



**Did you  
know?**

A weight loss of  
approximately  
five kilos is  
the same as  
dropping a  
dress size.

# why every kilo counts

Achieve your slim-down ambitions – whether you have five kilos or 25 kilos to lose. Get started now with **Silvone McClenaughan's** easy action plan.

**I**t doesn't matter how much you want to lose. Each time you see the scales creeping in the right direction, you're making a huge difference to your life and wellbeing. From reducing your risk of diabetes to just being able to fit back into your pre-baby jeans, slimming down is an investment in your current and future health. Here's how to get started.

## I WANT TO LOSE

### SOLUTION Make small changes

In some ways, shedding five kilos is just as hard as losing five times that amount. Why?

Because the scales tend to move slowly when you have a small amount to lose, making it difficult to maintain your motivation. According to dietitian and spokesperson for the Dietitians Association of Australia Trent Watson, the way to stay on track is to make small lifestyle swaps, rather than really drastic changes.

### EAT IT

#### Switch from full fat to low fat

**BREAKFAST:** Swap banana bread and a full-fat cappuccino for low-GI porridge with skim milk and green tea. The low-GI content in the porridge will keep you feeling fuller for longer, so you're less likely to make unhealthy snack choices later on in the day.

**LUNCH:** Instead of a sandwich, eat a hearty soup made with vegetables and legumes, such as chickpeas and lentils. Not only does this satisfy hunger, it helps you get closer to consuming the five daily serves of veg recommended by Australian government guidelines.

**DINNER:** Swap takeaway for a quick, waist-friendly home-cooked meal, such as an egg white omelette filled with spring onions, mushrooms and capsicum, or a stir-fry of lean beef strips and frozen vegetables.

### MOVE IT

#### Tackle new fitness challenges

According to fitness editor Martha Lourey-Bird, if you have five kilos to lose, it's all about mixing things up. "Your body is probably used to your regular routine and could be in a rut," she explains. "To burst out of it, try a new exercise class or workout." Stuck for inspiration? If you're a walker, go for a swim. Or, if you're a gym goer, take your session outdoors to the local park instead.

# 5kg

## I WANT TO LOSE

# 10kg

worth of dinners and freeze them in individual portions to eat throughout the week. Also, make

### SOLUTION Become more organised

The secret to shedding 10 kilos is simple – be more mindful about what you eat and how often you exercise, and take more control over these aspects of your life. Tracking what you eat and drink, and scheduling in more effective and frequent exercise are great ways to stay accountable while you slim down.

### EAT IT Plan meals in advance

"We feel better and less stressed when we're in control of life – including our diet," says Watson. To help shift those 10 kilos, and improve your mood and stress levels, he suggests becoming more organised with food and meals. "Take the time to prepare a balanced breakfast each morning and pack a healthy lunch," he recommends. If you're time poor, prepare meals in advance. For example, on a leisurely Sunday afternoon, cook a week's

sure you have healthy snacks, such as raw almonds or low-fat tubs of yoghurt, on hand in your office, car and home so you're less tempted to reach for high-fat food.

### MOVE IT Make time for daily exercise

Make exercise a part of your daily routine by scheduling 30 minutes of activity into your diary, whether it's swimming, walking, running or a gym class. The 30 minutes don't have to be consecutive – you can break your workout down into three lots of 10-minute increments so you can tackle it more easily. For example, start your day with a brisk 10-minute walk around the block. Soaking up the morning sun will also give you an instant burst of the feel-good hormone melatonin. During your lunchbreak, get outdoors for a 10-minute walk to refresh your mind. At the end of the day, walk to the bus or train station, or park a few blocks from your house, to ensure you clock up your final quota.

## I WANT TO LOSE

# 15kg

### SOLUTION

#### Shake up your routine

If you're carrying around 15 or more extra kilos, it's time to give your exercise and eating habits a serious shake-up. Why? Not only is this a great way to kickstart your metabolism, it will challenge your body (and mind) with something new and different. Aim to frequently change exercise routines to keep

interest levels high, and both your health and weight loss on track.

### EAT IT

#### Eat more wholegrains, fruits and vegetables

Research suggests that feeding your body with antioxidants may help reduce your risk of developing a range of cancers. To get your maximum load of antioxidants, Watson suggests piling your plate high with wholegrains (think bran, brown rice and cereals), and eating two serves of fruit and five serves of vegetables daily to help keep your body healthy. Although eating well

is important, don't deny yourself the occasional treat, as you're less likely to overdo it if you regularly incorporate your favourite foods into your eating plan – in small doses.

### MOVE IT

#### Up the intensity of every workout

Lourey-Bird has two words for people with 15 kilos to shed – high intensity! "You've really got to shift your workout routine up a notch here," she explains. "Include interval training into your exercise sessions, where you exercise at a moderate pace and then, every five minutes or so, throw in a minute-long sprint." Try it the next time you're walking, jogging, swimming or cycling.



## THE FAB FIVE

Getting healthier isn't just about dropping kilos – it's also about percentages. Losing five to 10 per cent of your current body weight over a six-month period will reduce your risk of developing lifestyle disorders like diabetes and heart disease.

## I WANT TO LOSE

# 20kg

### SOLUTION

#### Focus on the health benefits

When you have larger amounts of weight to lose, the stakes are higher, with your health – as well as your appearance – drastically improving as those kilos drop off. Use improved health as a motivator, whether that means being able to breathe better,

stay active for longer, play with your kids more often or reduce your risk of developing serious lifestyle disorders such as diabetes and heart disease.

### EAT IT

#### Cut back on foods that are high in kilojoules

"Avoid foods high in saturated fats and salts, such as takeaways, processed food, cakes and sweets. Salt can also be hidden in foods such as soups and pasta sauces," cautions Watson. Keep a close eye on the nutritional information on food labels when shopping. Also, cook at

home several nights a week so you know exactly what you're eating and don't blow out your **ProPoints** budget.

### MOVE IT

#### Commit to regular, low-impact exercise

"If you have 20 kilos to lose, be mindful of putting too much strain on your joints," advises Lourey-Bird. Try a low-impact workout that won't overwork your joints, such as swimming, aqua aerobics or walking. Keep yourself motivated by signing up to a series of classes, or join a club. If you've committed your time (and your money), you're more likely to follow through on your resolution.



I WANT TO LOSE

25+kg

### SOLUTION

#### Start slowly and set realistic mini goals

You can't expect a significantly large amount of excess weight to miraculously disappear overnight. Instead, try and break your weight loss down into smaller, more achievable goals, such as losing five kilos in five months. Once you've found a system that works for you, remember to be patient and reward your efforts frequently to help you stay on track for the long term.

### EAT IT

#### Scale down your serving sizes

When it comes to nutrition, one of the biggest mistakes people make is not what they eat, but how much. Take a look at the amount of food on your plate at each meal. Is it the same size as your spouse's? Do you frequently go back for seconds, even if you're not really hungry? If you answered 'yes' to these questions, then it's time to cut back on your portion sizes. Start by physically reducing the size of your plate. Instead of using a large dinner plate, use a smaller 10-inch plate instead. Or, when having pasta, put it in a cereal bowl instead of a traditional pasta bowl. Eat slowly and listen to your hunger signals, so you can finish eating when you're full, rather than when your plate is completely empty.

### MOVE IT

#### Get moving every day to boost your level of incidental exercise

"People with 25 kilos or more to lose have often been sedentary for a while," reveals Lourey-Bird. "The best way to start exercising in this situation is to just move more. Clock up incidental exercise by including a short lap around the block after dinner. It also pays to start consciously reducing your sedentary time by doing things like walking up and down stairs in your home during the commercial breaks on TV," she suggests. [www](http://www.weightwatchers.com.au)

## Real-life inspiration

### "I DROPPED NINE KILOS AND FELL PREGNANT"

Thirty three-year-old housewife Penny Campbell experienced serious fertility problems due to her weight, along with her pre-existing condition of polycystic ovary syndrome. After months of trying – and failing – to conceive, Penny says, "I went to see an IVF specialist, who told me I had to lose weight before he would proceed any further." When Penny joined Weight Watchers on the advice of her GP and IVF specialist, she shed nine kilos and fell pregnant with the first of her two children.

### "LOSING 12 KILOS IMPROVED MY MENTAL OUTLOOK"

When self-esteem is low or life gets rocky, it's easy to become stuck in a cycle of overeating. As childcare worker Alisha Thomas, 27, who has struggled with depression since her teens, reveals, "My depression was largely a result of my weight." US research has revealed that overweight people with depression who lose 10 kilos not only improve their health, they also decrease their levels of both depression and stress. For Alisha, making the decision to lose 12 kilos resulted in greatly reduced depression levels, which allowed her to ease herself off medication in consultation with her GP.

### "I REDUCED MY RISK OF BREAST CANCER"

Obesity is a well-known risk factor for cancer – especially for many female-only cancers such as breast, cervical and endometrial. After losing her mother and grandmother to breast cancer, 44-year-old insurance agent Michelle Houghton decided to get serious about her excess weight. "I knew that obesity was a risk factor. When it comes to breast cancer, you may not be able to feel a lump or change as it could be hidden by extra weight. Losing 19 kilos and getting to my Goal weight is the best thing I've ever done."

### "I BEAT MY HISTORY OF HEART DISEASE"

Heart disease is still the number one killer of women in Australia. One of the best ways to reduce your risk of developing it is to lose weight. Tina Wesche is a 38-year-old housewife from New South Wales. Her mother died of cardiovascular disease at the age of 35, when Tina was only eight. "It was really scary and quite hard when I turned 35," reveals Tina. "I thought, 'This is the age when Mum died,' and realised I was heading that way, too. Something just clicked and I knew I had to act. Wanting to avoid heart disease drove me to lose more than 55 kilos."