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HOW TO STAY THE COURSE

A lifestyle change takes far longer than a diet

Over the past two weeks, it has been great to see so many of the Lose2Win candidates through our practice to see Kate for some personalised meal plans and tips to support them with their long term weight loss goals.

It is important to remember at this time, that as much as you think you can, you can't control what your body does in terms of losing or gaining weight.

However, you can play a big part in controlling the food that you are eating and the exercise you are doing. This is the true focus of a lifestyle change over a diet.

In the end, if weighing yourself is a motivator to eating well and exercising, I'm all for it.

However sometimes weight goes up or down when our intakes are doing the opposite and this is not a good time to give up.

I'm not saying you need to remain on a diet all your life, but if you are in control of your food rather than vice versa, you decide when you eat something unhealthy on your terms rather than being dictated by social occasions, smells or look of food or sizes of meals.

Always remember, that if you can fall off the wagon, there is no reason why you can't get back on!



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