

## CHILL OUT

# YOU ONLY GET ONE BODY

**... And it has to last you a lifetime, so get the right nutrients and do some exercise to keep it happy and healthy.**

### **FUEL FOR THOUGHT**

A healthy diet consists of three main meals a day and two snacks. Eat a wide and varied range of food—not only is it better for you, it's also fun and more interesting. You don't have to cut out chocolate and pizza altogether, but if you are eating them every other night you need to reduce your intake to once or twice a month and tuck into some fresh fruit and vegies.

Main meals should include meats, vegetables, breads and pastas, while food like fruit, yoghurt and cheese make delicious, healthy snacks. You've heard it before, but it's true: the most important meal is breakfast. It gets you going and your metabolism kickstarted for the day. If you don't have time to sit down for a morning meal of cereal and toast, a quick banana smoothie and wholemeal muffin are great for on the run.

### **DON'T BE FOOLED BY FADS**

If you've overdone it on the fatty foods and haven't done a scrap of exercise lately, chances are you'll be feeling sluggish and unmotivated. This doesn't mean you need to get into the latest fad diet to shed any unwanted kilos. You need to develop and maintain healthy eating habits and start doing some physical activity. That doesn't sound too bad, does it? Right!

Fad diets do not work, which is why they come in and out of fashion and none of them ever stick. Most fad diets work on eliminating certain food groups to help you lose weight quickly, but this never helps you to maintain a healthy weight long term. So forget about giving up carbs. Your body needs them—as well as protein and fats—to work properly. Protein builds muscles, organs and glands, and repairs them. Carbohydrates provide

energy to the cells in your body and fats help your body stay warm, protect your organs, keep skin and hair healthy and carry essential vitamins. The best way to achieve a healthy weight is through regular exercise, plenty of water and sensible eating.

### **WHEN FOOD BECOMES A PROBLEM**

It is quite normal to be concerned about your body image and a degree of concern is even productive, because it helps you focus on staying fit and healthy. But when that concern becomes more extreme, it can be dangerous. If you are concerned that an eating disorder is developing, speak to your GP, visit a nutritionist or seek advice from a community health centre.

### **WORK IT OUT**

Exercise helps our bodies remain strong and healthy and can reduce stress, improve concentration, build confidence, improve sleep quality and increase energy. So why do we groan at the thought? Maybe it's because a lot of us equate exercise and staying fit with pain. But it doesn't have to be like that—exercise can be fun and painless, and the options are limitless. Stretch, strengthen and relax with a yoga, pilates or meditation class at your local Fitness First Club. It won't even feel like exercise.

Take time out with solo activities like walking, jogging and swimming, or you might like to explore the social side of getting fit by joining a mixed netball or soccer team. If you like the idea of being around others but aren't looking for an organised team sport, try kicking your way to fitness in a Body Combat class at your local Fitness First Club.

When you're busy it's easy to let exercise take a back seat,



## FUN FITNESS

Try one of these light hearted sessions and you won't even realise you're working out.

- Hula hoop. Grab some friends and some hoops and you will laugh yourself silly as you try to perfect the lost art of hip swivelling.
- Get fit and funky in a Body Jam class at your local Fitness First Club.
- Frisbee. Find a park or sports oval, grab a friend or two and have a blast as you chase a flying disc. It's the simple things...
- Walk the dog—or let the dog take you for a walk. Give your pooch a run around the park, or offer to walk your neighbour's dog if you don't have one.
- Walk to work, TAFE or uni, or if it's too far, get off the bus a few stops earlier than usual and walk the rest of the way.
- Have a game of beach volleyball, park cricket or footy with your friends (and it's a great way to meet some new mates).

but you should try and make it part of your daily routine. Get into the habit of incorporating little things into your day, like walking to work or getting off the bus a few stops early on the way home.

## DON'T OVERDO IT

For some people, exercise can be addictive, which isn't always healthy. Over exercising can cause stress on your organs, muscles and bones. Aim to have at least one day each week where you don't exercise at all, and limit workout sessions in the gym to less than two hours at a time.

Don't ever be tempted to try steroids for building muscle or boosting endurance. These drugs are illegal for a reason—they can cause serious damage to your health. Some of the side effects can include depression, mood swings (known as 'roid rage'), cancer, liver and kidney tumours and severe acne. In guys, it can also lead to shrinking of the testicles, infertility, baldness, breast development and prostate cancer, while girls might grow facial hair and suffer changes to their menstrual cycle.



## WEB HIT

Want more info? Head to [www.reachout.com.au](http://www.reachout.com.au) for some great fact sheets about eating right and tips on staying healthy.

### NEED HELP NOW?

Kids Help Line 1800 55 1800  
Lifeline 13 11 14

## START THE DAY RIGHT!

So you already know that breakfast is the most important meal of the day. It's true. After sleeping, your body needs to fuel up for the day ahead. Being in a hurry to get out of the house and into class or work is no excuse. Try these quick and easy ideas to give your body the right start.

- Two pieces of fruit and a glass of milk (drink the milk before you go and eat your fruit on the way).
- A grainy breakfast bar (just watch it isn't full of sugar) and a fresh juice (try carrot, orange, celery and ginger for a real wake up call).
- Wholemeal fruit muffin and soy berry smoothie
- A tub of natural yoghurt, a piece of fruit and a fresh juice or wheatgrass shot.

## WHAT'S FOR DINNER?

One of the great things about living at home is you don't have to worry about cooking every night. If you're moving out next year there's no way you will be able to afford takeout every night. Here are some quick dinner ideas to keep you healthy, satisfied and on-budget.

- Grilled chicken breasts with steamed asian greens and soy sauce
- Tuna and diced tomato on toasted Turkish bread
- Tofu and vegetable stir fry with boiled rice
- Grilled fish fillets with fresh green salad
- Pasta with home made tomato sauce

It's also worth thinking about the meals you have out and about. A burger and fries every now and then is fine, but you should mix it up with some healthier options. You'll have plenty of fun finding new foods, too! Here are some tips for eating away from home.

- Sushi is full of lean fish and vegetables, and choosing surprise dishes from a sushi train with your friends is plenty of fun.
- Go grilled—get your meat or fish grilled and opt for steamed vegetables instead of fries.
- Don't order in yet another cheese stuffed oily pizza—go out to a traditional Italian pizza parlour and try a thin crust vegetarian or seafood version. Add a side salad.
- Be selective about your sauce. When eating out, avoid creamy sauces too often and choose a spicy tomato based sauce every now and then.
- Mexican—go for soft tortillas and get them filled with all the delicious meat, vegetables and spices you like, but hold the sour cream.
- Burger twist—ask for your burger on a wholegrain roll with grilled meat.