

With all eyes on the bride, it's essential to be fit and healthy on the big day.

get set & glow

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An early focus on increasing fitness or beginning a path to realistic and sustainable weight management can optimise health and develop a fit, healthy glow in time for the wedding.

Developing good fitness does not start or stop at the gym door, it involves being more active in general—climbing stairs instead of taking the elevator, moving around instead of sitting still, sitting up instead of lying down as well as showing some excitement and enthusiasm instead of boredom.

The next step involves a personal health assessment with a naturopath or doctor, then a visit with personal trainer for an exercise plan and goal setting session. A personalised approach rather than a generic one is most likely to succeed. A lifestyle counsellor or life coach can also be of help with goal setting and positive reinforcement.

People who think *FANCY* starvation diets are a way to control weight, need to think again. Dieting without exercise often ends in weight gain. Although weight may initially drop while 'dieting', such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat.

The right way to avoid gaining weight over time is to increase metabolism by exercising regularly. When exercising, the body, especially during long low impact sustained activities such as walking, creates a fat-breaking enzyme called *HORMONE SENSITIVE LIPASE* which is released. Studies have revealed that this fat breaking activity is sustained for up to twelve hours from the moment it has been triggered. The same enzyme is also involved in cleaning all blood vessels of fatty plaques and deposits. So, no amount or type of dieting will produce positive results without exercise.

Start a fitness and diet journal to keep track of food intake and exercise schedule.

Do not skip meals—skipping meals lowers metabolism, decreasing energy, slowing weight loss and also decreasing the ability to use food to an advantage. Weight may even be gained by skipping meals. Regularity is the key here, the body likes rhythm.

Make food fun and exciting; eat fresh, small regular meals. Breakfast on sensational *ENERGY SMOOTHIES* with fresh fruits or *PORRIDGE*. Allow half an hour break after breakfast then head to the gym or local park for a high energy or tone/muscle focused workout, start the day with power!

Lunch on salads, fruits or soups, eat cheese or nuts for protein, try to avoid breads and pastries, for beverages use water (the body is 75% water), fresh juices and supplementation. Seek support for this weight management journey, whenever needed use a team of professionals—there's no need to 'go it alone'.

NATURAL HEALTH

Late afternoon or evening, go for a walk or jog, attend a class or visit a personal trainer before preparing a healthy dinner with plenty of fresh vegetables. Dinner is a great chance to share achievements of the day with a friend or chronicle them in a fitness journal.

Looking great for the wedding day is the priority, but by maintaining regular exercise there will be life long affects as this lifestyle may help to prevent:

OBESITY

MENTAL ILLNESS

BREAST CANCER

INJURY

CARDIOVASCULAR DISEASE

COLON CANCER

OSTEOPOROSIS

EARLY DEATH

Daily group classes can fast track results—utilise a combination of aerobic, resistance and yoga exercise.

Flexibility training (stretching) helps balance muscle groups that might be overused during exercise or physical activity or as a result of bad posture. Flexibility is a joint's ability to move through a full range of motion, include cardio-aerobic workouts, martial arts for increased coordination, power and stamina.

Try resistance based exercise (weights) for toning and strengthening tired muscles—suitable for all levels of fitness and strength.

A rest day each week will help the body to recover and power through the following days.

The motto is flexibility, agility, strength and balance.

Fun and active outings and exercises like bike rides and walks at the beach, decrease boredom and time available for snacking or grazing during the day.

At the completion of the pre-wedding program, the benefits from increased energy, skills and motivation will help to keep long term *HEALTH & FITNESS GOALS* into the future.

When it comes to good health and weight loss, exercise and diet are inter-related. More muscle equals more active metabolism. A higher metabolic rate reduces the chance of weight gain. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.



PLEASE CHECK WITH YOUR HEALTH CARE PROFESSIONAL BEFORE MAKING ANY CHANGES TO DIET OR EXERCISE REGIME.