

**18th January 2007**

2007 is a mere two weeks old and chances are some of your New Year's Resolutions have already gone into hiding until New Year's 2008 when they'll resurface once again. WeightMatters wants to give you a new way to approach resolutions and turn them into do-able, achievable goals.

**diet**



**Re-examine Those New Year's No-No's**

A common entry in the list of New Year's resolutions is to eat "better" or cut out "unhealthy foods" and excessive coffee consumption. What we need is to add healthy foods and beverages that can help lower the risk of diabetes, Parkinson's disease, and colon cancer. Wouldn't it be wonderful if we could add something to our everyday diet that could lift our mood and treat headaches? What if that something could also lower the risk of cavities? Get ready to cross another no-no off the list. Turns out research is showing that coffee is packed with healthy benefits only some of which are listed above.

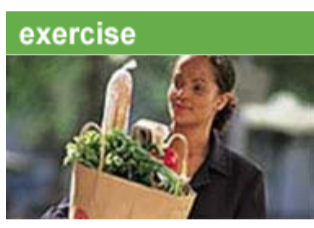
Like tea, coffee is packed with antioxidants. However, unlike the new health-foods red wine and dark chocolate where moderation is the key, it seems the more coffee the better.

"Overall, the research shows that coffee is far more healthful than it is harmful," says Tomas DePaulis, PhD, research scientist at Vanderbilt University's Institute for Coffee Studies. At least six studies indicate that people who drink coffee on a regular basis are up to 80% less likely to develop Parkinson's, with three showing the more they drink, the lower the risk. Other research shows that compared to not drinking coffee, at least two cups daily can translate to a 25% reduced risk of colon cancer, an 80% drop in liver cirrhosis risk, and nearly half the risk of gallstones.

There's also some evidence that coffee may help manage asthma and even control attacks when medication is unavailable, stop a headache, boost mood, and even prevent cavities.

So unless coffee makes you overly jittery, and anxious, or is interfering with getting a good night's sleep, don't worry. Perk up! Your morning cup of coffee needn't be a guilty pleasure but instead a necessary part of your new healthy life style.

**exercise**



**Change the way you think about fitness.**

Never enough time can be enough time. You can't get up early to fit exercise into your day. Or you try but you always seem to find the snooze button. The day is usually so busy and minor emergencies sneak up and steal that hour you had set aside to run or go to a class at the gym. And before bed? Forget it! You are more likely to slump on the couch exhausted by the end of the day than pop in an exercise DVD. Given the life we lead, only the very lucky, or the extremely hyperactive can get to the gym on a daily basis.

But that might just be the problem. We tend to think that fitness is only found in the confines of the gym or even the jogging paths in the park. But everyday life affords us built in opportunities to increase our cardiovascular fitness and strength. All we have to do is take advantage of them.

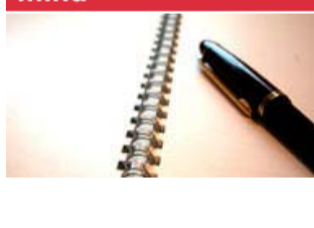
Carrying bags home from the shop can increase strength. Walking briskly instead of taking the car or public transport not only burns calories (up to 170 calories for 30 minutes) but it can often be quicker!

So pay attention to your daily routine and add in bits and pieces where you can, whenever you can.

1. Take the stairs instead of the lift.
2. If on the escalator move left and start walking.
3. If driving, park at the far end of the parking lot and walk.
4. Make a habit of doing your shopping close to home. See if you can walk to and from and carry purchases home.
5. Instead of dully cleaning the house or half-heartedly doing the garden work, put on music and step up the pace. If you work up a sweat you're on the right track!
6. Get outside and run with the children. If one of your resolutions is to spend more time with the family, you are accomplishing two things at once!
7. Take the dog for a more athletic walk than usual. He'll love it and you'll get a work out.
8. Volunteer to help move office furniture at work!

Be creative. What ways can you add a little more fitness into your day?

**mind**



**The Truth About Your Resolutions.**

There is one resolution that will help you achieve all your health and fitness goals. Honestly! It's true! So what is it? Very simply, it's to be honest with yourself this year and every year to come.

If you are like most, every year you make the same list of resolutions that you've made for as many years as you can remember. Improve diet, get more exercise, and lose weight. But why do you give up so quickly each year? Most likely because you are less than honest with yourself.

Think about it. What are those lies you tell yourself nearly everyday that sabotage your fitness and weight loss?

1. Food eaten standing with the refrigerator door open, doesn't count.
2. The chips at the bottom of the take away bag, don't count.
3. The popcorn and fizzy drinks eaten at the cinema, in the dark, don't count.

**There are the "tomorrow" lies:**

1. Tomorrow I am getting up an hour early to exercise.
2. Tomorrow I'll eat only those things on my food program.
3. Tomorrow I'll be perfect.

**And these "classic" lies:**

1. Just one more taste and then I'll be good (and just one more and one more and oh just one more).
2. I'll double, triple, my efforts tomorrow to make up for today.
3. I've had a rough day. I deserve it.

Take a moment and ask yourself if you are ready to be honest with yourself. Admit to the truth, you know you won't get up early to exercise. Instead, look honestly at your habits and make your plans accordingly. Are you more motivated and energetic during the evening? Schedule your exercise later in the day.

You know you won't just take one bite. So don't take it. If you do take that bite, acknowledge it honestly and don't make excuses to yourself. Honestly admit to those "trigger" foods and don't bring them into the house.

It isn't easy, but you wouldn't want others to lie to you, everyday, day in and day out. You are worth much more than that. You deserve to know the truth.



**Recipe of the month**

The list of foods that were once considered unhealthy but are now getting a new reputation is growing. Coffee, tea, red wine, and dark chocolate are all being touted as healthy anti-oxidant rich additions to any diet (within reason of course). Eggs have long been thought of as cholesterol raising fatty meat. But eggs are now considered low-calorie, high GI, and high protein. Add some vegetables and you've got a meal!

**Ingredients**

- 100 Grams Mushrooms, cleaned and sliced
- 1/2 Green or red pepper, chopped
- 30ml Olive oil
- 4 Eggs
- 4 Egg Whites
- 50 ml Non-fat milk or water
- Salt and Pepper to taste

**Instructions**

Beat eggs, egg whites, and non-fat milk in a bowl. Heat olive oil in large skillet. Add mushrooms and chopped peppers. Sauté 5 minutes or until vegetables are soft. Remove from pan to a dish. Pour the egg mixture into the skillet and cook over medium flame. Lift edges of the skillet to allow raw egg to flow underneath and cook. When the egg is about half set, sprinkle mushrooms and peppers. Fold egg over the enclosed filling and cook to desired doneness.

Serves 2-4. Good for breakfast, lunch or dinner!



**Quote of the month**

"Go confidently in the direction of your dreams! Live the life you've imagined." Henry David Thoreau

**Events**

**Free Weight Management Seminar, Wimpole Street, W1**

A short seminar bursting with facts and tips to help you lose weight, and keep it off.

6.30-7.30pm Tuesday 23rd January 2007



**WM Fact #13**

"The WeightMatters Team is made up of Dieticians, Nutritionists, Trainers, Coaches and Psychotherapists."