

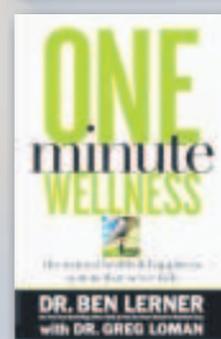
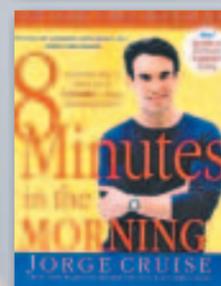
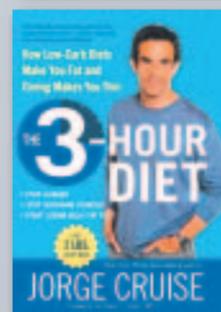
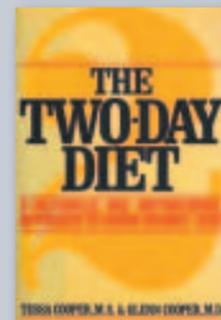
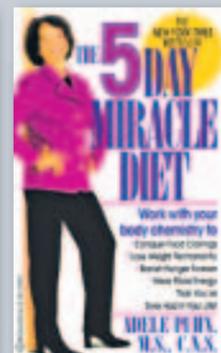
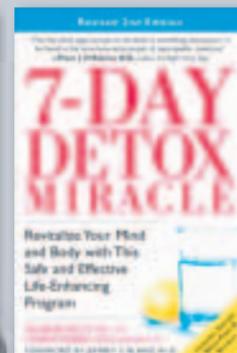
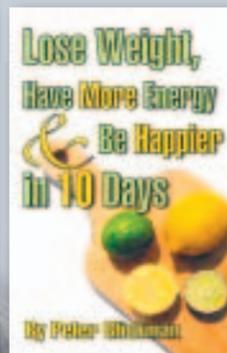
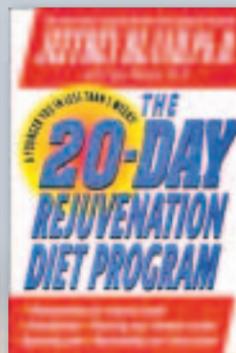
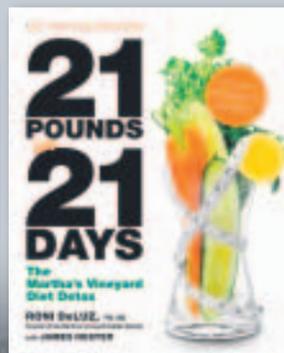
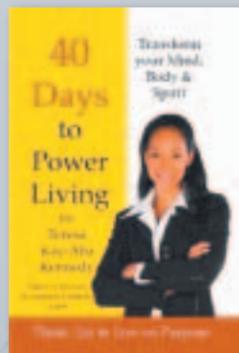
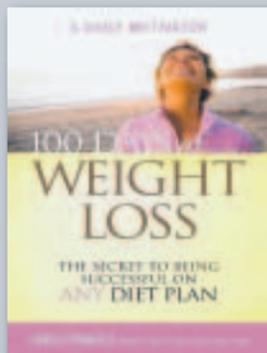
Feeling great

EDITOR: Daniel Hoy [hoyd@heraldsun.com.au]



KNOW IT SPINNING

This group exercise class is performed on spin bikes. It's set to music and usually runs for 45 minutes to an hour. It varies between high-intensity efforts and recovery and is an effective weight-loss workout.



DON'T JUDGE A BOOK BY ITS COVER

DIET DILEMMA

Fad diets do more harm than good when it comes to long-term weight-loss success. Daniel Hoy explains

HEAD to your nearest book store and take a look in the health and fitness aisle.

Not only will you see an enormously vast number of diet books, you'll see just as many different messages.

They promise results from 21-day diets, to a week, to a day, even down to a new you in three hours.

On the surface these books have little in common, but they do share one common trait. They promise the kind of quick fix that rarely works if you want to achieve long-term weight loss.

Weight-loss expert Dr Leon Massage says the most sustainable goal for weight loss is 1kg a week.

"When dealing with substantial weight loss, it is best to have short-term goals, as well as long-term goals," Dr Massage says.

"When someone wants to lose 20kg, the short-term goal could be to lose 5kg.

"We would then give that a time line of about five to six weeks. This target may be ambitious, but certainly do-able.

"One kilogram per week is an achievable rate of weight loss for a small target, but it is probably too much to expect for bigger weight-loss targets, such as 20kg. It is possible to lose weight that quickly, but it is probably not the best way to do it for long-term success.

"An average of 0.5kg per week is

probably a better target for bigger weight-loss goals.

"It is also worth keeping in mind the fact that the speed of the weight loss depends, to some extent, on the starting weight of the person concerned. If you lose 10kg when you started with a weight of 100kg, then you have lost 10 per cent of your body weight.

"If you weigh 65kg and lose 10kg, that would be a loss of 15 per cent of your body weight — a much more impressive feat."

HOW TO SPOT A FAD DIET

There are so many fad diets demanding your attention that it is often difficult to spot them.

However, there are signs.

"Fad diets can often be spotted because they make unreal claims and promise overnight success," Dr Massage says.

"Another giveaway is the promise of big results for small sums of money up-front.

"This aims to create an impulse buy — because the promise is enticing and the entry price is very cheap.

"Then, once the individual has enrolled, the long-term aim is to keep that individual dependent on the food or the product made by that company.

"Another tell-tale sign of a fad diet is the lack of variety and fresh foods, with highly restrictive use of one product or food group."

WHY DON'T FAD DIETS WORK?

From the cabbage soup diet to the lemon detox, fad diets promise to help you lose weight rapidly.

You may lose weight while you're on them, but in the long term you're much more likely to put that weight — with a little added flab — right back on.

Dr Massage says the main reason fad diets fail is that they don't teach the individual what they need to know to ensure long-term weight-loss success. "They often get the individual to follow a very restrictive style of eating for a certain period of time," he says.

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