

## "Walk It Off"

### Issue No 3

Newsletter  
May 2010

#### *Included in this Newsletter*

- 22nd April weigh-in
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- May activity
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Gin Gin  
Neighbourhood  
Centre  
Phone: 41 304630

### GIN GIN 'WALK IT OFF' PROGRAM – WEIGH-IN 22<sup>ND</sup> APRIL

The Gin Gin 'Walk It Off' program had its third weigh-in Thursday 22<sup>nd</sup> April at the Gin Gin Youth Activity Centre with 41 participants in attendance.

Cr Judy Peters, Cr Lynne Forgan, and Peter Watling, Manager Community Care and Social Development attended, representing the Bundaberg Regional Council.

Bob Dieckmann, Manager of Gin Gin Neighbourhood Centre, again mc'd the morning.

The guest speaker, Fiona Graham, Accredited Practising Dietician, presented a very informative presentation on a

nutritionally sound based eating plan for health and wellbeing, especially for the over fifties.

Kevin Lemmon, and some of his Tai Chi group demonstrated the art of Tai Chi to a very attentive audience.

Sadly, participants have 'dropped' out, but there are still 71 active members. We have now lost 129.8 kilos and walked 22,228,171 steps or 17,783 kilometres!

Again, 'Walk It Off' t-shirts were given out as lucky door prizes. You are encouraged to wear them with pride, as you are advertising that we are serious about doing something to improve our health and wellbeing!



## NEXT WEIGH-IN & Guest Speaker

### Date:

Thursday, 20th May

Time: 9.30am

Place: Gin Gin Youth  
Activity Centre

This month's guest  
speaker is

John McCartney,  
**Men's Health**

Meditation for  
Weight Loss with  
Joanne Wright

## Photos from 'Weigh-In' 22nd April, 2010



Guest Speaker Fiona Graham, Dietician, delivering an informative talk on nutrition.



Crs Judy Peters and Lynn Forgan



Maureen Sands demonstrating the art of Tai Chi

## Can't walk! - Other ACTIVITIES are available

### Pilates—

**Where**—Godfrey Wilson Hall

**When**—Tuesday 6.30pm

**Cost**—\$8 hr, (bring own mat)

**Aerobic & Circuit Classes:** (Including use of weights, stretch bands etc)

Where: National Fitness Hall 83 Mulgrave St, Gin Gin-

When: Tues & Fri 9.30 am - 10.30am

Cost: \$4 membership (once off yearly fee)

\$2 per session—Ph 41 574138

### Good Time Cloggers

**Where:** National Fitness Hall 83 Mulgrave St, Gin Gin

**When:** Commencing new class Monday 22nd March - 6pm Cost \$5.00 per session

Blue Grass Tap Dancing (no wooden shoes) heel keeping time with beat of music

**1st lesson free**

Ph 0419 763680 (Patti)

### Goal-setting tips for success—

Remember these **SMART** rules for success:

**S** - Keep them **SIMPLE**

**M** - Make them **MEASURABLE**

**A** - Make sure they are **ACHIEVABLE**

**R** - Make them **REALISTIC**-consider your family, time, finances, etc.

**T** - Give yourself a **TIME FRAME**-set a date, then review your progress.

(Heart Foundation)

### What has happened to portion sizes?

I believe that clever marketing and eating too much have left us dazed and confused about how much we actually need.

First, the facts:

*A meal ideally contains 300-550 Calories (Cals), and a snack 100-200 Cals.*

(Amanda Clark Adv APD)

### Perfect Portions

So how did our portions get so big?

The main reason behind increasing portion size is simply that food manufacturers want to make more money, and they have a number of clever ways of achieving this.

Their aim is to persuade us to eat more of their products. There are two ways of doing this: they can sell more, although this isn't necessarily easy to do. The simpler option is to make the products bigger (and therefore more expensive).

Food is actually a fairly small component of the cost of a food product. The main costs are the labour, the packaging and the advertising. It is therefore a very cheap option to offer extra-large portions as an attractive offer to consumers. For example, you can get an upgrade on a take-away meal which gives you 50 per cent more food for 16 per cent more money. Or the company decides to manufacture a 'king-sized' packet, with a higher price, and then gradually phases out the original packaging size.

Amanda Clark Adv APD)

### The value of portion control

There is much valuable research to show that the more food we put on our plates, the more we will eat. The scary thing is that we are no more satisfied when we eat these larger portions.

In fact the research shows that the larger the plate the more we eat; the larger the spoon the more we eat, the larger the packet or serving bowl the more we eat, the greater the variety on offer, the more we eat. All without significant awareness.

### How to eat consciously

'Conscious eating' is a concept which comes from mindfulness psychology. It means eating with awareness, really looking at the food you intend to eat, smelling it, tasting it, savouring and enjoying it. This helps you reach satisfaction mentally as well as just filling the capacity of your stomach.

(Amanda Clark Adv APD)