

# WEIGHT MANAGEMENT



&

# EXERCISE



# Weight Management & Exercise

One of the big issues we are having in Australia right now is obesity, it is getting out of control. Statistics say that one in five people are suffering with obesity.

This number is way too high. I live on the Northern beaches in Sydney which does seem to be a little bit lower and people are very aware of their exercise and diet in this area.

I don't like the word 'diet' because it immediately makes us think of restriction.



There's a certain amount of restriction, that needs to happen but the most important thing to look at, when looking at weight loss is to actually change the way you eat, rather than stop eating altogether or decreasing absolutely everything.

So think of eating good foods compared to bad foods.

**So we think about white flours, sugars and dairy products that are high in fat and food that is processed.**

**All of these foods are very bad for weight increase.**



If you change it around to actually having more fresh fruits, vegetables, unprocessed foods and coloured food, green, red, brown, (not white. White is generally processed foods.) You will find that you can actually change the way you eat and change the shape of your body.

**It is so important to add an exercise program to this.**

Adding an exercise program can be as little as walking daily, leaving the car keys behind and actually walk to the ferry, or walk to the bus, rather than drive and park.

**BE MORE ACTIVE!**



Or instead of driving at all see if you can walk to wherever you need to go.

Something simple like that will help you lose weight if done on a regular basis.

**When looking at diet, rather than eating fatty foods or takeaway foods, you can look at making your own foods.**

So if you take your lunch to work or wherever you're going rather than buying take away foods, it will make a huge difference in the way your body reacts.

Plus you know the ingredients in the food.



Your body will start to process those foods a lot better than takeaway foods. I know there are some healthy takeaway foods, but the majority of takeaway foods are not healthy. So looking at weight, diet and obesity problems, I suggest you really look at what you're eating.

**One of the great things to do to manage this is to make a food diary. Write down each day everything you eat for the entire day and then examine it.**

You might find that you are eating more than you thought you were. If that is the case, it's time to actually decrease your food intake a little bit. It's really quite simple.



Decreasing your food does not mean starving.  
This is probably the worst thing to do.  
Eat well but reduce what you're eating.

If you are thinking about exercise, weight control and diet, whatever you put into your body you need to be actually working it back out again.

For instance, if you eat a large meal and then sit for a long time, that is going to increase your fat in your body but if you can do a workout and then eat after, your metabolism is already lifted and stimulated and food will process a lot better than if you don't exercise and just eat.

**It's quite amazing!**



# So Here Are Two Rules

## Exercise

Find something that suits you and your body. Be intuitive about the exercise you decide to take. Take it gently and then increase either the intensity or the duration of your exercise as you get more used to it.

## Food

Really look at the food that you are eating and make a concerted effort about what you put into your mouth.



Control your food portions and intake and think about how much your body is moving.

## **How much are you eating compared to exercising?**

Make sure you're eating well, diet control, and exercise. You will feel so much better and you will manage your weight much easier.

I hope this gives you some idea of how you can change your eating and exercise habits and take one day at a time.

**This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange**

