



Bat-Zion Suskind-Sacks

The art of living well

Newsletter



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"I am my beloved's and my beloved is mine: he feedeth among the roses"

King Solomon, Song of Songs 2:16

Happy Valentine's Day!

Scales and Fat Loss



Registered Dietician, Lynn Greiger claims that she is well known for telling her clients that "the only way a scale promotes weight loss is by carrying it around, because that way they'll be getting more exercise and burning more calories." However, a study conducted by the University of Minnesota suggests that weighing can be an effective approach for losing weight. Regular weighing, it is believed, is most helpful for people who are successful with their weight loss. This practice can help alert people that they are on a weight gain trend. It may, however, pose a problem and lead to an obsession for those who are either at a weight plateau or are slow to shed off the pounds. For those of us who cannot resist peeking at that number on the bathroom scale here are some factors we need to know:

- Don't approach your weight loss program demanding daily proof from the scale
- Weigh yourself only first thing in the morning before you had anything to eat or drink
- Expect fluctuations. Water retention influenced by water consumption, salt intake and menstrual cycle in women results in normal fluctuations in the body's water content thus affecting the numbers on the scale
- The scale does not just weigh fat. It also weighs bone, internal organs, water and muscle. Lower figures on the scale do not necessarily mean that we have lost fat. Muscle, which is a metabolically active tissue and helps our body burn calories, weighs more than fat. Many of today's fad diets claiming rapid weight loss are often achieving this at the expense of muscle loss. The general consensus is that if you are losing more than two pounds per week you are likely losing muscle as well
- Look for other measurements of your progress in fat loss. How do you feel? How do you look? Do your clothes fit you better? If you are following a structured exercise programme and develop proper eating habits, you will succeed!



From Couch Potato to Fitness Queen

by GMTV'S Tina Baker

I'm a woman who watches telly for a living – a professional couch potato. I view hours of soaps each week, then sit on GMTV's sofa talking about them with Lorraine Kelly. I also sit in radio studios, discussing TV shows, or I sit on my own chair at home, writing about them for Woman's Own, Teletext and Soaplife, amongst others.



Thanks to so much sitting, 3 years ago I'd developed a wide-screen bum.

Then my mum died of a heart attack. The same week, I was invited onto ITV's Celebrity Fit Club. I saw it as a sign.

The horror of exposing my Lycra-clad chubby behind to the nation, along with weigh-ins on prime-time TV, did the trick. I lost 2 and a half stone and trimmed down from a size 16 to a 12. I won the series as the participant who'd shown the greatest commitment and consistently lost weight. I'm now a size 10, as I've toned up even more.

There's no big secret to this success. Moving more and eating less is the key. Exercise has definitely changed my life. I can eat pretty much what I want – and it's all thanks to aerobics.

From Couch Potato to Fitness Queen (continued)

The mantra of Harvey, our tough Marines trainer on Fit Club, is: 'Keep it goin'!' He knew getting fit was one thing. Staying fit is another. He challenged me to train for a marathon when the series ended, which I did. I then challenged myself to train as an aerobics instructor.

I've always liked exercise classes. One only has to motivate oneself to turn up. The teacher and the rest of the group encourage them to keep up. I also like the music and moving around in different ways.

I did a YMCA course to qualify as an Aerobics Instructor. Despite being twice the age of everyone else studying with me, I passed with flying colours. And I love it!

I now teach 4 or 5 regular classes a week in north London. I've since done lots of extra training in areas like core stability and weight training and incorporate these into my sessions.

Not only do I look slimmer and fitter than I ever have, the difference aerobic exercise has made to the way I feel is incredible. Leaping around in a class ALWAYS cheers me up. It revitalises me and keeps me this side of sane! It burns off stress along with the calories and I sleep like a baby.

As I canter towards 50 it's also given me a second career. Jane Fonda – eat your heart out!

Cooking with Kitchen Kids

by Lynne Fertleman

We all know that children are growing up in a society where the only foods that they want to eat include savoury snacks, chips, chocolate and fizzy drinks. As a result, not only are they becoming overweight but their health is also suffering. By the time children enter secondary school, many of them still have no idea how to make a sandwich; they cannot peel an orange – as parents we are scared to let them use knives. A friend of mine, whose daughter recently started university, received a frantic phone call, as she had no idea how to use a tin opener!

The purpose of KITCHEN KIDS is to show that foods are not bad or good in themselves – it is the amount of biscuits and cakes that is the problem. You can choose what ingredients to use when making your own food. Children love being involved with food preparation and if they can cook, this gives them a choice what to eat.

Here's a recipe for you to try. Although it is a cookie recipe, it does not contain any preservatives or artificial additives and the oats are extremely healthy. And more importantly, children love them!



RASPBERRY OATMEAL SLICE



110g very soft butter
90g light brown sugar

110g plain flour
¼ tsp. bicarb

100g rolled oats
75g jam

Calories per bar 88; Fibre per bar 0.5g

1. Preheat oven to 175C.
2. Grease an 8" square tin.
3. Mix all the ingredients together except the jam.
4. Press half of mixture into the bottom of the prepared pan.
5. Warm jam then spread to within ¼ inch of the edge.
6. Sprinkle the remaining crumb mixture over the top and lightly press it into the jam.
7. Bake 35 to 40 minutes and allow to cool on a wire rack before cutting.
8. Makes 24 (2" x 1½") bars.

KITCHEN KIDS - established by Lynne Fertleman who runs children's kosher cooking classes from her home. Lynne will be running cooking classes over the February half term for 7-9 year olds and 9-11 year olds. Please email her for details: Lynne@kitchenkids.f2s.com or visit her website at www.kitchenkids.org.uk.

In our next issue we will advise you how to choose a personal trainer; Claire Rose of *Pour Toi* will tell us about the wonderful world of chocolate; and Maya Malachi-Rosenberg will inform us about Anusara Yoga. Until then,

Yours in Health, Fitness and Success

Batzi

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