

ask the EXPERTS

This month our team tackle the big questions, from childhood obesity to how much exercise is enough.

fitness

Walking is my major form of exercise – but how much is enough?

Rebecca Webster, Adelaide, SA



Martha
Lourey-Bird
Fitness editor

Walking is fantastic exercise, so stick with it. Every step you take counts and adds towards your daily total. For a healthy adult, 10,000 steps daily is recommended and that equates to 8km or about 1 hour 40 minutes of walking in total. (However, this may vary according to individual stride length and walking speed.) You can accumulate it throughout your day in bouts of 10 minutes or more. Alternatively, both the Australian and New Zealand government guidelines for

physical activity recommend 30 minutes of moderate intensity activity (at a level where you can talk, but not sing) every day if possible. This is in addition to your incidental exercise (walking is a great way of achieving this, too).

While government guidelines recommend a minimum amount of physical activity, for additional health benefits or weight loss you may need to do more exercise than this.

If your letter to Martha is published, you'll win a pair of women's sport shoes from Rykå. Don't forget to tell us your correct shoe size when you write in.



COOKING

What's the best way to make chicken stock?

Wilma Vallis, Wamberal, NSW



Lucy Kelly
Senior food
editor

Apart from being cheaper and tastier than store-bought chicken stock, making your own is also a much healthier option as it has less sodium and no preservatives. You will just need a kilogram of raw or cooked chicken bones. Ask your local chicken shop or butcher for the raw chicken carcasses from boning the breasts, or use the cooked bones from your leftover roast chicken.

Place any raw bones in a single layer in a roasting pan and bake in a preheated 180°C or 160°C fan-forced oven for 20 minutes. Transfer roasted bones into a large stockpot. Pour off and discard any fat from the roasting pan. Add 2 cups cold water to the pan and bring to the boil, scraping up any browned residue. Pour over the bones in the stockpot, add a further 2.5L (10 cups) cold water to the stockpot and

bring to the boil. Skim off any foam, then add a quartered onion, a washed and sliced leek (optional) and a chopped carrot. Simmer, uncovered for 3 hours. Strain the stock through a colander lined with muslin. This will give you a lovely clear stock. Pour into a large bowl, cover and refrigerate for 3 hours, or overnight, until the fat sets on top. Spoon off and discard any fat.

Divide stock into ½-cup (125ml) portions or in ice-cube trays. Use it when making soups, gravy, hearty casseroles or bolognese sauce.

If your letter to Lucy is published you'll win the new **Braun Multiquick 7 Cordless** hand blender. For quick, easy and versatile cooking, the Braun Multiquick 7 Cordless, retailing at \$249.95, makes family mealtime creations a joy. Available from leading Australian department and electrical stores. See www.braun.com for more details.



nutrition

I recently lost 19kg in seven months with Weight Watchers, but my biggest concern now is for my six-year-old daughter. She's 124cm tall, 31kg and is getting teased by her classmates. She does plenty of physical activity throughout the week, but I need help getting her weight back on track.

Andrea Keefe, New Zealand



Emma Stirling
Nutrition editor

Congratulations on your weight-loss journey, Andrea. And, without you realising it, your example has already given your daughter the best possible chance of success. Research shows that parents are the greatest role models for healthy lifestyle behaviours in their kids. Along with projecting a healthy body image and praising all the wonderful things your daughter does, make sure you include her in shared activities, rather than expecting her to play and exercise alone. For example, ask her to scooter along when you go for a power walk, or join her in tackling a backyard obstacle course. You can also model healthy eating behaviours at snack time, with things like yogurt and fruit, and at the table during family meals.

As kids grow and develop, their body shape often changes dramatically. The only accurate way to assess a weight issue in children is to plot a BMI-for-age chart over time. Your GP or local childhood nurse will be able to help you in that regard. Keep in mind that all children grow and develop at different rates and some will store body fat before having a major growth spurt. If you're concerned, ask for a referral to a registered or accredited practising dietitian who specialises in paediatrics if you could benefit from a little more information or expert assistance.

CHILDREN & WEIGHT LOSS:

It's important to realise that adult weight-loss programs are not suitable for children. However, there is a book that combines advice for the whole family and fits with Weight Watchers practical and scientifically backed approach – *Healthy Parent Healthy Child* by Weight Watchers Chief Scientific Officer Karen Miller-Kovach (Allen & Unwin, \$29.95) includes useful information designed for all age groups, from toddlers and teenagers to adults. You can pick up a copy at all major bookstores nationally.



health

With the party season in full swing, should I work out with a hangover or give it a miss for the day?

Robert Brown, via email



Allan Bolton
Men's consultant

While the only known 100 per cent effective cure for a hangover is to avoid getting one in the first place, we all know that sometimes this simply isn't possible. If you do overindulge and wake up with a hangover, your best plan of action is to drink plenty of water and go for healthy meals and snacks. And, if you really want to exercise, keep the intensity down and stay cool while you're doing it – try a few laps of the pool, a round of golf or a walk in the park. If you do any exercise in a hungover state, keep it light. Here are two pretty good reasons to give the major post-alcohol workout a miss.

YOU'LL FEEL DEHYDRATED

Alcohol is a diuretic that causes the body to lose fluid. This can cause dehydration – the key culprit for that cracking headache, dry mouth and nausea. Working out will only cause you to dehydrate further.

GREATER RISK OF INJURY

In the uncoordinated daze of a hangover (let's be honest!) you're more likely to lose concentration and hurt yourself.

Got a question? Email us at editor@weightwatchers.com.au or write to us at *Ask the Experts*, Locked Bag 2020, Broadway, NSW 2007, Australia.