol.

At least 2 to 3 serves of low fat dairy such as milk, yoghurt or cheese will provide you with protein and calcium for strong bones.

Eating the appropriate portions of each of these foods on a daily basis combined with the appropriate physical activity will not only assist with weight loss but contribute to long term health. To obtain advice for an individual meal plan it is recommended to consult with an accredited dietitian.

Troy Leggett APD

Accredited Practising Dietitian

Troy is committed to providing his clients with realistic personalised advice and supporting them in making lifelong changes while still enjoying the pleasures food brings to life. To find out more about Tree of Life International visit www.toli.com.au or call (07) 3891 6199.

Have you thought about having a Personal Trainer to help you achieve your fitness goals?

Tree of Life Exercise Physiologist Matt Tinski can assist you. It's your health and ultimately the quality of your life that is affected by the effort you put into to your fitness.

During your one-on-one training sessions it's just you and your trainer. Experience and dedication ensures that you reach your goals safely.

Make an appointment today.

*(private health rebates available with many funds)

Make an appointment today for a health check, bodyfat% analysis, fitness assessment (VO₂ test), personal training, exercise prescription / review, injury management or assistance with chronic illnesses

· low carb cooking classes ·

recipes provided for 10 delicious, healthy, hearty, low calorie meals

live cooking demonstration providing tips on preparing tasty meals and substituting ingredients to enhance flavour

without the calories

\$65

(private cover rebates apply)

6.30pm

15 August 2011

29 Franklin St Highgate Hill



Terms and Conditions:

- to secure a position full amount must be pre-paid
- class will be for a minimum of 6 and maximum of 10
- if minimum numbers are not reached by 7 august, class will be postponed to new date and/or fees refunded.
- please discuss allergies or intolerances upon booking

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Warm Winter Soup

450grams dried beans
water
1 smoked ham bone
3 med. potatoes, cooked & mashed
1 c. celery, chopped
1 c. onion, chopped
2 cloves garlic, minced
salt & pepper to taste

Wash beans and soak overnight in large kettle
Next morning add water to make 4.7 litres
Add bone, simmer two hours or until beans begin to fall apart
Add remaining ingredients. Simmer one hour longer
Remove the bone, cut up meat and return to soup
*Makes approximately 4 ¼ litres, this soup will freeze

Exercise & the Common Cold

Current research has found that, although exercise can increase your resistance to the common cold and infections, heavy exertion reduces the body's natural resistance.

Evidence suggests that cold viruses are passed from person to person primarily being inhaled into the nose and air passageways. Severe colds transmit viruses more readily than mild ones because a greater amount of virus is passed into the air by coughing and sneezing. Thus, to hinder the spread of cold viruses, coughs, sneezes and nose blows should be smothered with clean handkerchiefs or facial tissues. Damp, cold or drafty weather does *not* increase the risk of getting a cold. According to most cold researchers, cold or bad weather simply brings people together indoors, which leads to more person-to-person contact.

Doctors often quip that a cold lasts 7 days without treatment, and one week with it. Most non-prescription medications, including antihistamines, decongestants, cough medicines and analgesics provide only temporary relief of symptoms. To get rid of the cold, the immune system must make enough antibodies to destroy the viruses, a process which takes 3 - 4 days. Resting, drinking plenty of hot fluids, and seeking comfort from over-the-counter- cold remedies is still all that can be done to treat most colds.

People who exercise moderately report fewer colds than their inactive peers, but as an elite athlete a lot of training consists of heavy exertion and this has been shown to increase the chance of cold and infection by up to 5 times.

Most clinical authorities in the area of immunology recommend:

- If one has common cold symptoms, intensive exercise training may be safely resumed a few days after the resolution of symptoms
- Mild-to-Moderate exercise when sick with the common cold does not appear to be harmful
- With a symptom complex of fever, extreme tiredness, muscle aches and swollen lymph glands, 2-4 weeks should probably be allowed before resumption of intensive training

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- In general, if the symptoms are from the neck up, moderate exercise is probably acceptable and, some researchers would even argue, beneficial, while bed rest and a gradual progression to normal training are recommended when the illness is systemic. If in doubt as to the type of infectious illness, individuals should consult a doctor.

Green light symptoms (yes, you can exercise)

- runny nose
- sneezing
- watery eyes
- sore throat

Red light symptoms (best to avoid exercise)

- coughing
- fatigue and tiredness
- congested or tight chest
- chills
- nausea or upset stomach
- muscle aches
- diarrhoea
- high temperature / fever

Sources:

American College of Sports Medicine

British Journal of Sports Medicine

Matt Tinski AEP

Exercise Physiologist

B.Ex Sc (TTU) M.Ex Sc (NCU) TAA (BNIT)

SAQ Trainer

Exercise Physiologists specialise in exercise and lifestyle modification programs for the prevention and management of chronic illnesses and injuries

Troy Leggett is now providing individualised sports nutrition plans for:

- improved performance
- post event recovery
- juniors, teens and adults;
- injury recovery
- supplementation

For all enquires, call our practice manager Maria:

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TOLi company car (decals removed)
2006 mini cooper 'parklane'
Very good condition 31,000km
\$26,000 (GST inclusive) Neg.

Whether you are looking to get back into shape or improve on what you already have, the 8 week challenge could be for you.

In the next edition of our newsletter we will tell you how you can be involved and change your life with a positive step forward!

Newsletter

If you do not wish to receive future editions of our newsletter, please send an email with the subject line: Remove Newsletter to enquiries@toli.com.au