

When setting out to lose weight it's important you **take stock** before you take off



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It's never too late to start your weight loss journey if you need to reduce the risk of developing a weight related disease such as diabetes or a heart condition.

But in order to start the journey you first need to assess and acknowledge your current health and weight status to see if it sits within or outside the recognised healthy guidelines.

Measuring the circumference of your waistline is a good place to start. It is a good indicator of unhealthy fat stored around the stomach:

For men, a healthy waistline is one that's under 100cm

For women, anything under 90cm is considered healthy.

If your waistline exceeds these limits and your belt needs to be let out a notch or your clothes have become too tight, it's time to take steps to improve your diet and lifestyle. The good news is that just a 5% decrease in body weight can have a significant impact on your health.

Try not to be too unrealistic with how quickly you reach your goals though. Think little steps and make healthy eating changes that you can do for a long time such as:

- Check your portion size, choose to eat less
- Check that you are actually hungry before eating (and not just eating for the sake of it)
- Only eat when sitting at a table
- It is best to avoid alcohol if you're trying to lose weight. Try to have at least 5 alcohol free days and then no more than 2 drinks at the weekend.
- Choose to drink water, avoiding soft drinks and cordial – even the diet varieties
- Take your lunch to work (Lite n' Easy lunches are ideal) so you are not tempted by greasy takeaways

Lite n' Easy's full 7 Day Meal Plan is the best option for weight loss. You will get your portions back into perspective and you will eat regular balanced meals – in short you will reset your "good eating mechanism". Using the dinners instead of takeaway meals is also a good option for the whole family.

Don't wait until it's too late! Start your journey to a healthier lifestyle today and reduce your risk of developing diseases in the future. Turn to Lite n' Easy for an approach to weight loss that's better for you.

