

# *perfect pleasure*

needn't come by surprise



a healthier lifestyle, sensible eating and regular exercise  
50 facts and figure about how to lose weight and why

# Lifestyle...

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You are reading this booklet so you must have an interest in health. Read on to find out why being the right weight is so important. Set yourself an objective and embark on a programme, with the following tips.

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1. As you increase your fitness, the number of calories you burn will increase.
2. A frantic dash for the bus is good for you. It's an exercise intense enough to reinforce your shinbones... a key factor in fending off stress injuries.
3. Ideally, no more than 15% of a man's body or 22% of a woman's body should be fat. Yet in the Western world, the average man has a body fat percentage of just over 20% and the average woman above 30%.
4. On average men will have a higher lean body mass and therefore will use more energy at rest and during exercise.
5. Skipped meals mean that the body is more likely to store subsequent meals as fat.
6. Mid-afternoon is your dietary danger zone. A blood sugar drop at around 4pm makes the body cry out for food. The answer is to eat an orange. Research shows that fruit fills you up three times more than a chocolate bar.
7. Keep your butter or margarine at room temperature. You are then likely to spread your bread with considerably less fat and calories than when you try to spread it cold.
8. Keep on walking! Just by walking you use over 250 muscles and can burn up to 250 calories an hour.
9. The fat women store around the hips, upper thighs and buttocks, known as gluteal fat appears to have an important function as an energy reserve in pregnancy and during breast feeding. Because of this essential role in reproduction, gluteal fat is resistant to dieting and this is why so many women find it difficult to shift.
10. Drink alcohol in moderation, 1-2 units per day. Alcohol is empty calories.



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in losing weight.  
important and how you can achieve it.  
which will achieve success.

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11. Use the stairs instead of the lift. For every flight you take in your stride you'll burn 8 calories.
12. On average you can lose 1 point off your blood pressure count for every 2 pounds of weight you manage to shed.
13. When you can, go for a lunchtime walk. Sunlight causes your body to produce vitamin D which aids insulin's job of preventing elevated blood sugar levels – one of the primary causes of kidney failure.
14. Fatigue occurs when body temperature reaches 103.5f so a cool shower before exercise on a hot day will delay fatigue.
15. Avoid sleeping too late on Sunday mornings as this will throw out your body clock and make it even more difficult to drag yourself out of bed for work on Monday.
16. Asking for a glass with your bottled beer ensures the carbonation is given a chance to dispense. This way you won't get that bloated feeling as quickly as you would have if you'd drunk it straight from the bottle.
17. Life is hard enough without having to make food choices, do stick to things that are white or tan. With minimal thought, this results in a diet of potatoes, brown rice, grains, pasta and cereals (all complex carbohydrates) as well as fish and chicken.
18. Sports drinks taken before and during high intensity exercise delay fatigue and enhance mental function. Drink well!
19. Avoid eating on the run. Think of meal times as an opportunity to slow down and relax. Your digestive system will function far more efficiently when allowed the time to do the job.
20. Laughing 100 times is the psychological equivalent to working out on a rowing machine for ten minutes. So lighten up!

# Nutrition...

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Most nutritionists recommend weight loss through a combination of a low-calorie diet consisting of lean proteins, unrefined complex carbohydrates, a sprinkling of micro-nutrients and plenty of water. Remember to consider individual needs and nutritional requirements. If you have any health conditions, please consult your doctor.

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21. Eating the right diet can help stabilise your blood sugar level and so help weight loss. Quick sugar releasing foods tend to make the body overreact, which results in hunger after a short period of time and in cravings for high sugar foods e.g. chocolate and biscuits.
22. When looking at low fat food, always convert calories. 1g fat = 9 calories, 1g protein = 4 calories and 1g of carbohydrate = 4 calories. Sometimes low fat foods are not giving you a significant saving!
23. Too much caffeine can lead to fatigue, headaches, depression, insomnia, irritability and anxiety. Drink water!
24. Pure sugar provides only empty calories. If we think of the body as a furnace, the fuel is the food we eat! Fruit, vegetables and fibres such as wholegrain bread burn much better.
25. Next time you're at the movies, stay clear of the popcorn – there's a massive 45g of fat in a 100g serving!
26. Boost your daily brain power with a few handfuls of prunes, dates or raisins. They all contain boron, a mineral shown to improve memory and attention.
27. Eat food that contains fibre. They bulk you out and make you feel full, therefore you eat less.
28. Calorie restriction means the less you eat in the long term, the less your body will burn, which is why you plateau no matter how little you eat.
29. Losing weight on a strict diet does not mean you are losing fat. In order to make up for the food you are not eating, the body breaks down protein (i.e. muscle) as a source of energy.



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combination of consistent aerobic exercise, a moderate intake of carbohydrates, adequate monounsaturated fats, and regular sleep. Remember, everyone is individual with different lifestyles and health conditions that may be adversely affected by a change

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30. If you have to eat within 2 hours of sleep, eat something easily absorbable e.g. cereal or a banana, as your digestive system is less effective whilst sleeping. A less effective digestive system equals weight gain.
31. Vitamins break down fat, then water transports it out of the body. So drink plenty of water, at least 2 litres per day. You will also decrease the potential for fluid retention.
32. Try to minimise tea, coffee and soft drinks. All these are stimulants which may make you feel lethargic and disrupt your ability to burn fat efficiently.
33. During the first week of a diet the body uses its glycogen stores (1-2000 cal). It is bound in 4 times its weight in water so that is why you lose a lot of weight in the first week.
34. Sensible fat loss is 1-2 lbs a week. 3,500 calories equals 1lb of fat! Remember you never feel full on fats.
35. The single main source of vitamin C in the British diet comes from the humble potato.
36. It is recommended that we should eat 18g of fibre per day from mixed sources. On average we eat only 13g of fibre per day which is too low to ensure a regular bowel habit.
37. Beware of all the 90% fat free biscuits and cakes, as most of these are often laden with sugar, which will convert to fat anyway.
38. Avoid alcoholic beverages before and during your meal as research has shown that you will consume more calories.
39. On average we get over 40% of our daily calorie intake from fat, more than double the recommended amount. Recommended amounts are 50% from carbohydrates, 20-25% from protein and 20% from fats.

# Exercise...

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## The Next Step

Your Club instructor will offer you a free lifestyle consultation reviewed, to meet your weight loss goals. So make an appointment.

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40. When you can make it to the gym and you're counting reps, start at the target and count backwards.
41. Most back problems can be prevented by building your abdominal muscles, so aim for at least 12 to 15 crunches a day.
42. We must aim for more muscle and less fat, as muscle helps to burn fat when you are resting! Even though you may sometimes see little change in weight, you will see change in body shape and composition. Same weight but less body fat, remember we can check your body fat percentage.
43. Doing the household chores, such as washing the dishes after a meal, can burn up to 120 calories in an hour. Also, tidying the house can help you burn around 230 calories in an hour.
44. Cycling for an hour at around 9mph can use between 315-480 calories.
45. Lower that handicap! Playing a round of golf can help you to burn up around 300 calories per hour.
46. Look out Mr Henman! A game of tennis will help you to burn up to 480 calories.
47. Don't rely on thirst. Drink before, during and after any physical activity. Get into the habit of taking fluids during exercise.
48. In order to burn fat it is important to participate in some form of continuous aerobic activity for a minimum of 20 minutes, 3-5 times a week, within your target heart rate zone. For details see your Club instructor.
49. Swimming and aquacise do have an effect on weight loss. Although you may not feel that you are working as hard as you do on land, this is due to the effect that the water has in lowering your heart rate. So keep going!



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pointment without delay.

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## 50.

Remember an exercise  
programme is only as useful as  
the extent to which it is followed!



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