



In this issue, Chinnor-based personal fitness trainer, Hilary Westall, pours cold water on some of the diet myths and gets to grips with weight loss.

Weighty matters



weight loss, but through the loss of water and muscle mass. This weight is regained as soon as adequate calories are re-introduced, and a common cycle of yo-yo dieting starts up. For long term weight loss, 1-2lbs is the most you should be looking to lose per week.

Food Diary

I ask all clients who want guidance on nutrition and weight loss to use a food diary. This simply means writing down everything consumed over the course of a week, so that a clearer picture of where mistakes are being made is presented. The discipline and honesty of keeping one is also helpful to clients as it makes them think more carefully about what they are about to put in their mouths!

Where does exercise come into it?

Research has continued to prove that the most successful way to lose weight and keep it off is through a combination of healthy eating and exercise. Exercise will help to raise your metabolism, increase your energy output and develop lean muscle mass whilst reducing body fat. So to really get yourself in shape and keep it that way, it's vital to maintain a healthy balance of both. This could be as simple as cutting out that daily chocolate bar and adding in a half hour bike ride or power walk. Whatever your age, weight, gender or general health, there's an exercise programme out there that can be tailored to suit your requirements.

You are what you eat

We all have the choice to eat more healthily and to take control of whatever is preventing us from achieving our goals. You really are what you eat.

Weight management can be run as a standalone service, or in combination with personal training. A 'one-off' nutritional analysis (following the completion of a food diary) is charged at £25. Further sessions will be charged depending on requirements.

You can contact Hilary on 07812 097562, email: hilarywestall@googlemail.com or visit www.hilarypersonaltrainer.co.uk

Diets don't work!

If diets worked, the diet industry wouldn't be getting so fat on its own success. There are countless 'diets', many of which produce often amazing yet, alas, relatively short term results.

To understand why diets don't work, I use the analogy of a fire. A fire needs fuel to keep burning; if the fuel burns low, the fire burns low. Throw on a log and the fire leaps into action. Our bodies need fuel to keep burning energy. The less fuel we have, the lower that energy burn (metabolism) becomes as our bodies biologically switch on a starvation response to preserve fat stores for as long as possible. So the less we eat, the slower we burn energy, and the harder it becomes to lose fat. It's a tough concept for many to accept that we actually need to eat regularly to lose weight.

Weight loss versus fat loss

The majority of my clients begin a programme of exercise with one aim – to lose weight, or more correctly, fat. However, it is vitally important to look at what they are eating, since good nutrition will make the biggest difference to weight loss, weight gain and overall weight maintenance. My aim is to re-educate them to eat in a way that will switch their metabolism back on by increasing the regularity with which they eat, decreasing the quantity (portion sizes) they eat and replacing poor food choices with healthy, energy-giving alternatives to ensure sustainable fat loss.

I draw the distinction between weight and fat because it's fat that we should be looking to lose. Many 'diets' severely restrict calories and important food groups, which will certainly result in

At this time of year, chances are the excesses of Christmas have caught up with us, and the only thing left from the festivities is an extra few pounds around the middle. But why does achieving a desirable and healthy weight continue to elude so many of us?



COMPETITION

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