

ask the EXPERTS

This month, breakfast on the run, wine and weight loss and the boot camp phenomenon.

fitness



Martha
Lourey-Bird
Fitness editor

Resistance exercise is great for losing weight and toning up, and involves resisting against some form of weight. This could be your own body weight, weight machines, free weights, resistance bands or objects around the house, like bags filled with books or

buckets filled with water. Resistance exercise forms the basis of Pump and circuit classes, too, and builds strong muscles and bones, increases your metabolism and improves your body shape, posture, muscle definition and tone. Plus, everyday tasks, such as lifting and carrying, become much easier when you're stronger. Resistance exercises should work out the whole body, so remember to include upper, lower and mid-body exercises each week.

Upper body: Bicep curls, push-ups, tricep extensions and upright rows benefit this area.

I'm trying to slim down and was recently told I should do weight training. If I stop doing it, will my muscles turn into fat?

Pina Robertson, Gosnells, WA

Lower body: Squats, lunges, leg presses, leg extensions and leg curls all tone up this area.

Mid-body: Reverse curls, back raises and core work improves your posture and tummy.

The American College of Sports Medicine (ACSM) recommends undertaking resistance training at least twice a week and including one to three sets of eight to 10 different exercises to target all the major muscle groups. Rest assured that muscle cannot turn into fat because they are two separate substances. However, when someone stops exercising, their muscles become soft and flabby, rather than firm and tight. Additionally, when you're less active, you tend to increase your body fat all over. The best way to prevent this is to simply stay active and move more.

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



men's health

I've heard a lot about boot camp. What exactly does a session involve?

Marcus Garrett, via email



Allan Bolton
Men's consultant

Although it may seem to be a recent fitness trend, boot camp has actually been around for a long time. Essentially, it's a series of physically challenging exercises performed under the guidance of an instructor who takes a specific 'tough

love' approach. In addition to delivering solid cardiovascular, strength and flexibility results, regular boot camp can also help improve your agility and balance. One of its big drawcards is the fun/social component. This keeps you coming back for more, which, in turn, helps you get into better physical shape. Give it a go to find out if you like it.

cooking

I don't have much time to make breakfast before going to work. I'd love some healthy ideas that don't require a lot of preparation.

Vera Castle, Adelaide, SA



Lucy Kelly
Senior food editor

The good news is that you don't need a lot of time to make a delicious and filling breakfast that will help you stay within your *ProPoints* budget. Here are a few healthy and satisfying breakfast ideas:

No time at all: Grab a NESTLÉ Diet Yoghurt (1 *ProPoints* value per 150g tub) and a Weight Watchers Fruit Snack Tub (0 *ProPoints* value per 135g tub). Alternatively, grab a piece of fresh fruit (0 *ProPoints* value) and a handful of raw nuts (2 *ProPoints* values for 10 raw almonds) to tide you over until your mid-morning snack.

Less than 5 minutes: One of the fastest breakfasts to prepare and eat on the run is a slice of wholegrain toast topped with ricotta and banana or spread with Weight Watchers Cottage Cheese and tomato or ham and mustard. Yoghurt with natural muesli and some berries or sliced banana is another quick option.

Make the night before: Have more time in the evenings? Make some Bircher muesli (6 *ProPoints* values for ½ cup), then slice a small apple into it the following morning. Or, make a hardboiled egg the night before (2 *ProPoints* values for a medium egg) and eat it with soy and linseed toast and a 0 *ProPoints* value tomato.



ask the experts

nutrition

Can drinking a glass of red wine a day really improve health? I've heard conflicting stories.

Laura Larch, Caringbah, NSW



Emma Stirling
Nutrition editor

Overall, drinking small amounts of wine (one glass) regularly appears to offer some heart health benefits. However, there are new concerns about the links between alcohol and certain cancers, such as oral and breast cancer. Alcohol affects people in different ways and consumption patterns are key, since heavy or binge drinking poses many serious health risks. Also, many people underestimate a standard drink – 100ml of wine – and end up drinking more than the recommended guidelines of no more than two standard drinks a day.

But what about weight loss? A few studies suggest that, despite the extra kilojoules, alcohol drinkers don't gain more weight than non-drinkers. More recent studies suggest light-to-moderate drinking is not linked to weight gain, but drinking an excess

of three drinks per day promotes weight gain. Keep in mind, though, that alcoholic beverages are relatively high in *ProPoints* values and offer no nutritional value. Measure the volume you pour and use a tall, narrow wine glass, as the volume will appear larger than a squat or large balloon goblet. You can also stretch your glass further by spritzing with soda or switching to a lighter wine, such as McWilliam's Balance, which has about a third less kilojoules and alcohol content than standard wine.

If your letter to Emma is published, you'll win a year's supply of Radiant Gel laundry detergent (18 bottles), valued at \$180. Tough on stains but gentle on clothes, this simple 1-2-3 approach to laundry is the perfect solution for busy people and produces a Radiant finish every time. For further information and stockist details, please call the Radiant Gel Consumer Hotline on 1800 809 282.



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.