



MARCH e~NEWSLETTER

This month's e-newsletter includes:-

- **Upcoming Events**
- **Book Review of the Month – 'Mindless Eating'**
- **Exercise of the Month**
- **20% off massages during April**
- **Website of the Month**
- **Quotable quotes**
- **Meal Magic – quick and healthy meal options**
- **Slow Metabolism**

1. Upcoming Events

Check out www.coolrunning.com.au for up and coming fun runs.

Sunday 6 May – Great Train Race

The Great Train Race is Australia's unique and challenging fun run.

Race against Puffing Billy's Big Brother G42 and see if you can beat Australia's world famous veteran steam train, as thousands of runners have previously in this popular annual event. 13.2km Belgrave to Emerald Lake.

Starts 9.30am SHARP at Belgrave near Railway Station. Mail entries are recommended to minimise pre-race congestion at the registration point and are priced at significantly below the on-the-day entry fee.

Visit the [website](#) for more details.

2. Book Review of the Month

Ever considered what you're really eating?

This month's book is by Brian Wansink, PhD, '*Mindless Eating*' <http://www.mindlesseating.org/>

According to Wansink, director of the Cornell University Food and Brand Lab, the mind makes food-related decisions, more than 200 a day, and many of them without pause for actual thought. This peppy, somewhat pop-psych book argues that we don't have to change what we eat as much as how, and that by making more mindful food-related decisions we can start to eat and live better. The author's approach isn't so much a diet book as a how-to on better facilitating the interaction between the feed-me messages of our stomachs and the controls in our heads. In their particulars, the research summaries are entertaining, like an experiment that measured how people ate when their plates were literally "bottomless," but the cumulative message and even the approach feels familiar and not especially fresh. Wansink examines popular diets like the South Beach and Atkins regimes, and offers a number of his own strategies to help focus on what you eat: at a dinner party, "try to be the last person to start eating." Whether readers take time to weigh their decisions and their fruits and vegetables remains to be seen. (Oct.)

3. Exercise of the Month

Around The Worlds

Exercise Data

Main Muscle Worked: Chest

Other Muscles Worked: Shoulders

Equipment: Dumbbell

Mechanics Type: Compound



Tips: Grab two dumbbells and sit on a bench. Now put the dumbbells face up towards the ceiling on your upper thighs while keeping your elbows slightly bent. Now move the barbells, not up, but around as if you are drawing an angel in the snow. Bring them behind your head so that they touch each other and return to the original position. This movement is great for getting a pump in the chest.

4. 20% off Massages for the month of April

Need some maintenance on those tired muscles? For the month of April Xosize is offering 20% off all massage treatments.

<http://www.xosize.com.au/index.asp?page=Massage>

Contact Scott to make your appointment 9576 7218 or email scott@xosize.com.au

5. Website of the month

Nutrition Australia

<http://www.nutritionaustralia.org/Default.htm>

6. Quotable Quotes

In order to change we must be sick and tired of being sick and tired.
Anonymous

7. Meal Magic !

Too tired to cook dinner when you get home from a long day at work? Want healthy meal options prepared by someone else without the high cost? Look no further.

At Meal Magic, you assemble meals in their kitchen, and then take them home to cook!

It's all about providing a convenient service so that you can enjoy great tasting food every night of the week while saving time, stress, and mess.

Visit the website for menu options and pricing. <http://www.mealmagic.com.au/>

8. Is It my slow metabolism?

A Slow Metabolism

Is it really possible that those forever-eating skinny people generally have a higher metabolism than overweight people?

A UK television program completed a small study to find out, the results were startling!

The documentary in the UK called "the truth about food" found 2 women who were best friends but had very different body types. One of the chosen women Becky, was very slim and even a little underweight. The other lady named Jo was shorter in height and 22 pounds overweight. They had known each other for

years and they both believed that Becky was slim because she had a much faster metabolism, even though she seemed to eat much more than Jo.

Jo believed she was overweight because she had a slow metabolism, she also stated that she had tried to lose weight on numerous occasions in the past but to no avail.

They both agreed to be tested and closely monitored by scientists and nutritionists for the documentary. Both were fasted for 24 hours before having their metabolic rate accurately measured in the lab using a ventilation hood. They were also told to drink a bottle of special water which would help measure the metabolism, but in fact the water was double labelled water which has a non-radioactive isotope marker added to it. This water is well known in science and can accurately measure the total amount of calories someone consumes as well as the total number of calories burned off over the following week. The scientists didn't reveal the truth about the water because they didn't want the women to be influenced and adjust their normal food intake in any way. This made it much more accurate in relation to their normal everyday food consumption.

The results revealed that both had very similar activity levels, but in fact Jo actually had a higher metabolic rate than slimmer Becky!

It was revealed that the higher metabolism was basically due to the extra weight which Jo was carrying. This is logical because moving more weight requires more effort. However, it shows that Jo did not have a weight problem caused from a slow metabolism.

The study also revealed that Jo was in fact consuming about 50 percent more calories than Becky!

It also showed that Becky was underweight simply because she was consuming fewer calories than she needed.

After the results both women were astonished as it goes the total opposite to what both had believed for years. Jo said Becky could eat a lot during the day but never seemed to gain any weight. Becky stated that Jo only had to look at food in order to gain weight. This is the reason they believed it was down to each having a different metabolic rate.

The documentary concluded that some scientists believe that a slow metabolism is NOT to blame for excess weight gain. It was also suggested that overweight people tend to have a higher metabolism than those who are slim and underweight. They also implied that people will for the most part gain weight because in some way they have eaten more energy than their body requires.

It seems the fact remains; if we consume more calories than our body requires then we will put weight on. The trick is to find new ways to eat so you consume fewer total calories than your body requires.

But how can it seem that some people can eat loads and never gain weight?

On reflection, I thought it could be some sort of illusion that may be taking place. For example, if a slim person eats little and often, could it give an impression to others that they always seem to be eating, thus give the illusion that they must be consuming tons of calories?

What if the snacks a slimmer person eats are generally low in calories, thus the total intake still only amounts to a balanced or even lower energy intake? Also, what if they don't always eat the entire meal, leaving some food on a plate means less calories consumed.

Another possibility that could be at work here is to do with activity levels. Slimmer people could be more energetic because they are lighter and require less effort to move around. This could be helping them to move about enough during an average day to maintain or cause a negative energy balance.

In comparison to a slim person, a heavier individual has the potential to burn more calories during exercise, due to the extra effort to move the weight, but the high effort may be slightly uncomfortable for some and generally they may not move around as much as a thinner person. This would result in a heavier person expending less total energy so they could end up struggling to lose weight.

Also, intake of food can sometimes become hidden through portion size. Portion sizes can easily become distorted because of what we are used to getting in restaurants. As a result, some overweight people could be thinking they don't eat much because they only have 2 or 3 meals each day, but if portion size is large enough then total energy consumed can rise dramatically. As an example, a Chinese take-away meal for one can be as high as 1500 calories; this is near the total energy intake for an average woman!

Good News

So, at least the study revealed some good news for those wanting to shed excess pounds; overweight people tend to have a higher metabolism. Although, what's even better is it's possible to increase your metabolism further, and even decrease the appetite at the same time. The right selection of foods, as well as effective exercise suited to the individual's specific body type and lifestyle. It's not as simple as just telling you to eat this diet, or to do these exercises, you really need an expert to assess your specific physiological needs and match them to your own food preferences and lifestyle.