

Welcome to L.I.F.E....

L.I.F.E. Newsletter

October, 2010

Issue 3

Healthy Weights



Get Moving to Manage Weight ...

Weight management is about lifestyle -- it takes physical activity combined with sensible eating over a lifetime. Studies show that people who exercise regularly are better able to keep the weight off long-term. Accumulate 30 - 60 minutes of physical activity every day, advises Health Canada. Include some cardiovascular exercise, resistance training as well as some flexibility training. Muscle helps increase metabolism and burn more calories even when we're not active.

Spotting a fad diet ... is not always easy. Look out for those that:

- Promise quick weight loss
- Are short-term.
- Limit foods (often excluding entire food groups (i.e. grain products))
- Do not require physical activity
- Have "secret" ingredients
- Use quotes from people instead of presenting proven facts
- Criticise doctors
- Sell something.

What is True:

North Americans spend \$34 billion annually on diet products while the number of overweight adults and children continues to increase.

Fibre can aid weight loss ... by increasing the sensation of fullness. Shoot for between 25 - 30 g per day. Sources of fibre include whole grains, fruits & vegetables, legumes (*big time*), nuts & seeds. Some really good sources include: Beans, popcorn, berries, bran cereal, plums, grapes, apples and parsnips. When increasing fibre intake, be sure to also increase fluid intake (with the exception of caffeinated beverages)! But also, fibre helps to control blood sugar and lower blood cholesterol.

Line-dancin' Anyone?

Learn the basics, exercise your mind & body, make new friends and have a laugh!

Where: Duchess of Kent Legion, 499 Hill Street

When: Tuesdays **Cost:** \$8.00/session

Beginners [6:30 - 7:30],

Experienced Beginners [7:30 - 8:30],

Intermediates [8:30 - 9:30]

For more information, contact Margaret at:

(519) 679-5775 (mj.moulton@sympatico.ca)



Reminder ...

Next week is HS Week with Campus Recreation.

Free 1 week membership for all Hospitality Services staff. Just bring your ID card.



email: hslife@uwo.ca

(Let us know what you think ...)

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