

## HEALTH TALK

FEBRUARY 2015

TOPIC: Healthy eating, healthier you! (Continued from January)

It is necessary to iterate the fact that it is better for you to eat to live rather than living to eat!

### WHAT YOUR WAIST SAYS ABOUT YOUR HEALTH (PART 2)

**5. You can tone your waistline with abdominal exercise-** The belly is one part of your body where targeted exercises can help you lose inches even if you are not losing weight.

**6. A pound of fat stores 3,500 calories and 1pound=0.45 kg.** So to lose 1 pound/0.45kg of fat, you have to burn 3,500/1575 calories. Exercise is not the only way to create a calorie deficit. You can get the same result by eating fewer calories than your body needs. The best way to lose weight is to diet and exercise.

**7. You should aim to lose 2pounds/0.9kg weekly** for a lasting weight loss if you are overweight. Losing more than that is likely to be temporary.

**8. Excess body fat has been linked to many health problems** like diabetes, arthritis, heart disease, high blood pressure, osteoporosis & some type of cancers. Losing weight can help improve your blood pressure, cholesterol, blood sugar and your overall health and endurance.

**9. Women have a harder time losing inches than men-** This is because men have more lean muscle mass and a higher resting metabolic rate. In addition, women store fat differently from men; more of it goes to their thighs, buttocks and hips, where it can be harder to shed. Also, female hormones promote the storage of calories as fat and fat takes up more space than muscle.

**10. Your genes may not always control whether you can lose weight & inches-** Your lifestyle habits do this more although genes can have great impact on how hard or how easy it is for you to lose weight and inches. Some people are bound to carry more fat on their bodies because of their genes. No matter what their lifestyle choices, they may never be as thin as people with thinner genes. You can offset some of those genetic tendencies and lose weight by being more active. Whatever your weight, good nutrition and regular exercise are important for your overall health.

Watch your weight, live healthy!

CMRS cares!!!