

ask the *experts*

Your one-stop shop for any questions about fitness, nutrition, motivation & cooking. You ask, our team of experts answer!



Nutrition
Emma Stirling
Nutrition editor



Fitness
Martha Lourey-Bird
Fitness editor



Cooking
Lucy Kelly
Senior food editor



Motivation
Allison Taylor
2009 Healthy Life
Awards WA winner



Q I love making my own chargilled capsicum, eggplant and zucchini instead of buying them – but how long will they keep if stored correctly?
Vivienne Scott, Loftus, NSW

Lucy Kelly replies

A Chargrilling your own capsicum, eggplant and zucchini is much more delicious than getting them out of a jar. They will last for several weeks if you place them in a clean dry jar and cover them with oil – olive, sunflower or canola are the best for this purpose. Add some sliced garlic, a cube or two of parmesan cheese and a sprig of fresh thyme or rosemary to flavour the vegetables as well as the oil. When you've eaten the vegetables, use the leftover oil for cooking, in salad dressings or marinades – just remember to drain the oil and remove the flavourings first. To use the vegetables without the oil, remove from the jar, rinse under warm water then pat dry with paper towels.

Write to Lucy with your cooking question and you could have the chance to win the amazing **Minut Cook** pressure cooker from **Tefal**, valued at \$249.95. Whipping up your favourite meals for the whole family just got easier – learn more about the **Tefal Minut Cook**, click on www.tefal.com.au



Q I'm in my mid-50s and have found losing weight can get harder as you get older. What helped you to stay motivated?
Roslyn Warren, Perth, WA

Allison Taylor replies

A The initial catalyst for beginning my weight-loss journey was when I'd started to feel like I was at least 20 years older than my then 51 years.

I had joint pain in my ankles, knees, hips and back. I had trouble sleeping, walking and even talking at times. I was suffering from the worst symptoms of menopause with extreme and frequent hot flushes, bloating and fatigue. I had absolutely no energy, no desire to exercise and was bored with my food choices. In addition, I was at risk of a recurrence of breast cancer and exacerbating problems with my lymphatic system. Many of these symptoms were made worse by recent cancer treatment, motivating me further to regain good health.

Losing weight definitely isn't easy at times, particularly when you have a large amount to lose (I lost 61 kilos over 41 weeks). Remaining focussed over an extended period of time can be a challenge and I found it crucial to find ways to stay on track to achieve my Goal weight of 66 kilos.

For me, concentrating on the desire to be slimmer, as well as the bigger picture of general health improvements, made it possible to regularly renew my enthusiasm for continuing to make the best food and exercise choices. Good luck.

Q I have young kids and never seem to be able to get to a gym regularly. Any ideas for getting fit, without leaving home?

Debra Macalister, Fingal, NSW

Martha Lourey-Bird replies

A It's easy to create your own gym in and around your home, simply by using the surrounding environment. Here's how. **INSIDE:** Set up a home circuit and do exercises that take advantage of what's nearby. Try step-ups on a doorstep or stairs, tricep dips with a chair, push-ups against the wall or floor, or bicep curls with shopping bags of food or water bottles. You could also try upright rows with a bag filled with books, squats with a broom stick, crunches lying on the floor, brisk walking around the house from room to room, stair climbing and so on. Spend between 30 and 60 seconds on each different exercise, repeat the ones you like best and keep moving non-stop for at least 20 minutes.

OUTSIDE: Do a park circuit in the same manner but use the local equipment to do step-ups on a bench, calf raises using the edge of a sturdy garden bed, push-ups and

tricep dips on a park bench, brisk walking around an oval or up an incline, lunges, squats and skipping. Don't let bad weather stop you from getting outside and walking either – just throw on a raincoat and remember to take an umbrella with you. A gym-free exercise program could look something like this:

MONDAY: Work out on your home circuit for 30 minutes.

TUESDAY: Walk around your local neighbourhood for 30 minutes.

WEDNESDAY: Do the park circuit for half an hour or more.

THURSDAY: 30-minute walk. Make sure it's a different route to Tuesday.

FRIDAY: Do your home circuit again for a minimum of 30 minutes.

SATURDAY: Another half-hour walk, on an alternate route this time.

SUNDAY: Get outside and tackle your own choice of active (and fun) activity.



If your letter to Martha is published, you'll win a pair of women's sports shoes from Rykä. Don't forget to tell us your shoe size when you write in to *Ask the Experts*, Locked Bag 2020, Broadway, NSW 2007, Australia or you can email us at editor@weightwatchers.com.au

Q A friend of mine always has a huge glass of water before each meal. Does drinking water really help with feeling fuller? I've heard differing reports.

Emma Stirling replies

A There's no reliable scientific evidence to support the belief that a glass of zero-kilojoule water will help you feel fuller for longer. One recent study revealed that drinking water did not reduce appetite, however, eating foods with high water content, like vegetable-packed soups and hotpots, increased feelings of appetite satisfaction and decreased the overall kilojoules consumed. Including a daily bowl of soup in your diet is one way to keep your kilojoule count down and satiety level up.

The Weight Watchers *Good Health Guidelines* promote six to eight glasses of fluids each day, which can include tea and coffee, but not alcohol.

