

ask the

EXPERTS

This month, portion sizes for men versus women, lunchtime exercise and the benefits of team sports.

men's health

I used to play basketball and touch footy in high school and want to get back into it. Will doing a team sport help me get fit and drop fat? And what's the best way to find a team to join?

R. Phillips, via email

People often stop playing team sports when they move into adulthood, but it's not just for kids – the benefits reach far beyond the court or field. Physical activity, team support, strategic thinking, as well as having a sense of responsibility to show up to games and training all promote a healthy mind and body. Being part of a team is a great way to gain additional support for maintaining the incentive to stay on track and keep fit and healthy. You can usually get connected with your sport of interest with a Google search, such as 'Touch Football Association NSW', and then work through the results. Alternatively, look under the heading 'Find a league or club website' when you click on www.sportingpulse.com. The newspaper can also be a source for sports clubs, so scan your local paper for announcements.



Allan Bolton
Men's consultant



cooking

How can I make rice more filling? And is it possible to make a nice rice pudding without using a truckload of sugar? I want to lose weight, but I'm also on a budget, so I can't be too extravagant when shopping.

Angela Gorman, Wannanup, WA

Rice is really versatile and especially good for those on a tight budget, since you can use it in both sweet and savoury dishes. To make rice more filling, use brown rice (more fibre) or basmati rice (lower GI) as they'll help you feel fuller for longer. When cooking

rice in savoury meals, try using half rice and half dried beans or legumes, as these also make you feel fuller.

I usually cook brown rice with Puy lentils – the small dried green ones.

Cook them together for about 25–30 minutes or until they're both tender.

When using rice to make a dessert, you only need to add a couple of teaspoons of sugar or honey per

serve to sweeten it. Alternatively, try serving $\frac{1}{4}$ or $\frac{1}{2}$ cup of cooked medium grain rice with a small tub of diet vanilla yoghurt to create a nice and creamy texture. Sprinkle the rice mixture with a few toasted flaked almonds for some additional flavour and crunch. Teamed with fresh or canned fruit in natural juice, this dish also makes a satisfying breakfast.



Lucy Kelly
Senior food editor



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ask the experts

nutrition

My husband and I are both 180cm tall and weigh the same amount (76kg). Should we be eating the same amount under the ProPoints Plan to try and lose a few kilos?

Lora, via email



Emma Stirling
Nutrition editor

Your individual **ProPoints** budgets, calculated on gender, age, height and weight, should guide your food intakes. Your **ProPoints** budgets may be similar, but, if not, you can still enjoy Weight Watchers meals together, making individual adjustments for successful weight loss. Some couples who work together to lose weight often notice the man loses faster. This is because male body compositions are naturally higher in lean muscle mass. On average, a man's metabolism

is five to 10 per cent higher than a woman of the same weight and height. That's why women should incorporate resistance training into workouts, not to bulk up, but to boost lean muscle and metabolic rate.



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FITNESS

The only time I have free to exercise is in my lunch break at work. Can you give me some ideas for simple but effective exercises I can do then?

Pauline Nesbitt, Camperdown, NSW



Martha Lourey-Bird
Fitness editor

Lunchtime provides a great opportunity to fit in a workout if you have access to a quick shower afterwards and can have a bite of food at your desk. The change of scenery and rush of oxygen will also enhance your focus and productivity

during the afternoon. Try going for a long walk, swimming laps at the local pool or popping on headphones and listening to some music while stretching in a nearby park. Signing up for an off-peak gym

membership is ideal for lunchtime gym goes – 30-minute express circuits are a great way to get the most out of your lunch break. Or try a team sport, like basketball, mixed touch footy or tennis. Otherwise, invite a colleague to go for a 'walk and talk' – walk in one direction for 15 minutes, then turn around. Vary your route regularly to keep it interesting.

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